

BODYCOMBAT 92

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

GLOSSARY

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.



MUSIC

- 01A

Ready or Not Here I Come (3:30)
District 78 feat. Cheesa
© 2016 District 78.
Written by: Bell, Hart
- 01B

My Way (2:42)
Harris & Ford x Mike Candys
© 2020 Central Station Records under exclusive licence from Kontor Records GmbH / Heaven Shall Dance / Sirup.
Written by: M. Pöhl, C. Pöhl, Kridlo, Kull
- 02

Pum Pum (Da Tweekaz Remix) (6:03)
Showtek & Sevens
© 2021 Skink, The Music Group.
Written by: W. Janssen, S. Janssen, Fennel, Wilson, Brauer
- 03

Hope (3:09)
Sigma & Carla Marie
Courtesy of the Universal Music Group.
Written by: Williams, Newman, Edwards, Lenzie, Fitton
- Hope** (1:33)
Sigma & Carla Marie
Courtesy of the Universal Music Group.
Written by: Williams, Newman, Edwards, Lenzie, Fitton
- 04

The Search (6:26)
Fraser Glaser
© 2022 Les Mills Music Licensing Ltd.
Written by: Profitt, Feuerstein
- 05

Pick A Side (5:28)
Erphaan Alves x Kes
© 2020 Monk Music / Soca Universe 2020.
Written by: Alves, Dieffenthaler, Gooding
- 06

Voices (4:24)
Hidden Citizens feat. Vanessa Campagna
© 2021 Accelerator Music.
Written by: Campagna, Van Alstine
- 07

Carnival (4:20)
Quintino
© 2017 SpinninRecords.com.
Written by: van den Berg, Helsloot

- 08

All for Nothing (6:22)
Koven
© 2020 Monstercat.
Written by: Rowat, Boyle
- 09

2 Legit 2 Quit (3:46)
MC Hammer feat. Saja
Courtesy of the Universal Music Group.
Written by: Pilate, Earley, L. Burrell, Kelly, S. Burrell
- 10

Chain Of Fools (3:19)
Jimmy Barnes
© 2014 Bloodlines.
Written by: Covay
- ALT
02

Loca (6:03)
NOAM DEE
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Written by: Fairley



BODYCOMBAT 92



L–R: Antoine Sagne, Benjamin Siolo, Rachael Newsham, Natasha Vincent, Dan Cohen, Erin Maw, Vili Fifita and Marlon Woods

The weather forecast is looking heavy with a sky full of electricity from the south and high energy and explosions coming your way from the north as the large team of BODYCOMBAT 92 presenters takes to the stage.

The adrenaline is filled to the max with Jumping Knees, Dropping Elbows, Power Kicks, Karate Knife Strikes and Speed Boxing. This release has each track bursting with focus and excitement. You may have to ask yourself the simple question – are you ready or not? Either way, here it comes. The workout has been skillfully designed to cultivate not just powerful technique but progressive training, with slower-paced set-ups and options for those wanting not just high- or low-intensity exercises but also the middle-ground variations that help to maintain confidence and excitement. The music builds in each track to a climax of brilliance in Martial Arts success, the combos integrated into the chorus and the gear changes of power intensity – intertwined with the sounds of EDM and rap – bring this release alive making it the perfect storm!

Enjoy BODYCOMBAT 92

Dan & Rach



CREDITS

- Program Directors** – Dan Cohen and Rachael Newsham
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Mark Nu’u-Steele
- Technical Consultant** – Andrew Newmarch
- Production Coordinator** – Anusha Kulal

PRESENTERS

Dan Cohen (UK/NZ) is co-Program Director for BODYCOMBAT and LES MILLS CORE™. He is a Masters-Level NLP (Neuro-Linguistic Programming) and IBC Coach. Dan is based in Auckland with his wife and three children.

Rachael (Rach) Newsham (UK/NZ) is co-Program Director for BODYCOMBAT. She is passionate about people and helping them find their soul-mate workouts and believes that once they do, the rest will take care of itself. Rach 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.

Vili Fifita (New Zealand) is a LES MILLS TONE™, BODYCOMBAT, BODYPUMP™, LES MILLS CEREMONY™, LES MILLS CONQUER™ and a LES MILLS SPRINT™ Instructor and a LES MILLS GRIT™ Trainer/Presenter. He 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.

Erin Maw (New Zealand) is a BODYCOMBAT, LES MILLS CORE, LES MILLS GRIT, LES MILLS TONE and BODYJAM™ Trainer/Presenter and the Lead Creative for LES MILLS GRIT. She is a Marketing Coordinator at Les Mills International in Auckland and is also a Les Mills Ambassador for BODYCOMBAT, LES MILLS TONE and LES MILLS GRIT.

Benjamin Siolo (New Zealand) is a BODYCOMBAT, BODYPUMP, LES MILLS GRIT, BODYJAM, SH’BAM™ Trainer/Presenter/Instructor, a LES MILLS CORE Trainer/Instructor and a LES MILLS SPRINT Instructor. He lives in Auckland.

Marlon Woods (United States) is a BODYCOMBAT and BODYPUMP Trainer and a LES MILLS TONE Presenter. He is a Les Mills Ambassador for BODYCOMBAT and BODYPUMP. He lives in Sydney, Australia, and works in a research lab at The University of Sydney.



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.

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	37:35

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	25:03

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			

RELEASE FEEDBACK

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



01A. UPPER BODY WARM-UP

TRACK FOCUS

It goes without saying that you are getting people warmed up. There is success for participants in a winning beginning, so get really clear with early cues and the basics. You have the opportunity to set the tone for the rest of the workout so be inviting and encouraging.

FEEL

You know what training session you are in when this tune comes on. It's like a friendly Doberman. You feel a sense of danger but it doesn't stop you from going in for some rough and tumble.

MARTIAL ARTS

Boxing

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /		L Combat Stance		
0:11	C / Ready or not	8x8 A	Jab L, Cross R	4	16x
0:34	/ Ready or not	4½x8 A¹	Jab L, Cross R, Jab L	4	
			Pulse F&B	4	4½x
0:48	Drop / (Heavy synth)	8x8 B	Slip R, L	4	
			Jab L, Cross R, Jab L	4	8x
1:12	Instr / (Quiet)	4x8 C	Uppercut R, Hook L	4	8x
1:24	/ You, you, you	4x8 C¹	Uppercut R, Hook L, Uppercut R	4	
			Pulse OTS	4	4x
1:36	Instr / (Strings & drums)	3½x8 D	Decoy R, L	4	7x
1:46		½x8	R Combat Stance	4	
1:48	C / Ready or not	4x8 A	 Jab R, Cross L	4	8x
2:00	/ Ready or not	4½x8 A¹	 Jab R, Cross L, Jab R	4	
			Pulse F&B	4	4½x
2:14	Drop / (Heavy synth)	8x8 B	 Slip L, R	4	
			Jab Cross Jab	4	8x
2:38	Instr / (Quiet)	4x8 C	 Uppercut L, Hook R	4	8x
2:50	/ You, you, you	4x8 C¹	 Uppercut L, Hook R, Uppercut L	4	
			Pulse OTS	4	4x
3:01	Br / Yeaaaaaaa	1x8	Front Stance		
			Hold OTS	8	
3:05	Outro / (Heavy synth)	8x8 E	Jab L, R x4	8	
			4x Jumping Jacks	8	4x
			OPTION: 2x Squats		



01A. READY OR NOT HERE I COME 3:30mins

FUNDAMENTALS

WHY?

Coach with connection, warmth and friendliness. Create an environment that will help your participants' journey into this workout. It also helps to set up a great atmosphere and mindset for them.

WHAT?

Keep with Layer 1 coaching cues and be clear with RIGHTS and LEFTS, directional changes, and names of ALL the strikes, including target zones, ranges of motion, and the number of reps. **Use coaching cues that support the Jab, Cross, Jab and Slip sequence. Create imagery early on to help set the tone of authentic Boxing.**

HOW?

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

TECHNIQUE AND COACHING

JAB AND CROSS SEQUENCE INTO THE JAB, CROSS, JAB & SLIP COMBO

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Single Jab and Cross right and left
- Keep soft elbows
- Chin tucked in
- Target just above the line of the shoulders
- Rotate the shoulders and trunk as you strike
- Brace abs
- Stay light on the feet and include a small rotation of the hips and heels

Layer 2

As you perform the Jab Cross Jab, add on the SLIPS and SAY:

- Let's focus on adding some speed and an extra Jab now; the combo now becomes Jab Cross Jab, Pulse forward and back. Let's focus on timing instead of power while we're still warming up. Ensure the positioning of the body weight is at a place where you can comfortably start to move forward and back
- Tuck chin in
- And now, add on 2x Slips – one left and then right
- Crunch the body and instead of moving just from side to side, add a small rotation as you crunch to warm up the core faster

Layer 3

- Stay light, smile, feel the energy of the song and enjoy this moment. Imagine there's a wrecking ball swinging towards you. Now quickly get out the way. Yeah, awesome work



01A. READY OR NOT HERE I COME 3:30mins

TECHNIQUE AND COACHING

UPPERCUT HOOK COMBO INTO THE TRIPLE UPPERCUT, HOOK, UPPERCUT SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Uppercut from the back arm and Hook off the front arm
- Release the hip and heel as you strike slowly
- On the Uppercut, rotate the body forward and in towards the target
- On the lead Hook, lift the elbow in line with the shoulder and as you strike, release the hip, knee and heel
- Now **let's speed that up**
- Uppercut, Hook, Uppercut followed by Pulse up and down on the spot, keeping the weight center
- Stay relaxed and brace the abs

Layer 2

SAY:

- As you can see, we've added speed now; this warms up the shoulders, back, arms and core faster. It's lifting our heart rate, so let's keep going and add a little more power

JAB & JUMPING JACK COMBO

Layer 1

SAY:

- From Front Stance
- 8x Jabs left and right
- Then 4x Jumping Jacks in and out
- Bend knees, lift chest and brace abs
- Stay light on your feet

OPTIONS:

- 2x Power Squats
- Squats instead of Jacks



01B. LOWER BODY WARM-UP

TRACK FOCUS

Kicks always have a great deal of perceived complexity to our participants so this is where you set up the basics and keep it clear to make sure the important information stands out. It’s also an important part of getting the body really warm and ready for the workout ahead – so demonstrating good range will help that.

FEEL

A nice bit of hard dance with big synths and beats to illustrate the intention of someone making a point, that they are doing things their way.

MARTIAL ARTS

Kick-boxing, TKD, Karate

MUSIC		EXERCISE		CTS	REPS
3:31	Intro QC / I did it my way	8x8 A	Front Stance L Knee x3 to L corner Step L, R, L turning to R corner R Knee x3 to R corner Step R, L, R turning to L corner	5 3 5 3	4x
3:57	Instr / Ay aya aya	4x8 B	L Combat Stance Roundhouse Kick Set-up L Pulse OTS	4 4	4x
4:10	/ (Drop beats)	8x8 B¹	Roundhouse Kick L Pulse	4 4	8x
4:36	V / I ain’t looking	4x8 C	Front Stance Side Kick L Pulse OTS	4 4	4x
4:49	/ There will be	4x8 C	Side Kick R Pulse OTS	4 4	4x
5:03	QC / I did it my way	4x8 B	R Combat Stance REPEAT Roundhouse Kick Set-up R Pulse OTS	4 4	4x
5:11	Instr / Day aya aya	8x8 B¹	REPEAT Roundhouse Kick R Pulse OTS	4 4	8x
5:42	/ (Big synths & drums)	4x8 A	Front Stance REPEAT L Knee x3 to L corner Step L, R, L turning to R corner R Knee x3 to R corner Step R, L, R turning to L corner	5 3 5 3	2x
5:54	Chorus / I did it my way	4x8 A¹	REPEAT L Knee x2, L Front Kick to L corner Step L, R, L to R corner R Knee x2, R Front Kick to R corner Step R, L, R to L corner Finish with L Front Kick F	5 3 5 3	2x



01B. MY WAY 2:42mins

FUNDAMENTALS

WHY?

Continue to coach with connection, warmth and friendliness. Creating a teaching and learning environment will help your participants' journey into this workout.

WHAT?

Focus on Layer 1 coaching. Be clear with RIGHTS and LEFTS, directional changes, and names of ALL the strikes.

HOW?

Be specific with targets and heights. Keep them low and explain that while warming up the muscles, we want to kick low with full range at a slower pace as this will really help them when they speed up movement patterns later on in the workout.

TECHNIQUE AND COACHING

TRIPLE DIAGONAL WALKING KNEES

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Turn to the right – 3x Knees
- Step to the left and repeat
- Relax the upper body and keep it simple
- Pull the arms down past the thighs as the Knee Strikes come up
- Brace abs tightly and lean back slightly as you strike

Layer 2

- As you strike, stay light and bouncy on your feet and keep it upbeat

SET UP ROUNDHOUSE KICK

ADD ROUNDHOUSE KICK

Layer 1

SAY:

- From Combat Stance
- Boxing Guard or Martial Arts Guard
- Let's set up the Roundhouse Kick off the right leg
- Set back heel at least three-quarters of the way towards the front, bracing abs and leaning away
- Lift shin to align parallel to the floor
- Keep bracing the 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

Layer 2

- This kick helps to teach balance, fire up the core muscles and warm up the hips faster

OPTION: Kick low

SIDE KICKS

Layer 1

SAY:

- From Front Stance, look to your right
- Low right Side Kick, turn supporting foot towards the target
- Kick out and retract strike back into your stance
- Lean away as you kick
- Brace the abs and lift your chest

Layer 2

- 4x Kicks on the right and then change to the left
- There are two options after the strike:
 - 1) Step wide, back into your stance
 - 2) Jump wide
- Lean your body away from the kick
- Extend the lead arm to help you balance

OPTIONS: Kick low and either step or jump into the Front Stance



01B. MY WAY 2:42mins

TECHNIQUE AND COACHING

DOUBLE KNEE & FRONT KICK TO THE CORNER COMBO

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Turn to the right: 2x Knees and 1x Front Kick (low)
- Step to the left and repeat
- Relax the upper body and keep it simple
- Pull the arms down past the thighs as the Knee Strikes come up
- Brace abs tightly and lean back slightly as you do the Front Kick Strike
- Keep the Kick low



02. COMBAT 1

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *LOCA* with the same choreography.

TRACK FOCUS

Challenge your fitness by choosing the level of intensity that best works for you. This means as an instructor you will need to offer and remind the class of clear options for them. The emphasis is on them to decide what suits them and for you to role-model those options.

FEEL

Like a Caribbean cocktail, this track will transport you to somewhere warm, where you feel relaxed at first and then BOOM, it hits you and your legs turn to jelly ha ha ha ha!

MARTIAL ART

Kick-boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Horns)	2x8	L Combat Stance		16	
0:07	V / If you like _	3x8	A	Uppercut L, Uppercut R, Hook L Pulse OTS	4 4	3x
0:16	B up / Bom bom	3x8	A ¹	Uppercut L, Uppercut R, Hook L Rear Knee x2	4 4	3x
0:26	/ (Robot vocals)	10x8	A ²	Uppercut L, Uppercut R, Hook L Rear Knee x2 Front Knee x4	4 4 8	5x
0:58	Instr / (Quiet horns)	1x8		Hold OTS	8	
1:01		3x8	B	Jab L, Cross R, Hook L	4	6x
1:11	/ If you like	8x8	B ²	Jab L, Cross R, Hook L Roundhouse Kick L	4 4	8x
1:36	Instr / (BIG drop)	16x8	A ³	Uppercut L, Uppercut R, Hook L Rear Knee x2 Front Knee x4 OPTIONS: Replace 4x Knees with: 2x Front Knees and 1x Jumping Front Knee 2x Front Knees and 1x Power Front Knee	4 4 8	8x
2:27	/ (Robot vocals)	1x8		Hold OTS	8	
2:30	/ (Vocals & drop)	9x8	B ²	 Jab L, Cross R, Hook L Roundhouse Kick L	4 4	9x
3:00	Recover and set up into R Combat Stance					
3:07	REPEAT SEQUENCES A to 2nd B² – R					



02. PUM PUM (DA TWEKAZ REMIX) 6:03mins

FUNDAMENTALS

WHY?

This is a traditional Kick-boxing-style cardio track to build from the Warm-up. It has a strong aerobic base with basic strikes to elevate the heart rate and bring a sense of style and feels really early on.

WHAT?

This track focuses on 2 main combinations:

- The Uppercut, Upper Hook and Knee Sequence
- The Jab Cross Hook and Roundhouse Kick Sequence

In combination number 1, the 4x Front Knees progresses to a Double Knee and a single Jump Knee in the second round. There are two other options that are to be made clear:

- A Double Knee followed by a Single Power Knee (no Jump)
- Stay with the 4x Knees

Break down the initial part of both combos using simple cueing language (Layer 1 cues). Add to the combo by giving short tips on how to build momentum, power and speed.

HOW?

The sequence of combinations looks like:

- Combo 1
- Combo 2
- Combo 1 with the progression to Jump Knee
- Back into Combo 2

This is repeated identically on the other side. Use this as an opportunity to not 'copy and paste' but instead bring out the best in your participants' technique and movement quality.

TECHNIQUE AND COACHING

FULL UPPERCUT, HOOK AND KNEE SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- R Uppercut, L Uppercut and R Hook, Pulse forward and back
- Lean into the strike, tuck in the chin and rotate the shoulders as you punch
- Breathe out and brace the core tightly
- Stay light on your feet as you pulse and lift the chest
- Then add on a Double Rear Knee
- Pull the arms down past the line of the thighs as the Knee Strikes come up
- Next, add on 4x Front Knees – this completes the full combo

Layer 2

SAY:

- As this combo is repeated in the SECOND block, there is the progression-only option to bring in the Jumping Front Knee
- Keep the chest lifted as you prepare the Jump
- Braced abs
- Showcase the first rep as more of a set-up, and then drive the strikes and the knees to help bring energy and power to this combo

COACHING AND UNDERSTANDING

ADDING ON THE JUMP:

To jump the Front Knee:

- Load both the legs with a slight weight shift to the supporting leg (the back foot). Take your body weight slightly back and down
- The momentum comes out of loading both legs and arm swing to create the drive up
- It's important to note that the Jump is more about creating a shift in intensity than achieving maximum height
- You must land with soft bent knees
- Use cues to this effect
- You can use your arms for momentum and then tuck the arms in to keep this move looking sharp

Layer 3

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

OPTIONS: No jumping. Stay grounded with power or do the 4x Knees for continued cardio



02. PUM PUM (DA TWEAKAZ REMIX) 6:03mins

TECHNIQUE AND COACHING

JAB CROSS HOOK AND ROUNDHOUSE KICK SEQUENCE

Layer 1

SAY:

- From Right Combat Stance
- Boxing Guard
- Jab, Cross, Hook continues – right, left, right
- Move with flow and speed, elbows soft as you strike
- Tuck in the chin
- Chest lifted with abs strong
- Prepare to add on the Roundhouse Kick
- Note: The first 4 reps are set-ups. However, the power should stay around 70%
- The last 4 reps are where we start to challenge ourselves

Layer 2

SAY:

- Keep punching with precision and speed
- Look where you're aiming and commit to the center of that target
- Let's get serious about Kick-boxing and movement control; let's feel the muscles of the back, arms, core and legs

When you ADD ON the Roundhouse Kick:

- Lean the body weight backwards and choose a kick height that challenges you as well as helps you maintain great technique
- To kick sharper: Each time the kick is performed after the punches, prepare the rear foot to turn at least three-quarters of the way towards the target – this sets you up for better balance and timing
- Now you can spend your energy on 'whipping the kick'
- Retract and then either jump or step back into your stance

Layer 3

- The kick height challenge – let's see where your potential is at. Is it thigh height?
- Mid-body height? Is it higher?

OPTION: Kick low



03. POWER TRAINING 1

TRACK FOCUS

Lifting heart rates into their peak zone. You do this using speed and power Boxing moves. Encourage people to throw Power Uppercuts in sequence C and then once you shift to C¹ you add speed but maintain the power. Dip and Drive!

FEEL

Like you are at choir practice and the youngest member of the group wants to shake things up a bit and get everyone on the Drum ‘n’ Bass buzz.

MARTIAL ART

Boxing

MUSIC		EXERCISE			CTS	REPS
0:00	Intro / All I need is	12x8	A	Run OTS	76	
0:34	Instr / Ohh ohh oh	8x8	A ¹	High Knee Run OTS	64	
0:54	/ Ohhh ohh oh	8x8	B	Front Stance Jab L, R	2	32x
1:17	/ (Synths & strings)	8x8	B ¹	Jab L, R x4 Hook L, R x2	8 8	4x
1:39	/ Quiet	2x8		Recover	16	
1:44	QC / I need hope	6x8	A	Run OTS	48	
2:01	B up / Ohhhh ohh oh	8x8	C	L Combat Stance Uppercut L, R x2 Jab L, Cross R x4	8 8	4x
2:23	Instr / Hope you hear me now _	8x8	C ¹	Uppercut L x2 Jab L, Cross R x2	4 4	8x
2:45	/ (Strings)	8x8	B	Front Stance  Jab L, R	2	32x
3:07	/ Quiet	1x8		Recover	8	
3:10	QC / I need hope	8x8	A	Run OTS	64	
3:31	REPEAT SEQUENCES C to 2nd B – R					



03. HOPE 4:42mins

FUNDAMENTALS

WHY?

This is a faster-paced Power Training Boxing track designed to specifically test your quick-thinking motor skills and fitness – all inclusive of the cardiovascular benefits.

WHAT?

This track has 3 blocks:

- Starting with a Front Stance sequence
- Right side combo – finishing in Front Stance
- Left side combo – finishing in Front Stance
- First is the speed/power Jabs then adding on the Power Hooks
- The next two blocks are identical, bringing in the powerful Uppercuts and Jab Crosses

HOW?

Motivation is key here – it encourages participants to strike faster, harder and increase the fitness training due to the basic nature of the combo. Intrinsic feeling cues help bring this track alive.

TECHNIQUE AND COACHING

JAB AND HOOK SEQUENCE

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Alternating Fast Jabs right and left
- Move with speed and stay relaxed
- Rotate the shoulders and aim keeping the strikes in line or just higher than the line of the shoulders
- Soft elbows at full extension
- Alternating right and left
- Tuck the chin in and squeeze the abs

ADD ON:

- 4x Power Hooks right and left
- Stand up tall as you hook then gently sink as you strike, releasing the hips and heels
- Brace abs as you strike
- Keep elbows lifted in line with the shoulders
- On the Power Hook, shift the weight from side to side as you strike. As you do the Power Hook with the right arm, you'll shift your weight to the left and repeat on the other side

Layer 2

SAY:

- The power behind the punches is initiated from the core, hips and legs
- The stances play a crucial role in creating power. Ensure the feet are hip-width apart; 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 contact as 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?

OPTION: No jumping on the Power Hooks



03. HOPE 4:42mins

TECHNIQUE AND COACHING

UPPERCUT AND JAB CROSS SEQUENCE, INTO THE FASTER SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Right leg forward
- 4x slow and heavy Uppercuts right and left
- 8x Jab Crosses right and left (fast)
- Tighten the abs, guard up high and tuck in your chin

Layer 2

SAY:

- We want these Uppercuts to be super powerful, so let's focus on that
- Rotate your shoulders forward as you strike and drive the punch vertically
- FASTER SEQUENCE
- Let's cut this down now
- 2x Uppercuts on the front arm then Jab and Cross x4
- Nothing changes here apart from the speed. So, stay light on your feet and move fast

Layer 3

- This is a short block with an opportunity to go all out – take this moment now!



04. COMBAT 2

TRACK FOCUS

This track is designed to excite people and encourage them to step towards the intensity of leg conditioning, rather than be intimidated by it. The Wing Chun Kung Fu style is graceful and powerful so use that grace and power in your kicks and keep control of them.

FEEL

This feels like a montage from an action movie where the lead hero gets one last chance to win the fight and they have to bounce back from physical defeat. They do so by doing a ton of mental fitness activities and come back mentally the strongest of everyone as NOTHING can stop the most persistent in the room.

MARTIAL ART

Kung Fu

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Strings)	4x8	L Cat Stance Set-up	32	
0:15	V / Hey, how's life	4x8	A Front Kick L – slow Squat	6 2	4x
0:30	/ Last year	4x8	A ¹ Front Kick L – fast Squat – down/up/stay down	2 6	4x
0:46	/ I've been searching	4x8	A ² Propulsive Front Kick L Squat – down/up/stay down	2 6	4x
1:02	/ Oh it's worth it though	4x8	A ³ Propulsive Front Kick L x2 Squat – down/up/stay down	4 4	4x
1:17	/ Been making a whole	4x8	B Evasive Side Kick L and slow Lunge Set-up Step R, Evasive Side Kick L Step L, reset to Lunge L (R leg B)	4 4	4x
1:33		½x8	Hold in Lunge	4	
1:35	C / Where'd the beat go _	8x8	B ¹ Evasive Side Kick L Scissor L, R, Lunge L (R leg B) Note: Jumping Evasive Side Kick after 4 reps	4 4	8x
2:06	/ It's worth	1x8	Hold in Lunge	8	
2:10		1x8	L Cat Stance	8	
2:14	/ Pretty	2x8	A ⁴ Front Kick L x2 Squat – down/up/stay down	4 4	2x
2:22	/ Been making	4x8	A ³  Propulsive Front Kick L x2 Squat – down/up/stay down	4 4	4x
2:37		½x8	Hold OTS	4	
2:39	C / Where'd the beat go _	8x8	B ¹  Evasive Side Kick L Scissor L, R, Lunge L (R leg B) Note: Jumping Evasive Side Kick after 4 reps	4 4	8x
3:10		1x8	Hold in Lunge	8	
3:13		3x8	Recover and set up R Cat Stance	24	
3:25			REPEAT SEQUENCES A to 2nd B ¹ – R		



04. THE SEARCH 6:26mins

FUNDAMENTALS

WHY?

Staying grounded in this track will ensure everyone in the class feels highly successful.

As an instructor, it's good to show the Jumping Evasive Side Kick variations, as well as then sitting in the grounded kick with no jumping at least 50 to 60% of the time for all reps. Those participants who want to jump will jump.

This track has 2 separate sequences:

- The static loaded Front Kick and Squat with an added Hop (option only)
- The Evasive Side Kicks

WHAT?

The Evasive Side Kicks start low with control and are slow-paced. These kicks progress to a Sliding or Hopping Side Kick. This now becomes an advanced version of the Evasive Side Kick. Be mindful of how many jumps you perform as this is a challenging move for some participants.

HOW?

Coach using the options and modifications in this track for deep participant engagement. The slide into the Evasive Side Kick is challenging but achievable. The Front Kick Sequence feels amazing. Coach in line with what you are feeling, where you are feeling it and how to enhance those feelings.

TECHNIQUE AND COACHING

LOADED FRONT KICK WITH SQUAT

Layer 1

SAY:

- From Cat Stance
- 70% of the weight sits in the back leg and 30% on the front foot
- Turn the back foot out around 15 degrees as this opens up the hips to allow the weight to sit back and remove tension from the knee
- Lift the chest high and brace the core tightly as this will not only help bring strength into the posture but also a sense of focus
- The guard is almost a Kung Fu (Wing Chun style) position, with both hands opening softly and slightly angled inwards to the front of the chest

Layer 2

- Front Kick with balance and control
- Move slowly as you strike and then sit the weight down into the back leg so that the glutes, quads and hip adductors are loaded
- As the tempo speeds up, start to tense up the muscles in the core to help support balance and precision
- From this point, we are ready to increase intensity and add a small hop off of the back foot while performing the Front Kick
- This brings a sense of speed and overall intensity into the strike

Layer 3

- You thought one hop was going to do this? Now let's see if you can hop two times! Yeah, you feel that. Everyone, you look amazing!

OPTION: No jumping



04. THE SEARCH 6:26mins

TECHNIQUE AND COACHING

THE SLOW INTO FASTER-PACED EVASIVE SIDE KICK SEQUENCE WITH 3X SCISSOR LUNGE

Layer 1

SAY:

- From Front Stance with Martial Arts Guard
- Look left
- Step left
- Right Evasive Side Kick (low)
- Step left foot back into a Lunge (start) position
 - front thigh aligns parallel to the floor
- Brace the abs

Layer 2

Add the faster-paced Kick and Scissor:

- Now speed up and perform 3x Scissor Lunges
- Step wider to the side and lean more weight into the supporting leg to help generate power
- After 4 reps, for an advanced variation, add a Hop as you kick. Load the supporting leg and bend the knee prior to jumping
- In this move, the focus is not on height but on moving laterally to the side
- Stepping wider will allow:
 - 1) Cover more distance
 - 2) Increase speed on the execution of the strike
 - 3) Increase power
- Ensure that the upper body stays relaxed and land with soft knees

Layer 3

- All martial artists look for an opportunity to create a kick that can deliver greater power and results. Well, this is it!

OPTIONS: Reduce the slide or step to the side or no jumping



05. POWER TRAINING 2

TRACK FOCUS

Pick a side? It's more like pick an option, ha ha ha! Instructors need to really prepare their coaching so the options roll off their tongue and out of their body during this track. It's a fantastic total-body blast, which also means as coach you need to be there supporting people and encouraging them to keep going. The intensity is there if you choose every high-level option.

FEEL

You are back in the Caribbean and the cocktails have been flowing and you can't feel your legs anymore BUT the party vibes are so encompassing that you can't sit down. Suddenly someone suggests games night and you have to pick a team, but because everyone is on such a good buzz, you just keep singing 'pick a side' but no-one ever does.

MARTIAL ART

MMA

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / We don't want no	4x8	Set up standing and floor options	32	
0:12	PC / All are ready	12x8	A Shoulder Tap, Bear Crawl & Squat Thrust Combo		
			Shoulder Tap L, R x2 in Plank	8	
			Walk feet F&B (L, R) in Bear Crawl	4	
			Jump both feet together F&B in Bear Crawl (Squat Thrust)	4	6x
			OPTIONS:		
			Run OTS L, R x4		
			Drop Squat x2		
0:46	V / All the pain make me stronger	4x8	B Pushups or Squats	4	8x
0:57	PC / All are ready	4x8	B ¹ Pulse Pushup (partial range) or Pulse Squat	2	16x
1:07	C / Dis side are fire	8x8	A  Plank to Bear Crawl Combo	16	4x
1:31	Instr / (Horns)	1x8	Transition to standing	8	
1:34		2x8	C L Combat Stance		
			Jab L, Cross R	16	
1:42	/ Na na na	12x8	D Jab L, Cross R, Uppercut L x2	8	
			Sprawl	8	6x
			Note: Add Jump after 1st rep		
			OPTIONS for Sprawl:		
			Jack x4		
			Squat Jump x1		
2:17	/ Bad vibes _	4x8	E Run OTS	32	
			Front Stance		
2:28	/ Na na na	5x8	F Jab L, R	2	20x
2:42		5x8	Recover and transition back to floor	40	
2:55			REPEAT SEQUENCES A to F – R		



05. PICK A SIDE 5:28mins

FUNDAMENTALS

WHY?

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, builds strength and muscular endurance, while the speed punches, Modified Sprawl and Running improve both body weight and cardiovascular fitness.

WHAT?

Block 1 has been dedicated to improving our pushing muscles – chest, triceps, shoulders and core. Shoulder Taps, Bear Crawls, Single Squat Thrust are very simple and effective.

Block 2 is all about isolating. The Pushup builds strength in the upper body and is one of the best body-weight exercises you can do.

Block 3 is all about cardiovascular training. Moving from Jab, Cross, Uppercuts into a Modified Sprawl accelerates the heart rate and builds a powerhouse fitness engine. There's a short finisher – a block of running and fast Jabs from Front Stance.

HOW?

During the beginning of each block, coach to the choreography and body-part direction, meaning what's moving and what's not. This sets the participants up for great movement control, along with a better understanding of how to execute each move.

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

The standing exercises are:

1) Shoulder Tap Combo = Running OTS into Jack Squat

2) Instead of the Sprawl:

- 4x Jump Jacks or
- 1x pre-loaded Jump Squat (for those who still want to explode but without having to touch the floor)

TECHNIQUE AND COACHING

SHOULDER TAP, BEAR CRAWL & SQUAT THRUST COMBO

Layer 1

SAY:

- From the floor position
- Hands under the line of the shoulders
- Body in Plank position
- Hips and shoulders square to the floor
- 4x Shoulder Taps right and left
- Bear Crawl right and left in, in, out, out
- Squat Thrust (jump both feet in and out)
- Brace abs tightly
- OPTIONS: Hold the Plank on the knees or 2x slow Shoulder Taps or 2x slow Mountain Climbers

Layer 2

SAY:

- As you do the Shoulder Tap, the lower body stays still. This allows us to keep the focus in the core while training the stabilizing muscles in the shoulders and arms
- And as you do the Bear Crawl and Squat Thrust, keep the upper body still so that the focus now shifts to the core and lower body only. The success in this combo now lies in what's moving and what's NOT moving

Layer 3

- Building fitness while getting your muscles pumped. Let's goooooo!

OPTIONS: Hold the Plank on the knees or 2x slow Shoulder Taps or 2x slow Mountain Climbers



05. PICK A SIDE 5:28mins

TECHNIQUE AND COACHING

PUSHUPS SINGLES AND PARTIAL-RANGE PULSES

Layer 1

SAY:

- From floor position – on knees or toes
- Hands outside shoulder-width
- Single Pushups
- Drop chest no lower than the elbow crease
- Brace abs
- Push floor away as you come up

PARTIAL RANGE:

- The principle is the same here
- Shorten the range and pick up the pace
- Note: This is a challenging part of the Pushup sequence. Praise and encouragement are needed here

Layer 2

- Training the pushing muscles to increase outward power in striking is the key here
- Pushups and Pushup variations really support this
- 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: On knees or toes

JAB CROSS UPPERCUT & SPRAWL COMBO

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- 2x Jab Cross Uppercuts – right, left, right
- 1x Modified Sprawl – drop into the Squat, hands to floor, jump both legs out then in and return to standing with Boxing Guard
- Brace abs tightly

Layer 2

SAY:

- Punch heavy and fast
- Quick transition to the floor as you do the Sprawl
- As an option, when you come back to standing you can include a small vertical jump to increase the intensity of the move and challenge your fitness

Instead of the Sprawl:

- 1) 4x Jumping Jacks, or
- 2) 1x pre-loaded Jump Squat (for those who still want to explode but without having to touch the floor)



06. COMBAT 3

TRACK FOCUS

With the Knife Strike making a return you need to be very clear about your Layer 1 cues early in the introduction. The detail of the hand position really helps the class feel successful. There is significant leg conditioning here hidden in small chunks so give the class a rep count to help them know how close they are to completion.

FEELS

Like Harley Quinn from the DC Universe made a track for herself.

MARTIAL ARTS

Karate, Kick-boxing, Capoeira

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Claps & strings)	4x8	L	Combat Stance	16	
				1-2 reps of the combo to introduce Knife Strike	16	
0:13	V / Let me introduce	4x8	A	Jab L, Cross R, Knife Strike L (to neck)	4	
				Pulse OTS	4	4x
0:26	/ Like a magnet _	4x8	A ¹	Jab L, Cross R, Knife Strike L	4	
				Back Kick R	4	4x
0:39	PC / Hush	4x8	B	Decoy R, L	4	8x
0:52	C / ...Voices in my head _	8x8	A ¹	 Jab L, Cross R, Knife Strike L	4	
				Back Kick R	4	8x
1:18	/ (Quiet whispers)	1x8		Hold and sink into Lunge L (R foot B)	8	
1:21	Instr / Ahhhhhh ahhh	7x8	C	Esquiva Lateral R (forward facing)	4	
				Lunge L (R foot steps back)	4	7x
1:44	C / ...Voices in my head _	8x8	A ¹	 Jab L, Cross R, Knife Strike L	4	
				Back Kick R	4	8x
2:11		4½x8		Hold, then recover and reset into R Combat Stance	36	
2:21				REPEAT SEQUENCES A to 3rd A¹ – R		



06. VOICES 4:24mins

FUNDAMENTALS

WHY?

This incredible Karate and Capoeira-inspired track has a movement pattern that challenges our authentic skill and coordination which in turn builds improved motor skills and core control and allows us to improve our multi-directional striking.

WHAT?

A combination of a Karate/Boxing and Capoeira Training track that repeats in a sequence of:

- 1) Karate/Boxing
- 2) Capoeira
- 3) Fitness training
- 4) Karate/Boxing

It has been created this way to ensure a higher level of success within the main component of the Karate movement pattern. Repetitions create impact; the more you experience a strike, the more opportunity you get to master it.

TECHNIQUE AND COACHING

JAB CROSS AND KNIFE STRIKE INTO THE BACK KICK COMBO

Layer 1

SAY:

- From Combat Stance
- Relaxed Boxing Guard
- Right leg forward
- Stay light
- Jab Cross and Knife Strike – right, left, right
- Knife Strike – stay light and relaxed throughout, then sharpen at the point of impact
- The hand is open, striking with the blade/side of the hand
- Tuck the thumb in and keep the forearm strong
- This open palm strike is targeted at the neckline of the opponent

Layer 2

ADD ON THE BACK KICK:

- Look over the rear shoulder
- Lean the body weight forward and execute the Back Kick
- Ensure the strike surface of this kick has the heel facing up and the toes facing down
- Prime this kick with a step off from the front foot, sliding back into position to help transfer the weight onto the forward foot. This will help with balance as you strike the Back Kick
- Brace the abs tightly

OPTION: Kick low

ESQUIVA

Layer 1

SAY:

- From relaxed Combat Stance
- Relaxed Capoeira Guard

Level 1:

- Step left foot out to the side
- Then drop down into the forward-facing Esquiva
- Right hand – fingertips to temple
- Left hand reaches down towards the floor
- Brace the abs tightly
- Bend the left knee while straightening the right leg
- As you reset, step the right foot back into a relaxed Lunge
- Again, keep the chest up, the hips square to the front and front thigh parallel to the floor

Layer 2

SAY:

- Can you feel the music building now?
- OK, let's now add onto this some range and depth on the Esquiva
- Step back in and into a Lunge
- Level 2 is to step wide and sink lower. Now drive out of the supporting leg to engage more gluteal and quad muscles

Layer 3

- Let's add the flavor; let's bring the essence of Capoeira alive

OPTION: No reach towards the floor



07. MUAY THAI

TRACK FOCUS

This Muay Thai track is short and non-stop. Coach the Running Knee blocks as intensity blocks. When your participants know what’s in store, they can push through.

FEELS

Imagine being in a Drum ‘n’ Bass club in a dance room somewhere in London and the DJ gets asked to play something for the Brazilians in the room. This is what happened next...

MARTIAL ART

Muay Thai

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Melodic plucking of strings)	4x8	Front Stance	32	
0:13	Instr / (Synths & drums)	8x8	A Knee L x2	4	
			Knee R x2	4	8x
0:36	C Drop / (Carnival drums)	12x8	B Running Knee L, R	4	
			Level 1		8x
			Level 2		8x
			Level 3		8x
1:10	/ (Syncopated beats)	1x8	Hold OTS	8	
L Combat Stance					
1:13	B up / (Repeat broken vocals)	11x8	C Jab L, Cross R, Jab L	4	
			Descending Elbow R	4	11x
1:46	C Drop / (Carnival drums)	8x8	B  Running Knee L, R	8	
			Level 2	8	
			Level 3	8	16x
2:09	/ (Quiet plucking of strings)	4x8	Recover	32	
REPEAT SEQUENCES A to 2nd B – R					



07. CARNIVAL 4:20mins

FUNDAMENTALS

WHY?

This short Muay Thai track has just 2 separate combos.

The first is an onslaught of Running Knees that come in 3 gear changes:

- First, alternating knees drive up hard and fast
- Second, there is a greater emphasis on pulling the arms down past the line of the thigh to increase oblique stimulus as well as the heart rate
- Third, the all-out endurance that the previous levels have pushed you to

The second one is a 4-hit combo – a simple Jab Cross Jab and Descending Elbow combo.

Note: The elbow combo has an option to add a small hop, adding power and height.

Both combos have either a progressive build or a progressive overload, resulting in the build up of stamina. This allows participants to experience and test their fitness. This is a skillful opportunity to showcase the authentic side of Muay Thai and display the flow from punching into elbow striking with such a short striking combo.

WHAT?

Start with the progressive 3-gear knee onslaught. Use cues that motivate and inspire and at the same time they tweak and improve the technique of these Knee Strikes.

During the Jab Cross and Elbow combo, it's important to note that they haven't yet seen this Elbow in their workout. So, spend the first few reps coaching the finer details and then set up the small jump as an option only.

HOW?

The Knees really come alive in this track. It's what is considered as a global move; it has huge cardiovascular benefits, coupled with the Martial Arts conditioning of this specific move through high-volume repetitions.

TECHNIQUE AND COACHING

RUNNING KNEES

Layer 1

SAY:

- From Front Stance
- Boxing/Muay Thai Guard
- Alternate Running Knees right and left
- As the knee lifts up above the line of the hips, pull both arms down and keep the hands clasped together
- The elbow drops down past the outside of the thigh to engage the obliques and lift the heart rate
- Alternate the weight distribution in the feet so that the hips swing back at the same time the shoulders come forward

OPTION: No bouncing in the knee strikes

JAB CROSS JAB & DESCENDING ELBOW COMBO

Layer 1

SAY:

- From Combat Stance
- Muay Thai or Boxing Guard
- Right Stance
- Jab Cross Jab and Elbow – right, left, right, left
- As you do the Elbow, release the rear heel and pivot on the ball of the foot, bringing the rear shoulder forward
- Think diagonal, starting high and then low
- The strike surface for the Elbow sits between the elbow peak and mid forearm
- Relax the hand during this strike so that the move can be executed freely with no tension

Layer 2

SAY:

- This short combo is sharp and powerful; the punches ultimately set up the Descending Elbow
- Put more weight in the lead foot as you strike and if you feel comfortable, add a little hop; remember to land with a soft bent knee

OPTION: No jumping



08. POWER TRAINING 3

TRACK FOCUS

The end of the workout can be hardest part as people don't have much left to give, so a high level of Layer 3 cues can be the difference in how people leave the class. The track objective is really written in the name of the song. Encourage your participants to find the best version of themselves and press ahead.

FEELS

There are so many ways to show up for yourself on your good and bad days. At some point you realize you want something so bad or you just don't, so it comes down to a simple question: Are you going to give it your all or nothing at all?

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Vocal Intro / If only I could	8x8	A Front Stance Shoulder Stretch L, R	64	
0:21	/ It's just a feeling	8x8	B Run OTS	64	
0:43	V / Cos we can be	8x8	C Uppercut L, R x2 Hook L, R x2	8 8	4x
1:07	/ We can be a little too hard	8x8	C ¹ Uppercut L, R x2 Hook L, R	4 4	8x
1:29	C Drop / (Synths & beats)	8x8	D Jab L, R x4 Uppercut L, R x2 Hook L, R	8 4 4	4x
1:52	/ Nothing _	8x8	E Jab L, R	2	32x
2:13	Br / (Light saber sounds)	1x8	Transition to L Combat Stance	8	
2:16	V / It doesn't matter	7x8	F Jab L, Cross R, Jab L Slip R, L	4 4	7x
2:36	/ (High synths)	8x8	F ¹ Jab L, Cross R, Jab L Slip R, L Jumping Jack x4	4 4 8	4x
2:58	C Drop / (Big heavy synth)	16x8	G L Jump Jab F x4 Run B	8 8	8x
3:41	Br / (Light saber sounds)	1x8	Transition to R Combat Stance	8	
3:43	V / It doesn't matter	7x8	F  Jab R, Cross L, Jab R Slip L, R	4 4	7x
4:04	/ (High synths)	8x8	F ¹  Jab R, Cross L, Jab R Slip L, R Jumping Jack x4	4 4	4x
4:26	C Drop / (Big heavy synth)	16x8	G  R Jump Jab F x4 Run B	8 8	8x
5:10	Br & B up / (Quiet into build)	8x8	B Run OTS	64	
Front Stance					
5:32	C Drop / (Synths & beats)	16x8	E  Jab L, R Finish	2	64x



08. ALL FOR NOTHING 6:22mins

FUNDAMENTALS

WHY?

This track is an all-out blend of power, endurance, high-volume and high-energy Boxing. It has been designed to bring participants' technique towards mastery, and to give them a sense of huge achievement. With well-timed combos and space to complete every single strike, this track will bring the house down! Watch out for the 2 gear changes in the Jump Jab sequence.

WHAT?

Starting with a Power Uppercut and Hook combo sets the tone for the intensity in this track. Echoing from earlier in the workout, the **Jab Cross Jab and Slip** is now featured with an added Jumping Jack sequence to raise the heart rate again.

HOW?

As the combinations within this track build, increase both the motivation and energy. There isn't a need to coach how to execute the strikes but instead coach to the increase in energy and intensity. Connect with your participants and give them encouragement and praise.

TECHNIQUE AND COACHING

POWER UPPERCUTS AND HOOKS INTO THE FASTER SEQUENCE

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- 4x Uppercuts right and left with solid power followed by 4x Hooks right and left
- Leaning in on the Uppercuts creates both intensity and full raw concentrated power; be intentional here
- As you hook, keep the strike high to load the shoulders, lift the posture and focus on each strike while coaching with motivation in preparation for this huge track

Layer 2

As the sequence speeds up and includes the fast-paced Jabs, SAY:

- Now let's speed up the Uppercuts – 4x fast-paced ones followed by only 2x Power Hooks to the right and left
- In a moment we're going to build this into a speed and power-focused combo, so get ready!
- The Jabs are coming
- Let's go
- 8x fast Jabs right and left, and back into the combo
- Let's keep building your fitness, stamina and power endurance. We've been through a lot in this workout so far, and I'm still going to ask more from you as I know you all have the potential to do this! Let's do this together!

Layer 3

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



08. ALL FOR NOTHING 6:22mins

TECHNIQUE AND COACHING

JAB CROSS JAB SLIP AND JUMPING JACK COMBO

Layer 1

SAY:

- From Combat Stance, right leg forward
- Jab Cross Jab Slip left, right and Cross
- As you slip, roll and twist the shoulders from side to side with a slight forward lean
- Keep your eye gaze facing the front
- Brace the core and keep your guard up

Layer 2

- Imagine that the large wrecking ball was back and as it swings towards you, wait until the very last moment, and then dodge it
- Now this becomes a very cool reaction drill

ADD ON JUMPING JACKS:

- When adding on the 4x Jumping Jacks, stay light on your feet
- This now increases the combo as well as the energy output; it's a great way to keep the flow coming off the back of the Slips

Layer 3

- Moving fast is one thing, moving with power is another, but moving with both is just something else – it's impressive and you all look incredible

OPTION: 2x Power Squats instead of the Jumping Jacks

JUMP JAB

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Lead right side
- 4x Jump Jab forward and then High Knee Run backwards
- Note: There is a total of 8 reps. Let the first 4 reps be a set-up as well as the lead into the big drop. Use cues to set this up and encourage participants to 'go for it'
- Lead the Jump Jab, ensuring to land the front foot at the peak of the Jab
- Keep the elbow soft and drive the weight forward as you strike

Layer 2

- In these first 4 reps, let's get down in the dirt and what I mean by that is, we are not afraid to roll up our sleeves and put the hard work in. On the last 4 reps, let's push towards the light where it's not so dark and where the energy lifts us up

OPTION: Step the Jab instead of jumping onto the lead foot



09. CONDITIONING

TRACK FOCUS

This track has an abs and glutes aspect to it that you can really get stuck into or stuck doing ha ha! It's long and a REAL burner, so letting the class know what's ahead in terms of reps and sets will really set them up to finish strongly.

FEELS

It may seem smug but it's keeping it real: there is no quitting in someone who makes it all the way through BODYCOMBAT 92. Plus, I challenge anyone to walk away from a 1991 classic. You just can't quit because deep down you know you are too 'legit'.

MARTIAL ART MMA

MUSIC		EXERCISE		CTS	REPS
0:00	Intro C / 2 legit	2x8	Transition to floor	16	
0:08		2x8	A Crunch	4	4x
0:15	V / Sweat	6x8	B Triple Pulse Crunch	8	6x
0:38	C / 2 legit	4x8	C Cross Crawl Combo Opposite elbow to knee Slow/slow/quick/quick/slow	8	4x
0:54	V / When I feel	6x8	B  Triple Pulse Crunch	8	6x
1:17	C / 2 legit	4x8	C  Cross Crawl Combo OPTION: Extend legs on Cross Crawl	8	4x
1:33	Br / 2 legit	4x8	D Hip Bridge	4	8x
1:48	V / Step to the	6x8	E Single-Leg Hip Bridge with Up Kick L Single-Leg Hip Bridge with Up Kick R	4 4	 6x
2:11	C / 2 legit	4x8	C  Cross Crawl Combo	8	4x
2:27	Br / 2 legit	4x8	D  Hip Bridge	4	8x
2:42	/ Keep up	4x8	E  Single-Leg Hip Bridge with Up Kick L, R	8	4x
2:57	V / My people	4x8	B  Triple Pulse Crunch	8	4x
3:13	C / 2 legit	8x8	C  Cross Crawl Combo	8	8x



09. 2 LEGIT 2 QUIT 3:46mins

FUNDAMENTALS

WHY?

Creating a Core track with a strong focus on oblique training supports the workout based on rotation. This track strengthens the core through integration and isolation exercises.

WHAT?

Crunches, Oblique Twists, Hip Bridges and Up Kicks feature in this track – focus on endurance and strength.

HOW?

Nothing too technical in the coaching is needed for this track. Keep to the basics so that your participants can move well. Coach how to execute the move by explaining what's moving and what's not. The exercises are done in blocks and then they change, highlighting the music as well as bringingm to life the enjoyment of this track.

Note: The Oblique Twists have a rhythmical pattern of slow, slow, quick, quick and slow.

TECHNIQUE AND COACHING

SINGLE CRUNCH INTO TRIPLE PULSE CRUNCH

Layer 1

SAY:

- From floor position
- Lie on your back
- Fingertips to temples
- Feet on the floor with knees bent
- Lower back towards the floor
- Single Crunch up and down
- As you slide your ribcage down towards the pelvis, tuck the chin in and hold, keeping your shoulders off the floor

Layer 2

- Move into the Triple Pulse Crunch
- Clasp hands together
- Reach between the line of the knees
- Lift the shoulders up on the first rep and then stay up to complete a Triple Pulse Crunch
- This works more of the upper abs and builds power, especially for exercises like punching and holding our Boxing positions
- As you reset, bring fingertips back to the temples and then throw your arms up between the knees again

OPTION: Stay with a Single Crunch

CROSS CRAWL

Layer 1

SAY:

- From floor position
- Twist rear shoulder up and across to the opposite thigh
- Fingertips on temple
- Elbows wide
- Rotate from the center of the chest
- There are 2 options:
 - 1) Bend your knees and tap your toes to the floor
 - 2) Extend the leg as you twist. Note: This increases intensity and will need praise and motivation
- The rhythm: Slow, slow, quick, quick and slow – front, back, front, back, front then repeat on the other side

Layer 2

- Twisting improves our rotational control and in BODYCOMBAT, almost every single Martial Arts strike requires some element of rotation

HIP BRIDGES INTO UP KICKS

Layer 1

SAY:

- From floor position
- Both feet firmly on the floor
- Lift hips up and squeeze glute muscles tightly
- Keep the hips square to the floor

Layer 2

- As you lift, drive the heels into the floor
- Engage the glutes and hamstrings
- Imagine there's a nail in the roof and your hips are the hammer

Single-Leg Up Kick:

- From Bridge position
- Single Up Kick
- Drive the hips up and as you extend a single leg, kick with your heel of the foot to the ceiling
- Balance on the supporting leg. Drive that heel hard into the floor to help increase height and stability

Layer 3

- Just like a Leg Press in the gym or as if you are pushing someone away
- The legs are powerful

OPTIONS: Reduce the range or stay with single Hip Bridges with both feet on the floor



10. COOLDOWN

TRACK FOCUS

The stretch can often be thrown away or neglected so we added this golden goat of a track to help keep everyone’s curiosity and make them stay to stretch away. The stretches are held for a medium length of time so there is time to enjoy them but not a lot of time to feel like you have to fill the silence. Let the music speak.

FEEL

Sometimes you come across a workout that takes everything you have, so the Cooldown becomes a ‘melt into the floor’ moment and people leave feeling half asleep. This time, the Cooldown is a re-energizer with some feel-good vibes to reignite the soul in you.

MUSIC		EXERCISE			CTS
0:00	Intro / Well well			Transition to lie on back	
0:09	C / Chain chain	4x8	A	Lower Back Stretch B knee over top to front of the room	32
0:26	V / For five	4x8	B	Glute Stretch B leg ankle over knee	32
0:42	/ You got me	2x8	C	Hamstring Stretch (B leg)	16
0:52	/ Ya treated	2x8	C ¹	Extend opposite leg	16
0:58	C / Chain chain	4x8	A	 Lower Back Stretch (F leg)	32
1:15	V / Every chain	4x8	B	 Glute Stretch (F leg)	32
1:32	/ Oohhh ohhh	2x8	C	 Hamstring Stretch (F leg)	16
1:40	/ Home...	2x8	C ¹	Extend opposite leg	16
1:48	/ Added to you	½x8		Hug knees and roll up to face front	4
1:51	C / Chain chain	4x8	D	L leg F into R Hip Flexor Stretch R Tricep Stretch	16 16
2:08	/ Wanna these	4x8	D	R leg F into L Hip Flexor Stretch L Tricep Stretch	16 16
2:25	/ Chain chain	4x8	E	Standing Quad Stretch L	32
2:40	/ Chain chain	4x8	E	Standing Quad Stretch R	32
2:57	/ Chain chain	4x8	F	L Shoulder Stretch R Shoulder Stretch	16 16
				Finish	



10. CHAIN OF FOOLS 3:19mins

FUNDAMENTALS

This is a funky upbeat Cooldown track with smooth transitions in between stretches.

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

TECHNIQUE AND COACHING

LYING BACK AND GLUTE STRETCH INTO CROSS-LEGGED GLUTE STRETCH

Layer 1

SAY:

- From the floor position
- Lying on your back
- Take one leg and pull it over to the opposite side of the body
- Anchor both shoulders down on floor
- As you pull the top leg over, bend at the knee and feel a release in the lower back and a slight stretch in the glutes
- Relax lead foot

Layer 2

The Cross-Legged Glute Stretch

- As you transition, slide the top foot and anchor it over the knee
- Now pull both knees in towards the chest
- Top leg sits with the bent knee and reach the hands through the gap behind the knee and gently pull the knees towards you
- Keeping the shoulders and head down
- Increase the stretch

LYING HAMSTRING STRETCH

Layer 1

- Lying on your back
- Extend front leg up straight and gently hold behind the hamstring or calf muscle
- Pull the knee softly in towards the body and feel the stretch in the hamstring
- Note: This stretch is held for a long time
- To increase this stretch, use your breath and then extend the back leg along the floor. Keep both hips down

KNEELING HIP FLEXOR STRETCH AND TRICEP STRETCH

Layer 1

SAY:

- Kneeling Hip Flexor Stretch
- Release the back hip
- Light glute squeeze
- Release and relax the back foot
- Chest lifted
- Turn lead foot out slightly
- Take back arm and reach high up into the ceiling into a Tricep Stretch



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

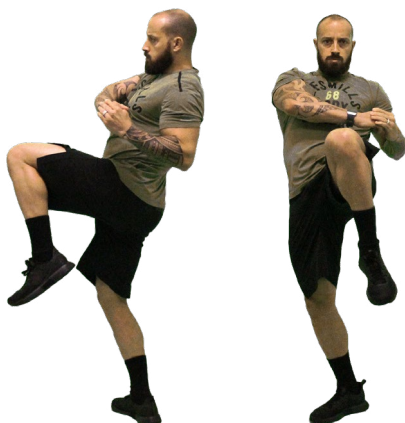
STRIKE

- 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.

