

BODYCOMBAT 89

MUSIC

01A. UPPER BODY WARM-UP

01B. LOWER BODY WARM-UP

02. COMBAT 1

03. POWER TRAINING 1

04. COMBAT 2

05. POWER TRAINING 2

06. COMBAT 3

07. MUAY THAI

08. POWER TRAINING 3

09. CONDITIONING

10. COOLDOWN

BONUS

05. POWER TRAINING 2

GLOSSARY

RELEASE FOCUS

DECLARATION OF INTENT

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THE HISTORY OF MARTIAL ARTS

THE HISTORY OF BOXING

Boxing is a combat sport where two participants, generally of similar weight, fight each other with only their fists. Boxing is supervised by a referee and is typically performed inside a ring with rounds lasting 1 to 3 minutes. There are three ways to win:

- Victory is achieved if the opponent is knocked down and unable to get up before the referee counts to 10 seconds; this is called a knockout or KO.
- If the opponent is deemed too injured to continue, this is called a technical knockout or TKO.
- If there is no stoppage of the fight before an agreed number of rounds, a winner is determined either by the referee's decision or by judges' scorecards.

There are four basic punches in Boxing: Jab, Straight Right/Cross, Hook and Uppercut.

THE HISTORY OF KARATE

Karate is a Martial Art that is centuries old and essentially Japanese. The translation of 'kara' is open and the translation of 'te' is hand. So Karate means 'empty hand'. Karate training is commonly divided into three sections:

- Kihon (the basics or fundamentals)
- KATA (forms)
- Kumite (sparring)

THE HISTORY OF MUAY THAI

Muay Thai is referred to as 'The Art of Eight Limbs', as the hands, shins, elbows and knees are all used extensively in this art. A practitioner of Muay Thai (Nak Muay) thus has the ability to execute strikes using eight 'points of contact', as opposed to 'two points' (fists) in Western Boxing and 'four points' (fists, feet).

Muay Thai is the national sport of Thailand.

THE HISTORY OF KUNG FU

Kung Fu consists of a number of fighting styles that were developed over many centuries.

Essentially this is a Chinese Martial Art, practiced by Shaolin monks. Those fighting styles are identified as 'families' or schools. Examples of these styles are physical exercises that mimic movements from animals.

There are five animal forms:

- The Dragon
- The Snake
- The Tiger
- The Crane
- The Leopard or Panther

THE HISTORY OF TAE KWON DO

Tae Kwon Do is a Korean Martial Art. The word 'tae' means 'to strike or break with foot'; 'kwon' means 'to strike or break with fist'; and 'do' means 'way', 'method', or 'art'. So, 'Tae Kwon Do' may be loosely translated as 'the way of the foot and fist' or 'the way of kicking and punching'.

Tae Kwon Do is a flamboyant Martial Art that is agile, fast and precise; it is 90% feet and only 10% hands.



RELEASE FOCUS LUNGES

Last round our theme was Glute Activation. We mentioned vertical drive in moves like Lunges and Squats and about horizontal drive in Thrusters and Bridges – all driven by a powerful glute contraction.

Now we're honing in on this topic and the focus is **LUNGES**.

Last round we discussed that the glute max fired maximally in the base of the move when producing vertical drive, and decreased output as we returned to the top. Whereas, for moves like Bridges and Thrusters that contribute to horizontal drive, we get most activation at the top of the movement when the hips were extended.

Let's talk Lunge length.

It's important that we coach a **"long step back"** every time we set up a Lunge. This allows us to keep the weight evenly distributed and helps avoid too much compression in the front knee... "I know team it's one of the basics we learn when we start but there's nothing like a little refresher".

Coaching **"hips square"** is important too. Alignment is the gateway to power and we all need as much power as possible to train at our best. We lose power when unaligned and put our bodies into a poor position.

Tell me about... muscle activation in the front and back leg.

Wherever you are right now... stand up and get into a Lunge position. We know from last round the **glute fires in the front leg at the bottom of the Lunge**, which helps produce vertical drive. Can you feel the front leg fire?

But... what about the back leg?

Well, lucky you asked... Recent muscle activation studies performed by Dr. Jinger Gottschall show that the **glute max fires strongly in the back leg too**.

This is while the back leg is in **hip extension** and it is thought that the glute contraction mimics the type of activation we see during **horizontal drive** in athletic movements.

Just like running. Feel the glute firing again?

And when performing a Lunge all of our leg muscles work harder in a **dynamic Lunge** when compared to a static Lunge.

Now if we put a free weight in the mix and hold it on the same side of the back leg, we increase the activation of gluteus medius in the front leg. This is huge for building stability and control.

So what does this mean for you as an instructor? To get the most out of the Lunge, we want to be coaching a long step back with hips square every rep so keep coming back to it with your participants. Bring focus to the back leg as well as the front leg in terms of glute activation.

And speak to the benefits of adding a weight plate in the offset position.



RELEASE FOCUS LUNGES

Here are some examples to get you started:

- Take a long step back to keep the load even between the front and back leg
- Feel that strong glute contraction in the back leg – we are training our glutes to fire the way we need them when running and walking
- Simultaneously strengthening for vertical drive in the front leg and horizontal power in the back leg
- Dynamic Lunges are one of the fastest ways to shape and tone our glutes
- Holding a free weight in one hand fires our glute med – this is great for stability during any weight-bearing activity.

Now let's go and light this release up!



MUSIC

- 01A

Like Ah Boss (4:44)

Machel Montano

© 2015 Mad Bull Music.
Written by: Full Blown Entertainment, Montano, Deputy
- 01B

Green Light (2:33)

Lady Bri

© 2019 Position Music.
Written by: Bryant, Lake
- 02

Jimmy Shake (4:49)

Apashe feat. 740 Boyz & Dose

© 2021 Kannibalen Records.
Written by: 740 Boyz, De Buck, Dose
- 03

In a Moment (6:19)

Lee Mvtthews feat. Watson

© 2020 DeVice. Licensed courtesy of Central Station Records.
Written by: Lee, Matthews, Paul-Watson, Tofa-Levine
- 04

Lord & Master (4:15)

Apashe

© 2021 Kannibalen Records.
Written by: De Buck, Begin
- 05

Look At Me Go (5:11)

Netsky feat. Darren Styles

© 2020 BD Music under exclusive licence to Hospital Records Limited.
Written by: Daenen, Mew
- 06

Get Ready (4:54)

Rayelle

© 2021 Happy Owl Records.
Written by: Eleanor, Silverberg
- 07

WAWA (4:30)

Party Favor

© 2017 Mad Decent.
Written by: Ragland
- 08

Good Enough (6:12)

Koven

© 2020 Monstercat.
Written by: Boyle, Rowat
- 09

Whatever I Want (3:08)

Kat Meoz

© 2019 Position Music.
Written by: Ofir, Nielsen
- 10

Firefly (4:14)

Drax Project feat. Fetty Wap & AACACIA

© 2020 Drax Project Limited.
Written by: Wap, Singh, Beachen, O’Leary, Chahayed, Royal

- BONUS
05

Feel It (5:24)

Friction

Courtesy of Les Mills Music Licensing.
Written by: Keeley, Royall
- ALT
07

WAWA (4:30)

Long Road

© 2018 Les Mills Music Licensing Ltd.
Written by: Ragland



BODYCOMBAT 89



L-R: Antoine Sagne, Erin Maw, Dan Cohen, Rachael Newsham, Natasha Vincent

If BODYCOMBAT were to ever become a movie with cinematic inspirational moments where the hair on your neck and arms stood up, then Release 89 would be it!

The team delivers a powerful, emotional and highly physical release this round. With jumping Evasive Side Kicks, downward board-breaking striking, Sprawls, Pushups, Lateral Planks, Pivot Kicks and more... play a role in bringing this action movie to life.

Standout Tracks 2, 4 and 6 all showcase what a powerful, uplifting, highly energetic piece of music can do when the intensity kicks in. Enjoy Release 89.

Keep it real and stay with the fight!

Dan Rach

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Rachael (Rach) Newsham (UK/NZ) is co-Program Director for BODYCOMBAT. Rach is passionate about people and helping them find their soul-mate workouts and believes that once they do, the rest takes care of itself. She believes in keeping it real and staying with the fight in all aspects of life. She loves MMA, music, dance, sport and good kind-hearted humans.

Antoine Sagne (Senegal) is a BODYCOMBAT, LES MILLS GRIT™ and LES MILLS CONQUER™ Trainer and Instructor and a LES MILLS CORE Presenter. He is a Personal Trainer and lives in Auckland.

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Natasha Vincent (New Zealand) is a BODYCOMBAT and LES MILLS GRIT Trainer/Presenter and a LES MILLS CEREMONY™ and LES MILLS CONQUER Instructor. She is based in Auckland and is the Group Fitness Manager at Auckland City for LES MILLS CEREMONY, LES MILLS CONQUER and LES MILLS GRIT.



EXPRESS FORMATS

45-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 04	Combat 2
Track 05	Power Training 2
Track 06	Combat 3
Track 07	Muay Thai
Total Time	37:15

30-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai
Track 09	Conditioning
Total Time	26:03

Note: As the 45-minute and 30-minute Express formats are shorter than the allocated time, you can include a shorter Cooldown of your own.

Please note: The 45-minute and 30-minute class formats have been customized for this release.

NEW MIXED EXPRESS FORMATS

We have updated the Express formats that should be used when mixing releases. From now on, when teaching a mixed 45-minute or 30-minute class, the following formats should be used:

45-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 04	Combat 2
Track 05	Power Training 2 (MMA circuit or Bonus Boxing Track 05)
Track 06	Combat 3
Track 07	Muay Thai

EITHER Track 08 Power Training 3, OR Track 09 Conditioning, OR Track 10 Cooldown

Please note: Choose your final track based on time, aiming for 42 to 43 minutes of music.

30-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai

EITHER Track 09 Conditioning OR Track 10 Cooldown

Please note: Choose your final track based on time, aiming for 26 to 27 minutes of music.

We will continue to provide a release-specific recommended option in each set of choreography notes as well. We believe this change is more straightforward, as well as keeping the class in the order in which it was designed, and we hope you enjoy teaching these formats.



KEY

AIK	Aikido	BJJ	Brazilian Jiu Jitsu
BOX	Boxing	CAP	Capoeira
KAR	Karate	KB	Kick-boxing
KF	Kung Fu	MA	Martial Arts
MMA	Mixed Martial Arts	MT	Muay Thai
TKD	Tae Kwon Do	B up	Build up
Br	Bridge (non-chorus)	C	Chorus
F&B	Forward and backward	HOH	Hands on hips
Instr	Instrumental	Intro	Introduction
L	Left	R	Right
Mins	Minutes	O/H	Over head
OTS	On the spot	Outro	Last few bars of music
PC	Pre-chorus	QC	Quiet chorus
Ref	Reference	Seq	Sequence
V	Verse	Vox	Voice
Preview			

HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and do not change the choreography; teach the tracks as they were created but you can apply more modern language and terminology.

RELEASE FEEDBACK

Tell us what you think of this release.
Visit <http://www.lesmills.com/release-feedback>



01A. UPPER BODY WARM-UP

TRACK FOCUS

If BODYCOMBAT leaves you feeling empowered and unleashed, then it makes absolute sense that you should start it feeling like a boss. If anyone needs a bit of motivation to working out that day, this Warm-up track does all the convincing. It practically teaches itself. Your focus as an instructor is to use clear stance/footwork pre-cues as there are lots of stance changes – so make sure you know where they are. A big clue is that they happen after the singer says “like a boss”. Try and avoid teaching the room in a bossy manner. Your mission is to make the class feel super successful by delivering the layers of coaching so smoothly that your participants think they are on a boss level and not a beginner level.

FEELS

Party vibes and untouchable energy

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
			Front Stance			
0:05	Intro /	4x8		Pulse L, R	4	8
0:17	V / Everyday	4x8	A	Jab L, R	4	8
0:31	/ Boss	8x8	A ¹	Jab L, R x2	4	
				Jab L, R	4	8
0:58	PC / Is whole year	4x8	B	Uppercut L, R	4	8
1:12	C / Everyday	4x8	C	Traveling L, Jab x2 L	4	
				Jack x2 to the front	4	
				Traveling R, Jab x2 R	4	
				Jack x2 to the front	4	2
1:25	Break / Boss	1x8		Hold OTS Front Stance	8	
1:29	V / Evening	3x8	A	Jab L, R	4	6
1:39	/ Leave the house	4x8	A ¹	Jab L, R x2	4	
				Jab L, R	4	4
1:52	PC / Is whole year	4x8	B	Uppercut L, R	4	8
2:06	C / Everyday	4x8	C	Traveling L Jab x2 L	4	
				Jack x2 to the front	4	
				Traveling R Jab x2 R	4	
				Jack x2 to the front	4	2
2:21	Break / Boss	1x8		Hold OTS Front Stance	8	
2:25	V / Evening	3x8	D	L Combat Stance		
				Hook L, R	4	6
2:33	/ Play	4x8	D ¹	Hook L x2	4	
				Hook R x2	4	4
2:46	PC / Is whole year	4x8	E	Jab L	2	16
2:59	C / Everyday	4x8	F	Scissor R, L	2	16
3:14	B / Boss	1x8		Hold OTS Front Stance	8	
3:17	V / Evening	3x8	D	R Combat Stance		
				Hook R, L	4	6



01A. UPPER BODY WARM-UP

MUSIC				EXERCISE	CTS	REPS
3:27	/ Leave	4x8	D ¹	Hook R x2	4	
				Hook L x2	4	4
3:40	PC / Is whole year	4x8	E	Jab R	2	16
3:54	C / Everyday	4x8	F	Scissor L, R	2	16
4:08	Extended C / Boss	4x8	C	Traveling L Jab x2 L	4	
				Jack x2 to the front	4	
				Traveling R Jab x2 R	4	
				Jack x2 to the front	4	2
4:21	C / I just want to	4x8	C ¹	Traveling L Jab x3 L	4	
				Jack x2 to the front	4	
				Traveling R Jab x3 R	4	
				Jack x2 to the front	4	2
4:35	Instr / (Trumpets)	4x8	G	Front Stance		
				Drop Squat, reach towards the floor L	2	
				Double Pulse, feet together	2	
				Drop Squat, reach towards the floor R	2	
				Double Pulse, feet together	2	4



01A. LIKE AH BOSS 4:44mins

FUNDAMENTALS

Coach with connection, warmth and friendliness. Creating a teaching and learning environment will help the participant's journey into this workout. It helps to set up a great atmosphere and mindset for your class members. Keep with Layer 1 coaching cues and be clear with RIGHTS and LEFTS, directional changes and names of ALL the strikes.

Create a functional language that can be used throughout the workout to connect with and motivate your participants.

TECHNIQUE AND COACHING

ALTERNATING JABS SLOW

INTO 4X FAST, 2X SLOW COMBO

Layer 1

- Front Stance
- Boxing Guard
- Slow Alternating Jabs right and left
- Keep soft elbows, chin tucked in; target just above the shoulders
- Rotate shoulders, hips and feet as you strike (this changes when the Jabs are faster)
- Brace abs

Layer 2

- Retract Jab back to Boxing Guard; gently warm up the muscles of the shoulders and back
- No power, strike lightly
- Add the tempo change
- 4x faster-paced Jabs followed by 2x slow-paced Jabs
- Feel the rhythm change and notice what happens to the movement, rotation in the feet, hips between the faster pace Jabs vs the slow Jabs
- Adding the faster-paced Jabs will increase the heart rate and help warm up the body in a shorter amount of time

Layer 3

- "How much do YOU love BODYCOMBAT?"
Answer = "More than you."

ALTERNATING UPPERCUTS

Layer 1

- From Front Stance
- Boxing Guard
- Uppercut right and left
- Crunch slightly forward and rotate shoulders, hips and feet towards the target on each strike
- Strike upwards
- Stop the fist at chin level

Layer 2

- Driving up as you strike, bringing the legs into the warm-up
- These are shorter range strikes
- Keep the elbows tucked into the ribs as you punch
- Return each strike back to the Guard position

WALKING SIDE JABS AND JUMPING JACK COMBO

Layer 1

- From Combat Stance
- Turn and look to the right
- Walk and perform 2x Jabs to the side
- Add 2x Jacks out and in
- Keep chest lifted
- Slight bend in the knees
- Toes turned out slightly, brace abs tightly and keep a Boxing Guard

Layer 2

- Keep the punches moving light and land lightly in the Jacks
- This is a great opportunity to:
 - 1) Raise the heart rate
 - 2) Cover more space
 - 3) Move in a different direction

OPTION: Squats instead of the Jumping Jacks

HOOKS AND DOUBLE HOOKS

Layer 1

- From Combat Stance
- Boxing Guard
- Hook right and left
- Elbows at 90 degrees
- Strike in line with the shoulder
- Rotate the shoulders and twist the hips
- Release the heels as you strike
- Tuck chin in

Layer 2

- Increase the energy in the Double Hooks to build excitement before you go into the Single Jabs



01A. LIKE AH BOSS 4:44mins

TECHNIQUE AND COACHING

WIDE SQUAT JACK AND DOUBLE BOUNCE

Layer 1

- From Front Stance
- Boxing Guard
- Wide Squat Jack and Double Bounce
- Reach right arm down as you jack feet out, sit the butt down and back no lower than the knee line
- Brace abs
- Keep chest lifted
- Add a small Double Bounce in between, before reaching down with the other arm

Layer 2

- This move really helps us to mobilize the hips, fire up the muscles of the glutes and quads, and prepare us for kicking

OPTION: Squat with no Jumps



01B. LOWER BODY WARM-UP

TRACK FOCUS

It's easy to be in cruise control in this track and go through a red light/stop sign and lose where you are in the music and get carried away because the song is all hype and very diva-ish. My advice is to leave the attitude to the singer and focus on counting the reps in your head, so you know where you are at all times. It also helps to match the singer's vocals with the energy in your voice. We all know how annoying GPS is when it gives you directions in the car. Similarly, the instructor's voice interrupting the best bits of the song isn't very helpful.

FEEL

Diva does BODYCOMBAT

MARTIAL ARTS

Kick-boxing, TKD

MUSIC				EXERCISE		CTS	REPS
				Front Stance			
4:51	Intro / Lets' go	4x8	A	L knee step L, R, L	4	4	
				R knee step R, L, R	4		
				L Combat Stance			
5:03	V / What you	4x8	B	Roundhouse Kick Set-up L	4	4	
				Pulse Hold OTS	4		
5:15	PC / Red light	10x8	B ¹	Low Roundhouse Kick L	4	10	
				Hold OTS	4		
				R Combat Stance			
5:45	V / Make up	4x8	B	Roundhouse Kick Set-up R	4	4	
				Pulse Hold OTS	4		
5:58	PC / Red light	10x8	B ¹	Low Roundhouse Kick R	4	10	
				Hold OTS	4		
				Front Stance			
6:27	Br / Whoa oh	4x8	C	Side Kick L low	4	2	
				Pulse Hold OTS	4		
				Side Kick R low	4		
				Pulse Hold OTS	4		
6:41	C / Do you wanna go	4x8	C ¹	Side Kick L (Low to medium)	4	2	
				Pulse Hold OTS	4		
				Side Kick R (Low to medium)	4		
				Pulse Hold OTS	4		
6:53	QC / Red light	4x8	D	L Knee, L Front Kick	4	2	
				Pulse Hold OTS	4		
				R Knee, R Front Kick	4		
				Pulse Hold OTS	4		
7:06	C / Red light	4x8	D ¹	👁 Double Knee on last rep on R		2	
				L Knee x2, L Front Kick	4		
				Step L, R, L	4		
				R Knee x2, R Front Kick	4		
				Step R, L, R	4		
				Finish L Front Kick			



01B. GREEN LIGHT 2:33mins

FUNDAMENTALS

Continue to coach with connection, warmth and friendliness. Creating a teaching and learning environment will help your participants' journey into this workout. Focus on Layer 1 coaching; be clear with RIGHTS and LEFTS, directional changes and names of ALL the strikes. Be specific with targets and heights. Keep these low and explain that while warming up the muscles we want to kick low with a full range at a slower pace. This will help them as they speed up movement patterns later on in the workout.

TECHNIQUE AND COACHING

ALTERNATING KNEE STEP COMBO

Layer 1

- From Front Stance
- Boxing Guard
- Alternating Knee Step Step Combo
- Start with your right knee then Step Step to the left side
- Keep the chest lifted high
- Pull the arms down as the knee lifts up
- Maintain strong ab brace and lean back slightly

Layer 2

- As you knee strike, stay light and bouncy; keep it upbeat
- Knees strike forward of the hips so let's keep these knees moving in a straight line

SET UP ROUNDHOUSE KICK, ADD ROUNDHOUSE KICK

Layer 1

- From Combat Stance
- Boxing Guard or Martial Arts Guard
- Set back heel towards the front and lean away
- Lift shin to align parallel to the floor
- Brace abs to help balance
- Bring lead heel in towards the front glute
- Extend the lead arm to help balance
- Lift chest high
- Return to a Wide Combat Stance
- Add the **Roundhouse Kick**: As you extend the kick, strike with either the lower shin or front of the foot, pointing the toes forward
- Then land back into a Wide Combat Stance

OPTION: Kick low with control

SIDE KICKS

Layer 1

- From Front Stance
- Perform a low Side Kick
- Step supporting foot towards the target
- Slightly tilt the body away from the target
- Bend the knee of the supporting leg
- Brace abs
- Extend the kick out and retract in
- Toes angled down slightly
- Strike with blade or heel of the foot
- Land wide and kick to the other side

OPTION: Kick low

KNEE AND FRONT KICK COMBO

Layer 1

- From Front Stance
- Boxing Guard
- Knee and Front Kick Combo
- Knee Strike right followed by a Front Kick with the same leg
- Front Kick out and in, kicking low
- Strike with the ball of the foot
- Lean back and brace your abs tightly

Layer 2

- This move progresses into a Double Knee and Front Kick Step Step to the other side
- Doubling up on the knees increases the intensity and urgency. This is a great opportunity to raise the heart rate and finish the track on a high



02. COMBAT 1

TRACK FOCUS

You’d be forgiven for thinking you’d stepped into a military-style Bootcamp workout when this song goes pre-chorus on you. The Jump Knee needs sugar coating so the class can easily swallow the intensity. Letting them know there are only 4 reps is a great way of helping your class manage their workout expectations and be successful. There is so much scope to ‘go for gold’ on the Double Karate Punch and explode with hope for total knockouts on each strike. If you do, the class will most likely get to 50% of what you do, so don’t hold back. The hollering goes hand in hand with the art of Kiah and core control. It’s also really awesome to have a bit of class interaction early on to engage them.

FEELS

Heavy and amped

MARTIAL ARTS

Kick-boxing, Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00		2x8	L Combat Stance		16	
0:05		10x8	A	Jab L Cross R x2	4	10
				Uppercut L x2	4	
0:37	Quiet / (Stabbing synths)	8x8	A ¹	Jab L Cross R x2	4	4
				Uppercut L x2	4	
				Knee R x4	8	
1:01	Drop /	8x8	A ²	Jab L Cross R x2	4	4
				Uppercut L x2	4	
				Knee R x2	4	
				Jump Knee R	4	
R Combat Stance						
1:25	All the way	8x8	A	Jab R Cross L x2	4	8
				Uppercut R x2	4	
1:51	(Stabbing synths)	8x8	A ¹	Jab R Cross L x2	4	4
				Uppercut R x2	4	
				Knee L x4	8	
2:15	Drop /	8x8	A ²	Jab R Cross L x2	4	4
				Uppercut R x2	4	
				Knee L x2	4	
				Jump Knee L	4	
2:40	Instr / Shimmy shake _	4x8	B	Plyo Push	2	4
				Push Front Kick R	2	
				Pulse Hold OTS	4	
L Combat Stance						
2:53	/ Get money	4x8	B	Plyo Push	2	4
				Push Front Kick L	2	
				Pulse Hold OTS	4	
3:05	Break /	1x8		Front Stance		8
				A-Frame Arms		



02. COMBAT 1

MUSIC				EXERCISE		CTS	REPS
3:09	Vocals / Oh ah oh	3x8	C	Kata			
				Inhale arms O/H	8		
				Arms travel back down center line in front of face	8		
				L Knife Strike	8		
				Turn to face L in L Lunge and prepare for R Karate Punch			
3:18	V / All the way	12x8	D	Karate Punch R x2 to L and transition to face R	8		
				Karate Punch L x 2 to R and transition back to face L	8	6	
				L Combat Stance			
3:54	Drop / (Fast beats)	8x8	A ²	Jab L Cross R x2	4		
				Uppercut L x2	4		
				Knee R x2	4		
				Jump Knee R	4	4	
				R Combat Stance			
4:20		8x8	A ²	Jab R Cross L x2	4		
				Uppercut R x2	4		
				Knee L x2	4		
				Jump Knee L	4	4	



02. JIMMY SHAKE 4:49mins

FUNDAMENTALS

This track is full of energy, low complexity, fast-paced and motivational.

It's inspired by Kick-boxing and Karate. Start with control and then ramp up the motivation really fast to bring the essence and the power alive.

NOTE: The Jump Knee is only an option. It's been designed to really get the heart rate up and to challenge the participants early on. There is a low number of this move so inspire your participants and perform to the best that you can.

TECHNIQUE AND COACHING

JAB CROSS X4 AND X2 UPPERCUT COMBO

NOTE: This combo progresses by adding on 4x Rear Knees which then becomes 2x Knees & 1x Jumping Rear Knee.

Layer 1

- From Combat Stance
- Boxing Guard
- Jab Cross, Jab Cross, 2x Front Arm Uppercuts
- Rotate each strike forward
- Release the knees, hips and feet to create flow and speed
- Use the legs on the Double Uppercut to help drive the vertical strike

Layer 2

- As this combo progresses, add the 4x Rear Knees
- Keep the chest lifted
- Abs braced and hips squared to the front
- Showcase the first 2 Knees as a low option (no bouncing) and then the last 2 Knees as the higher-level motivational option by bouncing and taking the hands above the head
- The final part of this combo is the 2x Knees grounded into 1 Jumping Rear Knee

The Jump Knee:

- Start in the Combat Stance
- Boxing Guard
- Use the first 2 Knees to help create momentum
- Put all your weight on your lead leg and swing your arms forward of the body to help increase the preparation and load to perform a Vertical Jump
- Bend both knees and jump up
- As you jump up, bring the rear knee forward of the hips for a split moment while pulling both arms down past the line of the thigh
- As you land, move back into a Wide Combat Stance with bent knees

Layer 3:

- Staying grounded gives you raw power. So, you do you – if you're jumping, feel the heart rate spike and the sense of lightness. Who's going to give it their best right now? Who's going to give it absolutely everything they've got?

OPTION: No Jumping Rear Knee. Stay with a Power Knee



02. JIMMY SHAKE 4:49mins

TECHNIQUE AND COACHING

PLYO PUSH AND PUSH FRONT KICK COMBO

Layer 1

- From Combat Stance
- Boxing Guard
- Double Plyo Push
- Push both arms forward – do this with tension in the chest muscles
- Initially, open both arms to stretch and lift the chest
- Maintain strong ab brace, hips facing forward
- Step lead leg forward and put weight on the rear leg
- Lift lead leg to execute a Front Kick; bring that lead knee up towards the chest and push the kick out long
- As you do this swing the lead arm down past the thigh and lean back a little; brace the abs tightly to support the lower back

Layer 2

- To increase the intensity of your workout, add a Snap in the Plyo Push, and then drive the Front Kick out, and cycle the leg in
- There are only 4 reps on each side here, so the option to go big can be done from the first rep

Layer 3

- Imagine you're trying to push a really heavy load away from you and then follow that up by driving the kick with as much force as possible

OPTION: Keep the Front Kick low

DOUBLE KARATE PUNCH TO THE SIDE

Layer 1

- From Front Stance
- Martial Arts Guard
- Turn to the side
- The goal is to create power as you strike
- Perform the Double Karate Punch with the rear arm
- Keep the lead arm extended with the front palm open, like you're trying to stop your opponent from advancing towards you
- Then drop into the back bent leg and push your weight forward as you strike
- Target is the middle of the body
- Turn the back hip and knee as one to create more power
- Keep the chest lifted and shoulder blades squeezed together to support posture and punch alignment
- The lead arm retracts back with a closed fist to the ribs as you strike
- Then Double Bounce into a Front Stance and turn to the other side and repeat

Layer 2

- Once alignment is set, focus on the hip turn and footwork. Stay light on the balls of the feet here so you can create a bounce as you strike; this will help you to explode forward into the strike

Layer 3

- It's time to bring the intensity into this combo
- Drive the power into the body by using the footwork. Who can cover more distance in a shorter period of time?



03. POWER TRAINING 1

TRACK FOCUS

Love the way this track is built. It's made of short rounds of speed and power Boxing combo drills. Also, there are some mad synth drops in the track that help you level up naturally. You don't have to worry about sustaining the power - just delivering it for a few reps of each combo. Take the handbrake off and go fast and furious in this track. You will feel the electricity rip through the room if you do. There are enough Run OTS moments to recharge your engine. It's a good idea to let the class know that too, so they can keep up with you.

FEELS

Endorphin highs

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	16x8	A	Run OTS	128	
				L Combat Stance		
0:44	V / Told you	8x8	B	Jab L x2	4	8
				Hook L, R	4	
1:06	Instr /	4x8	B ¹	Jab L Cross R x4	8	4
				Jab L x2	4	
				Hook L, R	4	
				Front Stance		
1:27	Moment	8x8	C	Jab L, R	2	32
1:50	V / Never said	8x8	A	Run OTS	64	
				L Combat Stance		
2:12	Told you	4x8	D	Jab L x2	2	4
				Cross R	2	
				Step and Slip R for power	2	
				Hook Set-up	2	
2:23	Blame it on	4x8	D ²	Jab L x2	2	4
				Cross R	2	
				Step and Slip R	2	
				Power Hook R	2	
2:33	Instr / Moment _	8x8	D ²	Jab L Cross R x4	8	4
				Jab L x2	2	
				Cross R	2	
				Step and Slip R	2	
				Power Hook R	2	
				Front Stance		
2:56	Moment _	8x8	C	Jab L, R	2	32
3:18		8x8	A	Run OTS	64	
3:40		56x8		 from top in R Combat Stance B - C		



03. IN A MOMENT 6:19mins

FUNDAMENTALS

This is a fast-paced, heavy Power Training Boxing track designed to specifically identify where the Speed blocks sit and where the Power blocks explode.

There are only 2 combos in this track. The first is the Jab and Hook sequence; this combo brings a slower pace, allowing participants to increase mastery of timing and power behind each strike.

The second is the Jabs, Cross, Step, Drop, Slip sequence. This has been designed to increase movement awareness and speed; it will enhance participants' ability to increase their heart rate and level of endurance.

TECHNIQUE AND COACHING

DOUBLE JAB AND HOOK COMBO

Layer 1

- From Combat Stance
- Boxing Guard
- 2x Jabs followed by 2x Hooks front and back
- This is a Power combo; actively perform each strike with that intention
- Do this by leaning into the punches, rotating the shoulders into each punch
- Tuck the chin in
- Brace the abs
- Release the heels on the Hooks

Layer 2

- The power behind the punches is initiated from the legs, hips and core
- The stances play a crucial role in this. Ensure the feet are outside of hip-width and do not sit in a parallel line. Think slightly wider and bend both knees – this will allow you to 'sit down' on the punch, generating power from the floor up
- The key is not to overly tense the muscles in the upper body. Try staying relaxed up until the point of target; this will allow the body to move with speed

Layer 3

- Imagine you had a pad holder challenging your every hit. How much more explosive would you be?

STEP DROP AND SLIP

Layer 1

- From Combat Stance
- Boxing Guard
- After performing the Double Jab Cross sequence, step out to the side in preparation for the Slip move
- As you step to the side, turn your body down towards that lead leg
- The aim is to drop the chest towards the thigh
- Tuck the chin in, crunch and 'slip out of the way from a punch'
- Legs accepting and driving the movement – Working hard!

Layer 1

- Performing the Step Drop and Slip after the Double Jab Cross sequence sets up the Slip to be a fluid, fast and reactive exercise
- Actively execute this combo with that purpose in mind; move with speed and stay light on your feet



04. COMBAT 2

TRACK FOCUS

The best piece of advice I can give to any instructor ‘rocking’ this track for the first time is to use the cue “it’s same arm, same leg” on the Lunge and Breaking Boards Sequence. The second tip I’d share is to graduate the intensity in bite-size chunks, so you don’t fatigue too early. I’m totally speaking from experience here where in rehearsals I had to choose to do the move or cue the move because I had gone too hard too soon. The option to do both had ‘blown out the window’ and I couldn’t make it home standing still. I fully thought I was the Black Widow avenger practicing my superhero landings. The music gives off massive EPIC fight scene moves so, c’mon guys, it’s hard not to do. BODYCOMBAT IS escapism so go ahead and lose yourself in this workout track. It has excellent benefits.

FEEL

Action movie stunt scene

MARTIAL ARTS

TKD, Kick-boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	Front Stance	8	
0:05	Quiet violin /	2x8	A Karate Guard and Stance Set-up	16	
0:19	Instr / (Full strings section)	3x8	B Breaking Boards Combo – Slow		
			Slow R Lunge and R Karate Floor Punch	4	
			Reset Stance and Guard	4	
			Slow L Lunge and L Karate Floor Punch	4	
			Reset Stance and Guard	4	
			Slow R Lunge and R Karate Floor Punch	4	
0:38	(Flutes)	4x8	B ¹ Breaking Boards Combo – Tempo		
			L Lunge and L Karate Floor Punch	1	
			Reset Stance and Guard	1	
			R Lunge and R Karate Floor Punch	1	
			Reset Stance and Guard	1	8
1:03	(Vocal chants)	2x8	B ² Add Jumps to the Breaking Boards Combo in the Squat and the Lunge	4	4
1:17	(Electric beats)	2x8	L Combat Stance and Pulse	16	
1:28	Drop / Make me happy _	5x8	C Evasive Side Kick		
			Step R, Kick L	2	
			Step L, Lunge R	2	10
2:01	Bigger Drop / Strings _	2x8	C ¹ Evasive Side Kick		
			Step R, Kick L	2	
			Step L, Lunge R and Breaking Boards Karate Punch with Jumps	2	4
2:13	(Vocal chants)	2x8	C ² Add optional Jump to Evasive Side Kick		4
2:26	(Electric swerve)	1x8	Front Stance and Karate Guard	8	
2:32	Quiet / (Strings)	4x8	D Kata		
			Inhale arms out to the side and O/H	4	
			Float hands, open palm down to center of chest		
			Knife Block L	4	
			Knife Block R	4	
				4	2
3:00	(Electric beats)	2x8	R Combat Stance and Pulse	16	
3:11	Drop / (Climbing strings _)	14x8	 Sequence from C - D on R		



04. LORD & MASTER 4:15mins

FUNDAMENTALS

This track has all the cinematic drama you could wish for! The huge builds and anticipation in the song truly inspire the choreography.

The two key feature moves are the Breaking Boards Challenge and the Evasive Side Kick.

Imagine there was a plank of wood and it was super thick. Breaking that piece of wood with a Downward Punch isn't going to be easy. Using full body weight and momentum, anything is possible. Look for the technique and the loaded variations; set up the direction to really inspire your participants while mastering your own movement patterns.

TECHNIQUE AND COACHING

BACKWARD STEPPING LUNGE WITH PLANK BREAK PUNCH (SLOW, FAST, JUMP)

Layer 1

- From Front Stance with fists at waist
- Step back left into a long Lunge
- Chest lifted, abs braced and hips square
- Punch left arm down like you're trying to break a plank of wood
- Right arm (hand) comes across opposite shoulder
- Front thigh parallel to the floor
- Reset to Front Stance

Layer 2

SLOW

- As you step into the Backward Stepping Lunge, focus your intention on striking downward while keeping a strong posture
- Bracing the abs tighter helps to keep the trunk strong and still and therefore improves the power behind each strike

FASTER

- The next progression is to move a little faster
- The same technique applies; however, the timing is faster. The challenge is to maintain the authentic look here. Keep focusing on that downward break. Use your breath as you strike down; start to drop deeper into the Lunge so your muscles can work harder

JUMPING

- This next progression has the most dynamic energy and physical output
- The aim is to now maintain the same technique. However, add a Jump to increase the downward momentum as you break the plank of wood – this requires a Vertical Jump from the Lunge position
- Bend the knees, then load the quads and glutes
- Jump directly up, taking the punching arm slightly higher in the pre-loading phase
- This means the elbow on the loading phase will lift slightly higher than the shoulder line
- As you drop down towards the floor, exhale harder to increase the intensity and power in the strike. Land softly and wide

Layer 3

- This plank of wood isn't only 2 inches thick. No, it's super thick. It is going to take time and dedication – keep hitting the same spot. But if you want to, break it right now. Then jump higher and land stronger and break this piece of wood.

OPTION: No jumping



04. LORD & MASTER 4:15mins

TECHNIQUE AND COACHING

EVASIVE SIDE KICK

Layer 1

- From Combat Stance
- Relaxed Martial Arts Guard
- Step left foot out to the side
- Lean body weight over that supporting leg
- Side Kick right
- Retract the kick
- Come back to the Lunge Stance position
- Hands relaxed in Martial Arts Guard

Layer 2

- The progression is to jump this Kick
- NOTE: This is only an option and is advanced
- If jumping, step further out and do so with the frame of mind that you'll be jumping off that one foot and landing on the same foot
- The challenge here is to step laterally while jumping vertically, then landing and resetting back into the Lunge position
- Tip: Jump only about 12 inches off the floor
- Use the momentum of the Side Step to create the power needed to lift the whole body off the floor only using one leg
- This will load the quads and glutes and will challenge your fast-twitch muscle fibers

OPTION: No jumping



05. POWER TRAINING 2

TRACK FOCUS

To put it simply, this track is straight out suffering IF you don't take the reps in phases/stages. It helps to coach the intensity ladder here and break it into sets of 4 reps, where you have the option to layer on intensity after 4 reps. The class loves to see how far they have come each week they revisit this track, by attempting more intensity at a different set of reps. It's not a case of 'if' you run out of air, it's 'when'. So, have standing or grounded options scripted in short sentences. You can't afford to waste words and oxygen or time. Encourage the class to mix up their choices DURING the track, i.e. they start on the floor and do as much as they can, then stand up and continue, etc. Also, sorry to all the parents and guardians of the new humans' galaxy, if this song reminds you of the child who clings to your leg with that one phrase of 'look at me go' on repeat until you stop what you are doing and give them your full undivided attention.

FEEL

Tunnel vision smash and dash

MARTIAL ART

MMA Conditioning

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Strings)	8x8		Start standing and pre-teach both variations of standing or floor work	64	
0:22	PC / Look at me go	8x8	A	Pushups or Squats	4	16
0:43	C / Look at me (with electronic beats)	8x8	B	Mountain Climber L, R x2	8	
				Walking Plank L hand and L foot to the left with R hand and R foot to follow	4	
				Walking Plank R hand and R foot to the R with L hand and L foot to follow	4	
				OR		
				Run OTS L, Rx4	8	
				Side Squat L&R	8	4
1:05	C / Look at me	8x8	B ¹	Mountain Climber L, R x3	8	
				Walking Plank L hand and L foot to the left with R hand and R foot to follow	4	
				Walking Plank R hand and R foot to the R with L hand and L foot to follow	4	
				OR		
				Run OTS x4	8	
				Side Squat L&R	8	4
1:28	Break / (Trumpets)	2x8		Rest	16	
1:33	Instr / (Trumpets and drums)	14x8	C	Triple Pushup with Renegade Pull L	8	
				Triple Pushup with Renegade Pull R	8	
				OR		
				Triple Squat Pulse with Single L Knee	8	
				Triple Squat Pulse with Single R Knee	8	7
2:12	Look at me	4x8		L Combat Stance	32	
2:22	PC / Look at me	4x8	D	Uppercut L, R x2	4	
				Jab L, Cross R, Jab L	4	
				Run OTS	8	
				(Level 1 or 2 energy)		



05. POWER TRAINING 2

MUSIC		EXERCISE		CTS	REPS
2:33	C / Look at me (with electronic beats)	8x8	D	Uppercut L, R x2	4
				Jab L, Cross R, Jab L	4
				Run OTS (Level 3 energy)	8 4
2:56	C / Look at me	4x8	E	Sprawl School	8 4
				Sprawl and stand	
				OPTION: Jack x4	
				Run OTS	8
3:07	Look at me	4x8	E ¹	Sprawl and Straight Leg Jump small	8 4
3:18	C / (Big beats)	4x8	E ²	Sprawl and Straight Leg Jump large	8 4
3:29		4x8	E ³	Sprawl and Tuck Jump with optional Clap Tuck	8 4
3:40	(Big drums)	4x8		Break and recover	32
3:51		28x4		 sequence from D – E ³ to the finish in R	
				Combat Stance	

SMARTSTART

Acknowledge your new participants and let them know they can leave now if they choose to.



05. LOOK AT ME GO 5:11mins

FUNDAMENTALS

This MMA-inspired circuit track has all the training principles needed to build a large physical fitness engine. The Integrated Core Training, combined with high-volume Upper Body Conditioning, supports in building strength and muscular endurance, while the power and speed punches plus Modified Sprawls improve cardiovascular fitness.

Block 1 has been dedicated to improving our pushing muscles – chest, triceps and shoulders.

Block 2 has been dedicated to developing shoulder stability and Dynamic Core Training.

Block 3 is all cardiovascular and endurance training.

Watch out for the high-volume Sprawls and Jumps — coach to the option where needed.

NOTE 1: This track has 2 variations in movement patterns – a floor section or a standing section.

NOTE 2: There is a standing-only bonus track provided too.

TECHNIQUE AND COACHING

SINGLE WIDE PUSHUPS

Layer 1

- From the floor position
- Single Pushups
- Hands outside shoulder-width
- Drop chest down
- Chest in line with elbow crease
- Brace abs
- Shoulder and hips squared to the floor
- Squeeze chest muscles as you push away from the floor

Layer 2

- Training the pushing muscles to increase outward power in striking is the goal here
- Incorporating the chest, triceps and shoulder muscles in these Pushups. Feel the range and then squeeze the chest muscles as hard as you can as you lift up

OPTIONS: Stay on your knees. To level up, come onto the toes (advanced option). The standing option is to Squat with the same timing

MOUNTAIN CLIMBER AND SIDE WALKING PLANK COMBO (SLOW AND FAST)

Layer 1

- From a grounded position
- Start in Plank on Knees or Toes
- 4x Alternating Slow Mountain Climbers
- Move laterally, one step R and then come back to the L
- Hips and shoulders stay squared to the floor
- Abs braced tightly
- Spine long, hips in line with shoulders
- On the Climbers, brace abs tightly and drive the knee in towards the center of the thumbs
- Keep the neck in neutral position by looking slightly forward of the thumbs

Layer 2

- It's the same arm and foot that move as you move from side to side in Plank
- Pick up the speed in the Climbers from 4x to now 6x
- On number 6, reset back to Plank position and then move from side to side
- Performing only 6 will allow you to reset and be prepared for the lateral movement pattern

Layer 3

- Are you up for the challenge? Can you maintain great technique and now come up onto your toes? If so, how many reps can you do? Personal challenge accepted?

OPTIONS:

- Walking Plank can be done on the knees
- You can hold a Plank position or stay with only 4 reps instead of 6
- The standing option is High Knee Run OTS followed by 4x Jumping Jacks



05. LOOK AT ME GO 5:11mins

TECHNIQUE AND COACHING

4X UPPERCUTS INTO JAB CROSS JAB AND HIGH KNEE COMBO

Layer 1

- From Combat Stance
- Boxing Guard
- Triple Uppercut R, L, R
- Into Jab Cross Jab and High Knee Run x4 OTS
- No set-up here — go straight into power
- Rotate into each strike

Layer 2

- Your arms will feel heavy after all those Pushups and Plank work. This will be your personal challenge to be able to strike with power while maintaining great technique
- Take the first couple of reps to inspire and set up the combo, then, when the music 'DROPS', 'go for it' – engage and develop power punching combined with high cardiovascular training

Layer 3

- Go fast, stay on the beat and feel the heat. You've got this – this is a walk in the park

MODIFIED SPRAWL (BURPEE)

Layer 1

- From Front Stance
- Boxing Guard
- Drop down into a Squat position briefly, chest up, abs braced, butt drops down in line with the back of the knees
- Place both hands down on the floor directly under the line of the shoulders as you jump both feet back into a Plank position. Maintain strong ab brace
- Return feet back in under the hips or slightly wider and return to standing

Layer 2

- Sprawls are such an efficient movement pattern – improving upper body strength, cardiovascular endurance and explosive training

Layer 3

- Get down, get back up – this is one of the most basic requirements in life. And you can do it at a speed that works for you

OPTION: Standing option is to perform 4x Jacks and 4x Run OTS



06. COMBAT 3

TRACK FOCUS

This track brings fresh focus and a new move to coach. The key thing to remember to coach is the heel release as you step and hop to change the angle. There are many reps of this, so if your participants need to watch a rep and then join in, encourage them to do so. They get plenty of time to get into the swing of things. While it provides a good cardio breather, it throws the body some heat in the hip flexor and hamstrings department. The pace is accommodating too. So, whether you are super tall or super short, you can't hide from the range.

FEELS

Fresh energy and self-belief

MARTIAL ARTS

Capoeira, Kick-boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Oh whoaa	1x8		Front Stance	8	
0:06	V / Drum _	3x8	A	Ginga Step L&R	4	6
0:23	Get your	2x8	B	Capoeira Corner Front Kick Set-up		
				Step L to Quarter-Turn	1	
				Pull R leg B	1	
				Knee R	1	
				Pull R leg B	1	
				Step R to Quarter-Turn	1	
				Pull L leg B	1	
				Knee L	1	
				Pull L leg B	1	2
0:33	C / Moving	4x8	B ¹	Capoeira Corner Front Kick		
				Step L to Quarter-Turn	1	
				Pull R leg B	1	
				Front Kick R	1	
				Pull R leg B	1	
				Step R to Quarter-Turn	1	
				Pull L leg B	1	
				Front Kick L	1	
				Pull L leg B	1	4
0:54	V / The time	2x8	A	Ginga Step L&R	4	4
1:05	/ Get your	2x8	B	 Capoeira Corner Front Kick Set-up with knee	16	1
1:16	C / Moving	4x8	B ¹	 Capoeira Corner Front Kick	32	1
1:38	Br / Earth	4x8	A	Ginga Step L&R	4	8
1:59	C / Moving	6x8	B ¹	 Capoeira Corner Front Kick	48	1
2:31	V / It's	1x8		Front Stance – A-Frame Arms	8	
2:37	Over	3x8	C	Slow Squat & Esquiva a tras Combo		
				Slow Squat, reaching L arm towards floor	4	
				Slow Step B, R leg into Esquiva a tras	4	3
2:53	C / Moving	4x8	C ¹	 Squat & Esquiva a tras at tempo		
				Squat, reaching L arm towards floor	2	
				Step B, R leg into Esquiva a tras	2	8
3:15	V / The time	1x8		Front Stance – A-Frame Arms	8	
3:19	Only one	3x8	C	Slow Squat & Esquiva a tras combo		
				Slow Squat, reaching R arm towards floor	4	
				Slow Step B, L leg into Esquiva a tras	4	3



06. COMBAT 3

MUSIC		EXERCISE		CTS	REPS
3:36	C / Moving	4x8	C ¹	REPEAT Squat & Esquiva a tras at tempo	
				Squat, reaching R arm towards floor	2
				Step B, L leg into Esquiva a tras	2
					8
3:57	Br / Earth	1x8		Front Stance – A-Frame Arms	8
4:02	Here it comes	1x8	A	Ginga Step L& R, recover	4
					2
4:08	Fire’s blazing	2x8	A	Ginga Step L&R, deeper range back into workout	4
					4
4:19	C / Moving	6x8	B ¹	Capoeira Corner Front Kick	
				Step L to Quarter-Turn	1
				Pull R leg B	1
				Front Kick R	1
				Pull R leg B	1
				Step R to Quarter-Turn	1
				Pull L leg B	1
				Front Kick L	1
				Pull L leg B	1
					6



06. GET READY 4:54mins

FUNDAMENTALS

This incredible Capoeira-inspired track has a movement pattern new to BODYCOMBAT: a combination of a 45-degree Pivot turns into a Front Kick to the corner.

Watch out for the layers:

Level 1 – Step Turn into the Pivot and Knee

Level 2 – Step Turn into the Pivot and Kick

Level 3 – Small Hop into the Pivot and Kick

These small increases in the levels of the move ensure the participants have a better understanding of the execution of the kick and therefore increase their success rate.

Once each block is complete, challenge yourself to lift the energy and train in the essence of part fight, game and dance.

TECHNIQUE AND COACHING

STEP PIVOT AND KNEE INTO THE KICK COMBO

Layer 1

- From Front Stance
- Relaxed Capoeira Guard
- Level 1:
 - Step right foot out to the corner
 - And lift opposite leg and knee up as you pivot on the front foot
 - Turn your rear shoulder to the corner, taking your hips and chest with you
 - As soon as the rear foot lands, execute a Rear Knee
 - Brace abs tightly and stay light as you pivot on the ball of the foot to ensure there's no tension in the knee
 - Then repeat on the other side

Layer 2

- Level 2:
 - As you step, pivot and turn, the knee now becomes a Front Kick and the energy increases due to the kick. The option is to kick low throughout the sequence
- Level 3:
 - As you now step and pivot add a small hop into the step so that the rear knee lifts up a little higher. Ensure that each time you land the kick, the same foot then steps to the other side to help the flow and direction of this move

Layer 3

- Feel the flow as you half-spin to the corner – can you kick it? Yes, you can

OPTION: Kick low



06. GET READY 4:54mins

TECHNIQUE AND COACHING

BACKWARD ESQUIVA AND WIDE SQUAT COMBO

Layer 1

- From Combat Stance
- Relaxed Capoeira Arms
- Lean backward and perform the Backward Esquiva
- The back knee is bent
- Hips pull back, keeping the chest lifted and abs braced tightly
- Lead foot heel stays down to lift the toes directly up
- Reach the right arm down towards the floor and keep a soft Half Ginga Guard with the front arm
- Return to a Wide Squat position
- Chest lifted, hips and shoulders squared to the front
- Push knees out slightly as you Squat to engage the glute and quad muscles
- Drop down so the butt is in line, no lower than the knees

Layer 2

- The Esquiva is elusive. We want to avoid being hit by your opponent, so moving and dropping backward and low makes it a fantastic defensive move

Layer 3

- How much can you load the glutes and quads in the back leg? Can you feel the strength in the glute max, especially as you drive out from the bottom range of the move?

OPTION: Choose the range and depth in the Lunges to suit you



07. MUAY THAI

Please note: This track contains explicit content. The clean version of this song can be used in its place.

TRACK FOCUS

This Muay Thai is pure fire. The gears in the music again help you level up your energy and act as cues to the class about what’s coming. You can make the Running Knees the focus of your coaching so your participants can smash out the intensity. Watch out for the standing 8-count recovery. Use the cue. No, seriously, you need to use the cue and then go quiet and count to 8 in your head and cue the elbow sequence. If you try and talk over this bit you will most likely find yourself coming in too hot on the wrong beat. I realize there will be a significant number of you reading this who will think ‘that won’t happen to me’. To those people, I just smile and wave. Don’t say I didn’t warn you!

FEELS

Absolute exhaustion and acceleration

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro/	2x8	L	Combat Stance	16	
0:05	Instr / (Gear shifts)	4x8	A	Knee L&R	4	8
0:17	Bigger Instr / (Cymbals and drums)	4x8	A ¹	Running Man Knee L&R	4	8
0:28	C / WAWA	12x8	B	7x Punch & 4x Knee Combo		
				Jab L, Cross R x3	6	
				Jab L	2	
				Knee R x4	8	6
1:03	Instr / (Big drop with stabbing vocal stutter)	8x8	A ¹	Running Man Knee L&R	4	16
1:26	(Quiet)	1x8		Standing 8-count recovery	8	
1:29	Quiet / (Synths)	7x8	C	Descending Elbow L	2	
				Ascending Elbow R	2	14
1:50	Instr / (Drop)	8x8	A ¹	Running Man Knee L&R	4	16
2.13	_ Low	48x8		 from top in R Combat Stance from start – sequence A right through to finish sequence A ¹		



07. WAWA 4:30mins

FUNDAMENTALS

This Muay Thai track is short with basic moves to allow participants to simply let go and get into this high-intensity-style track right from the start.

The Muay Thai Running Man Knees get the heart rate up instantly and the 7x Punch & Rear Knee Combo allows participants to sit in a power-developing combo.

Combining these movement patterns multiple times allows the class to literally let go and 'go for it'.

TECHNIQUE AND COACHING

JAB CROSS X7 & REAR KNEE X4 COMBO

Layer 1

- From Combat Stance
- Boxing or Muay Thai Guard
- Jab Cross x7 and Rear Knees x4
- Rotate upper body as you punch
- Keeping guard up and chin tucked in; sit into the stance a little to help generate power
- Release the rear heel on the Cross and brace abs tightly. Emphasize the power on the last Jab so that the authentic look and feel really lands
- Rear Knees x4
- Lift the height of the knee higher than the hips and then lean back slightly, and again brace the abs tightly to support the lower back

Layer 2

- This combo starts quickly – straight after the Running Man Knees

Layer 3

- This is all motivation – imagine every strike in the 7x Jab Cross sequence builds with power in every rep so the final punch is the hardest one!

MUAY THAI RUNNING MAN KNEES

Layer 1

- From Front Stance
- Boxing or Muay Thai Guard
- Alternating Knee Strikes
- Maintain height in the knee as well as power
- Keep hips square to the front
- Lift the chest
- Pulls arms down so that the elbows pass the line of the thighs as the knee lifts up
- Switch the feet up fast and stay light on your feet
- Drive the arms down from above the head so that the elbows pass the thighs as the knees come up
- This will really work the heart rate as well as the oblique muscles

Layer 2

- When you execute each strike, sit down into your stance and exhale each time. This brings more connection to the flow of the movement and enables you to maintain better control. This is about fitness and maintaining that high-level energy

OPTION: No bouncing, to reduce the impact



08. POWER TRAINING 3

TRACK FOCUS

This track is both a celebration of where you have got to and also a challenge of where you want to go to. In a sense it's asking the question of what is good enough. Is there something else you can physically do that is beyond enough? The class knows all these strikes by now so focus energy into your Layer 2 and 3 cues to help drive this track to a place where you can really make a shift in their fitness levels. It is a 6-minute track so it does tackle the endurance elements and requires a large degree of mental strength and focus to maintain a high energy output. Remember, if we see it, we can believe it and then we achieve it. Use that as a reflection of strength and stamina for your class and let them see that degree of dedication in you so they can then see it within themselves and strive for more.

FEELS

Celebration and stepping up

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:01	Intro / (Guitar)	12x8 A	Run OTS		96	
			Front Stance			
0:34	V1 / Fear it	8x8 B	Jab L, R x2		8	
			Uppercut L, R x2		8	4
0:57	PC / Us _	8x8 B ¹	Jab L, R x2		4	
			Uppercut L, R		4	8
1:19	Drop / Us _	8x8 B ²	Jab L, R x2		4	
			Uppercut L, R		4	
			Jack x4		8	4
1:42	Fear it	8x8 C	Jab L, R		2	32
2:03	Us _	8x8 B ²	Jab L, R x2		4	
			Uppercut L, R		4	
			Jack x4		8	4
2:25	Standing up	8x8 A	Break and Run OTS		64	
			Into Front Stance			
2:48	V / Fear it	8x8 D	Traveling Combo			
			Jab L to the L x2		4	
			Uppercut L, R, L to the front		4	
			Jab R to the R x2		4	
			Uppercut R, L, R to the front		4	4
3:09	Drop / Us _	8x8 D	Traveling Combo – max effort			
			Jab L to the L x2		4	
			Uppercut L, R, L to the front		4	
			Jab R to the R x2		4	
			Uppercut R, L, R to the front		4	4
3:32	Fear it	8x8 B ²	Jab L, R x2		4	
			Uppercut L, R		4	
			Jack x4		8	4
3:54	Us	8x8 C	Jab L, R		2	32
4:15	Standing up	8x8 A	Break and Run OTS		64	
			Into Front Stance			
4:38	Fear it	32x8	 sequence from D – C Traveling Combo to the R to finish			



08. GOOD ENOUGH 6:12mins

FUNDAMENTALS

This is an all-out endurance, high-volume, high-energy Boxing track.

This track has been designed to bring to life the element of combining power striking and high motivation with a continued test on endurance training. Using lateral power Jump Jabs, Uppercuts, fast straight Punches and Jumping Jacks to 'leave it all on the line'.

NOTE: This track is big – not just because it's high-volume, but finishing the Muay Thai track and moving straight into this track is also super challenging. Know when to pace yourself and know when to 'go for it' so that you can finish big.

Commitment is the focus in this track, and if you're consistent with your commitment then that's when the results come.

TECHNIQUE AND COACHING

JAB X4, POWER UPPERCUT X2 FROM SLOW TO FAST

Layer 1

- From Front Stance
- Boxing Guard
- Alternating slow-paced Jabs x4
- x4 Power Uppercuts L, R
- Rotate body into the Uppercuts and release the heels (especially if the movement is slow)
- Keep a Wide Stance, knees bent and abs braced tightly
- Squeeze glutes hard to help support the hips and core
- Then rotate the shoulders forward on the Power Uppercuts

Layer 2

- As the combo speeds up, now perform the Jabs and Uppercuts in this sequence:
 - 4x Jabs
 - 2x Uppercuts
 - 4x Jumping Jacks in and out
- Move fast, stay light and react quickly. The focus is on moving from the fast-paced Jabs into slower but heavy, powerful Uppercuts and then back into light, fast-paced Jumping Jacks

Layer 3

- "Commit to this track. That's really the focus now — commitment. It is when you are consistent with your commitment the results will come"

OPTION: Squat on the Jacks

LATERAL JUMP JABS X2 AND 3X UPPERCUTS

Layer 1

- From Combat Stance
- Boxing Guard
- Look to the side
- Jump Jab x2
- Uppercuts R, L, R and change to the other side
- Brace abs and tuck chin in; keep your guard up
- Lean forward into the Jab and move forward with each Step or Jump

Layer 2

- No set-up phase here – look and move. We all know how to jab and to jab with power and control. Let these 2 Jump Jabs lift the heart rate
- As you perform the 3x Uppercuts, start to increase the intensity by actively punching harder – don't hold back

OPTION: Step Jab instead of Jump Jab



09. CONDITIONING

TRACK FOCUS

Quick-fire cueing will be your friend here so get organized. Plan what Layer 1 cues you need so you don't miss the mapping points. The music could mislead you to believe that there are more or fewer reps inside a set. Keep it simple. People are tired and don't need every detail on how to do each move. What they need are clear directions and encouragement to get it done.

FEELS

Independent and strong

MARTIAL ART

Brazilian Jiu-Jitsu

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Guitar)	2x8	Lie on your back on the floor and set up the room		16
0:08	Whoaaaa	8x8	A	2/2 Crunch x6 1/1 Crunch x4	8 8
0:39	C / I make	4x8	B	Top Half Pulse Crunch with hands clasped between thighs	2 16
0:55	V / Stuck	4x8	C	Slow Cross Crawl L, R	8 4
1:09	PC / So you	2x8	C ¹	Quick Cross Crawl	4 4
1:17	C / Whatever	4x8	C ²	Cross Crawl Quick Quick Slow tempo	4 8
1:32	Instr /	1x8	Reset into Double Leg Glute Hip Bridge		8
1:37	Whoa	4x8	D	Top Half Pulse Double Leg Glute Hip Bridge	2 16
1:56	C / I make	4x8	D ¹	Single Alt Knee Glute Bridge	8 4
2:11	V / Stuck	4x8	D ²	Single Alt Up Kick Glute Bridge	8 4
2:26	PC / You can do	2x8	Transition onto front and prepare for Back Extensions		16
2:35	C / I make the	8x8	E	Combo Single Back Extensions with hands at temples x2 Slow Arm Circle, reach F, out and B (thumbs turned up and out)	4 8



09. WHATEVER I WANT 3:08mins

FUNDAMENTALS

This Core Conditioning track does exactly that! It conditions our core strength, endurance, as well as challenges stability. Pulse Crunches, Cross Crawls, Up Kick Glute Bridges and Back Extensions – a complete core workout all wrapped up in the essence of a powerful Martial Arts class.

TECHNIQUE AND COACHING

CRUNCHES

Layer 1

- Lying on your back
- Feet on the floor close to butt
- Chin tucked in
- Elbows out wide with fingertips at temples
- Crunch up lifting the shoulders off the floor
- Slide ribcage down towards the pelvis
- Work the upper abdominals
- Level 1 – 2/2 rhythm
- Level 2 – Single rhythm
- Level 3 – Top Half Pulses (bring hands together and reach up towards the knees)

Layer 2

- Move with control; slide and squeeze the upper abs as you lift up. As you progress through the levels, changing the timing adds an increase in the intensity due to a higher amount of reps being performed in a short period of time

Layer 3

- Work deep into the core muscles. Imagine someone was standing on your stomach... feel no pain!

OPTION: Reduce range

CROSS CRAWLS

Layer 1

- Lying on your back
- Start with knees over the line of the hips
- Lower back towards floor
- Turn the rear shoulder up and across to the opposite knee
- Fingertips reach – stay at the temples
- Rotate from the center of the chest

Layer 2

- NOTE: As you progress, you can extend the legs out to 45 degrees or slightly lower

Layer 3

- Can you get to the top and then lift even higher?

OPTION: Toe Taps instead of Leg Extensions

UP KICK

Layer 1

- From the Glute Bridge position
- Keep the pelvis level with the floor
- Lift the hips up to the ceiling
- Take one leg off the floor; kick that leg, leading with the heel up to the ceiling
- Reset and change to the other side

Layer 2

- NOTE: The Up Kick is a specialty move and is inspired by fighting off the back (BJJ) as well as MMA
- Imagine your opponent is trying to advance their position and you lift the hips and explode the kick upwards

OPTIONS: Move at half the speed or bend the knee



10. COOLDOWN

TRACK FOCUS

The Cooldown has some serious sass and sway. It's almost hypnotizing. Treat each stretch as a work in progress. Encourage your participants to try each stretch and then each time they're doing the workout, pay attention to the development and results that will come from being consistent.

FEEL

Cruisy and 'chilled'

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Piano)	4x8	A	Childs Pose	32	
0:18	C / Hey little	4x8	B	Frog Pose	32	
0:37	V / How ya like	2x8	C	Hip Flexor Stretch R	16	
0:46	Ooh girl	2x8	C¹	Add Twist with Prayer Hands	16	
0:55	C / Hey little	2x8	D	Sit back into Hamstring Stretch L	16	
1:05	Wait 'til	2x8	D¹	Option to move into Splits	16	
1:15	V / Fly you	2x8	C	Hip Flexor Stretch L	16	
1:24	I don't	2x8	C¹	Add Twist with Prayer Hands	16	
1:33	C / Hey little	2x8	D	Sit back into Hamstring Stretch R	16	
1:42	Wait 'til	2x8	D¹	Option to move into Splits	16	
1:52	(Trumpet)	1x8		Transition	8	
1:56	Put your	3x8	E	L Quad Stretch (Standing)	24	
2:11	Hey little	4x8	E	R Quad Stretch (Standing)	32	
2:29	(Trumpet)	4x8	F	R Side Body Stretch	32	
2:48	Break / (Quiet)	½x8		Transition	4	
2:52	C / Hey little	4x8	F	L Side Body Stretch	32	
3:10	(Trumpet)	2x8	G	L Shoulder Stretch	16	
3:19	(Trumpet)	2x8	G	R Shoulder Stretch	16	
3:28	Hey little	4x8	H	Kata		
				Inhale arms out to the side and O/H	4	
				Float hands, open palm down, to center of chest	4	
				Knife Block L	4	
				Knife Block R	4	2
3:48	(Trumpet)	2x8	I	Upper Back Stretch	16	
3:57	(Trumpet)	2x8	J	Chest Stretch	16	



10. FIREFLY 4:14mins

FUNDAMENTALS

A beautiful relaxing Cooldown with short smooth transitions in between stretches.

Let this meaningful song fill your heart space and close an amazing workout. During each Stretch, move around to find the most comfortable position before you sink lower. A great tip at this stage is to use breath with the stretches.

TECHNIQUE AND COACHING

FROG POSE

Layer 1

- Facing forward with the stomach facing down
- Knees outside hip-width, feet flexed at ankle
- Heels in line with the back of the knees
- Stretch the groin and hips in this position
- Rest on the hands or sink lower and rest on the elbows

Layer 2

- Move with control and sink the hips down closer to the floor

OPTIONS: Stay on the hands or drop to the elbows

KNEELING HIP FLEXOR AND PALMS TOGETHER TWIST STRETCH

Layer 1

- Kneeling Hip Flexor Stretch
- Release the back hip, squeeze the glutes
- Release and relax the back foot
- Chest lifted
- Turn lead foot out slightly
- Take back arm and twist it over the front leg
- And drop that lead shoulder down and get comfortable
- Place the front palm with the back hand in (prayer) position
- Anchor the rear elbow against the front knee and twist; take the eye gaze to the back of the room
- Breathe and sink deeper

KNEELING HAMSTRING STRETCH

Layer 1

- Staying on one knee
- Sink the hips back and straighten the front leg
- Point the toes forward on the front foot
- Keep the chest sitting in the middle of the lead knee
- Feel the stretch in the front hamstring



BONUS

05. POWER TRAINING

TRACK FOCUS

Expect absolute endurance here with so many rounds of Boxing training. It is a high-volume track with simple combos on repeat. Stay focused on which round you are on to help your participants know how much longer they have to stay in the Stretch. Nothing complex, and that’s exactly why it’s the mark head on. With such simplicity you get high energy output. Knowing this, means you would do well to dial into your Layer 3 cues to keep the class moving.

FEELS

Excited and uplifted

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	12x8	A	Run OTS	96
L Combat Stance					
0:32	C / I’ve got the	8x8	B	L Jab, R Cross x2	4
				L Hook, R Hook	4
					8
0:55	Instr / Ooohhhh	8x8	C	L Jump Jab F x4	8
				Run High Knees B	8
					4
1:16	C / I’ve got the	8x8	B	L Jab, R Cross x2	4
				L Hook, R Hook	4
					8
1:39	(Bigger beats)	8x8	C	L Jump Jab F x4	8
				Run High Knees B	8
					4
2:01	(Slap beats)	8x8	B	L Jab, R Cross x2	4
				L Hook, R Hook	4
					8
2:23	(Drum ‘n’ Bass beats)	8x8	D	Front Stance	
				Jab L, R	2
					32
2:45	Quiet / (Vocal)	2x8		L Jab high halfway	2
					8
2:51	V / (Floating vocals)	6x8	A	Run OTS	48
R Combat Stance					
3:07	C / I’ve got the	8x8	B	R Jab, L Cross x2	4
				R Hook, L Hook	4
					8
3:29	Instr / Oooooohh	8x8	C	R Jump, Jab F x4	8
				Run High Knees B	8
					4
3:51	C / I’ve got the	8x8	B	R Jab, L Cross x2	4
				R Hook, L Hook	4
					8
4:13	(Drum ‘n’ Bass beats)	8x8	C	R Jump, Jab F x4	8
				Run High Knees B	8
					4
4:35	(Slap Beats)	8x8	B	R Jab, L Cross x2	4
				R Hook, R Hook	4
					8
4:54	(Drum ‘n’ Bass beats)	8x8	D	Front Stance	
				Jab R, L	2
					32
				R Jab high to finish	



BONUS

05. FEEL IT 5:24mins

FUNDAMENTALS

This is a Bonus Track 5 – an added track for those wanting a standing-only track that’s high-volume Boxing training.

This track delivers exactly that. With relentless Boxing strikes, it has been designed to repeat mainly two combinations:

1. A power-based combo
2. A cardiovascular-based combo

Repeating these combos multiple times allows the participants to sit closer in the essence of Boxing. It therefore delivers on the authenticity they’re inspired by.

TECHNIQUE AND COACHING

JAB CROSS & HOOK COMBO

Layer 1

- From Combat Stance
- Boxing Guard
- R Jab, L Cross x2
- L Hook, R Hook
- Rotate shoulder on each strike
- Release the heels on the Hooks
- Brace abs tightly
- Tuck chin in as you strike and breathe out hard to help increase power

Layer 2

- Throw each strike, maintaining consistent power, and move with speed on the Jab and the Cross. Sit lower into your stance and execute the Hooks with power

Layer 3

- This is it! Your power combo that’s repeated several times. Each time we do this we are moving through the rounds. There are 12 rounds in total, covering both the right and left sides

4X JUMP JAB & HIGH KNEE COMBO

Layer 1

- From Combat Stance
- Boxing Guard
- 4x Jump Jabs traveling forward, followed by a High Knee Run backward
- On the Jabs, you can lead by lifting the front leg and jumping onto it as you jab. You can jump both feet and land together or simply walk and jab
- The key here is to increase the heart rate for a short block before going back into your Power combo

Layer 2

- On each block that’s repeated, actively try and strike harder with more raw power and high-speed striking. This will increase the work rate in the shoulders, back and core and ultimately improve your cardiovascular output, getting you fitter quicker

OPTIONS: No High Knee Runs backward – only March or Low Jog



GLOSSARY

FRONT STANCE

STANCE

- Body faces the front
- Feet wider than shoulders, toes forward
- Knees soft and aligned with toes, abs braced
- Chest lifted
- Weight centered

COACHING

Layer 1

- Front Stance
- Face your body to the front, jump your feet wide, bend your knees
- Feet wider than shoulders for stability



COMBAT STANCE

STANCE

- Lead leg forward
- Feet shoulder-width apart
- Front foot facing target, rear foot at 45 degrees
- Chest and hips align and more face forward, not side-on
- Body weight centered and lean slightly forward, abs braced
- Knees soft

VARIATION 1:

- Boxing – back heel lifted, balanced weight distribution

VARIATION 2:

- Tae Kwon Do – slightly wider stance, bent knees, up on toes (constant movement)

VARIATION 3:

- Karate – wider stance, more knee bend, sit lower and firmly on the floor

COACHING

Layer 1

- Combat Stance
- Take your right foot forward
- **Bend your knees**





GLOSSARY

BOXING GUARD

STANCE

- Either Combat or Front Stance
- Back heel off the floor (Boxing Stance)
- Chin tucked in
- Knuckles to jawbone/cheeks – protecting face
- Elbows tucked in to ribs
- Shoulders slightly rounded

COACHING

Layer 1

- Slightly round your shoulders
- Boxing Guard
- Hands up by your face
- Get your elbows in – keep it nice and tight



MARTIAL ARTS GUARD

STANCE

- Combat Stance, feet slightly wider
- On your toes and agile
- Tight fists
- Hands slightly lower than chin and in front of chest
- Front arm extended slightly away from body
- Rear arm in with forearm touching ribcage
- Elbows soft and facing down
- Knuckles angle to the front

COACHING

Layer 1

- Martial Arts Guard
- Get your hands up and out in front of you. Front arm out, back arm tight to the body
- Pull shoulders back
- Brace abs
- Tension in the arms
- Get on the balls of your feet and stay agile, ready to move quickly





GLOSSARY

JAB

PREPARATION

- Rotate the torso to bring the shoulder forward
- Relax the shoulders
- Push weight off the back foot and into the front foot by lifting the heel

STRIKE

- Punch the lead hand forward in a straight line
- Rotate the wrist. Elbow turns out as the arm extends, keeping elbow soft
- Target Zones: The nose, lip, chin or stomach of your opponent
- Strike Surface: The first two knuckles of the fist
- Return the fist back to Guard position

COACHING

Layer 1

- Jab
- Aim for the nose, lip or chin using the big two knuckles
- **Keep elbow soft**
- Return your fist to Guard position
- Abs braced



CROSS

PREPARATION

- Rotate the torso to bring the back shoulder forward
- Add hips and heel rotation to reach the target
- Body weight moves from back to front, driving force from the floor through the leg, hips, torso, shoulder and out through the fist

STRIKE

- Target Zones: The nose, lip, chin or stomach of your opponent
- Strike Surface: First two knuckles, palm and thumb down
- Extend through the shoulder girdle
- Relax until the point of 'contact'

COACHING

Layer 1

- Cross
- Aim for the nose, lip or chin using the big two knuckles
- Keep elbow soft
- Return your fist to Guard position
- Release back heel
- Abs braced





GLOSSARY

HOOK

GUARD

- High Boxing Guard
- Knuckles to chin
- Elbows tucked in to ribs
- Chin tucked in
- Shoulders slightly rounded

PREPARATION

- Body weight centered and firmly on the floor
- Transfer weight onto opposite leg
- Draw opposite shoulder back
- Release knuckles from jaw with bent elbow
- Rotate hip, torso, chest and shoulder into the punch
- Release heel of striking side
- Brace abs and engage obliques

STRIKE

- Target Zones: The jaw or ribs of your opponent
- Aim at least 2 inches (5 cm) past the target
- Strike Surface: First two knuckles, palm down
- Elbow forward of the shoulder
- Elbow 90 degrees maximum
- Elbow at shoulder height with forearm parallel to the floor
- Punch to the jaw
- Retract along same path back to Guard position
- Non-punching hand remains at Guard for protection

COACHING

Layer 1

- Hook
- Target Zones: Jaw or temple
- Release your heel and turn your knee, hip and body
- Elbow at 90 degrees
- Abs braced



UPPERCUT

PREPARATION

- Weight in front leg
- Rotate the torso, bringing the back shoulder forward
- Bend knees
- Drive forward from the legs and hips
- Release heel as you load for extra rotation
- Recruit obliques and abdominals

STRIKE

- Strike Surface: First two knuckles, palm facing you
- Target Zone: Under the chin

COACHING

Layer 1

- Uppercut
- Strike Surface: First two knuckles
- Target Zone: Under the chin
- A driving vertical punch
- Abs braced





GLOSSARY

FRONT KNEE

PREPARATION

- Step back foot in to balance weight, turning back toes out slightly
- Reach arms up and forward
- Load the hips by sitting back slightly
- Abs contract as the knee lifts

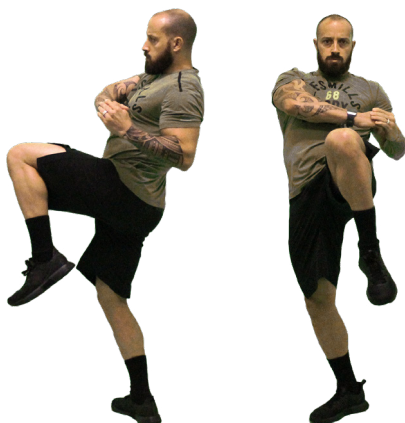
STRIKE

- Strike Surface: Top of the knee
- Target Zones: The stomach, groin, legs or head of your opponent
- Lift your knee up in a straight line and push your hips forward
- Keep your heel close to your butt
- Push hips forward and lean back, pulling both hands to same side hip
- Return to stance

COACHING

Layer 1

- Front Knee
- Target the ribs/stomach of your opponent
- Striking knee comes up and forward
- Shoulders back, abs braced to protect your lower back



FRONT KICK

PREPARATION

- Step back foot in to balance weight, lean back turning back toes out slightly
- Shift weight into back leg
- Lift the knee and point it to the target
- Keep your heel close to your butt
- Brace abs

STRIKE

- Target Zones: The knee, groin or stomach level
- Strike with the ball of the foot
- Extend your leg forward at the knee
- Push hips forward and lean back, bracing abs tighter
- Retract heel back towards your butt before returning to stance

COACHING

Layer 1

- Front Kick
- Target Zones: Thigh, stomach or chest level
- Strike with ball of the foot
- Shoulders lean backwards; abs braced to protect the lower back





GLOSSARY

ROUNDHOUSE KICK

PREPARATION

- Step the rear foot in under the body with heel towards (¾) target
- Slight bend in supporting knee
- Brace abs and lead away with head up for balance
- Extend leading arm for balance, rear arm into ribs with knuckles facing up
- Push hips forward to open them as you lift your knee to hip height; ideally knee, hips and shoulders are in alignment and knee pointing towards target
- Shin parallel to the floor, heel towards butt and toes pointed

STRIKE

- Strike Surface: Lower shin
- Target Zones: Leg, body, shoulder or head
- Extend lower leg from knee to toes
- Retract in same path of movement

COACHING

Layer 1

- Set your heel towards your target
- Lean upper body away and look towards your target
- Pre-load and then open your hips and lift your knee up, shin parallel to floor
- One arm out for balance, other arm tucked in
- Retract lead leg back to the pre-load position



BACK KICK

PREPARATION

- Step front foot back underneath body to balance your weight
- Look over your shoulder
- Shift your weight into the front leg
- Drop the torso forward as you lift and bend the back knee
- Take a small lean forwards
- Brace abs

STRIKE

- Strike Surface: The heel of your foot
- Target Zones: Knee, groin or stomach
- Lift the back leg by bringing the knee slightly up and out
- Push your heel behind you and kick with your toes turned downwards
- Retract the knee back in before returning to stance

COACHING

Layer 1

- From Guard position
- Strike Surface: Heel of the foot
- Target Zones: Groin or stomach
- Look over rear shoulder, kick with back leg
- Retract the knee back in to stance position
- Drop the torso forward
- Hands back to Guard position



GLOSSARY

SIDE KICK

PREPARATION

- Set your heel in line with the target
- Back foot directly under the body and soft knee bend in back leg
- Transfer weight to the back foot and lean body away from the target but keep head up for balance
- Draw knee up and in front of the body towards the chest across the center line
- Pull up through the arch of the kicking foot, pushing the ankle out to create a blade with outside of foot
- Toes down slightly and heel turned up slightly
- Extend same arm as kicking leg to keep balance
- Opposite arm fist to ribs with knuckles facing down
- Engage obliques and glutes

STRIKE

- Target Zones: Knee, thigh, hip, stomach, head or throat (advanced)
- Brace abs and use glutes
- Extend the knee to a straight leg with your toes angled down slightly
- Hips and knee of kicking leg face more forward, not down to floor
- Lean body and shoulders away but keep head up
- Strike with the edge or heel of the foot

COACHING

Layer 1

- Side Kick
- Brace abs
- Draw the knee in and load the kicking leg
- Strike with your heel or blade of foot
- Turn toes down and heel up
- Retract kicking leg on the way back in landing in Combat or Front Stance



JUMP KICK

PREPARATION

- Step and Kick, left, right
- Squeeze glute and use hip to fire the Kick

STRIKE

- Target Zones: Aim Kick to stomach, striking with ball of foot

COACHING

Layer 1

- Lean shoulders back and brace abs tightly
- Land softly by bending knees
- The Jump Kick is long and low



GLOSSARY

DESCENDING ELBOW

PREPARATION

- Release heel of striking side and elbow simultaneously
- Rotate hip, torso and shoulder
- Engage obliques
- Lift elbow up to the diagonal

STRIKE

- Strike Surface: Point of elbow and forearm
- Target Zone: The eyebrow of your opponent
- Lift elbow upwards and forward of the face
- Strike downwards in a diagonal line
- Finish hand under arm, close to chest
- Rotate your hips and heel, using the whole body to strike

COACHING

Layer 1

- Descending Elbow
- Strike Surface: Forearm and elbow
- Target Zones: Jaw, temple or the bridge of the nose
- Lift the elbow high and strike diagonally down
- Crunch abs



ASCENDING ELBOW

PREPARATION

- Release heel of striking side
- Rotate hip, torso and shoulder
- Engage obliques

STRIKE

- Target Zone: The chin of your opponent
- Strike Surface: The point of the elbow and forearm
- Keep your arm flexed and follow an ascending vertical line
- Hand to the back of your shoulder
- Lift ribs and chest as you rotate
- Opposite hand either in Guard position or to waist (release specific)
- Use your legs to drive up the power

COACHING

Layer 1

- Ascending Elbow
- From Muay Thai or Boxing Guard
- Strike Surface: Forearm or elbow
- Target Zone: Jaw





WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors, and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music, and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music, and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

