

BODYCOMBAT 94

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

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

Feel The Fire (5:46)

MR. BLACK & Richie Loop

© 2020 Skink, The Music Group.
Written by: Biton, Webb
- 01B

here we go again (3:18)

Floyd Wonder

© 2019 Position Music.
Written by: Nielsen
- 02

Reason For Fighting (5:09)

Seven Lions & Blastoyz feat. ERV ELLO

© 2022 Ophelia Records.
Written by: Montalvo, Nigreker, Dalton
- 03

Unbreakable (4:39)

Voicians

© 2020 Liquicity Records.
Written by: Voicians, Ort
- 04

Fire Emoji (5:26)

Fraesser

© 2022 Les Mills Music Licensing Ltd.
Written by: Farris
- 05

Running Up That Hill (5:17)

The Wolf & I

© 2022 Les Mills Music Licensing Ltd.
Written by: Bush
- 06

Follow On (4:39)

Quantic

© 2022 Black Lotus.
Written by: Gainsford, Langeveld, van de Geer
- 07

What's Your Name (4:42)

Ravian feat. Jujulipps

© 2022 Black Lotus.
Written by: Kalampoki, Kazadi, van de Geer, Langeveld
- 08

Wait For You (Matrix & Futurebound Remix) (2:28)

Tom Walker

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Written by: Blackwood, Pott, Walker

Wait For You (Matrix & Futurebound Remix) (3:02)

Tom Walker

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Written by: Blackwood, Pott, Walker
- 09

Masaya (3:34)

Brown Sugar Factory

Courtesy of Les Mills Music Licensing Ltd.
Written by: Goodfellow, Roberto Jr., Walsh, Anderson, Ulberg
- 10

This Is Where We Come Alive (4:02)

Portals

© 2022 Position Music.
Written by: Miley, Gold
- Bonus 05

Drip (4:00)

Henry Fong feat. Ritchie Loop

Courtesy of Les Mills Music Licensing Ltd.
Written by: Fong, Webb
- Alt 04

Fire Emoji (Instrumental) (5:26)

Fraesser

© 2022 Les Mills Music Licensing Ltd.
Written by: Farris



BODYCOMBAT 94



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Thanks to
Danielle Lally (New Zealand)
Danny Dispoto (United States)
Jemma Laitinen (Finland)
Vili Fifita (New Zealand)



BODYCOMBAT 94

The stage is set, the lights are primed and the nerves are kicking in. Behind those doors stands almost 2,000 participants waiting for the countdown to finish.

4, 3, 2...

WELCOME to LES MILLS LIVE – LONDON!

BODYCOMBAT Release 94 has it all! Karate, Muay Thai, Kick-boxing, Kung Fu – this workout is high energy, powerful, dramatic and cinematic. We deliver an electric and explosive training session full of the feels that leave you inspired and motivated to push bigger than you’ve ever done before. Picture the energy in the room, the energy of the music with over 2,000 participants Jump Kicking, Elbowing, Speed Punching, Impact Squatting and more.

If there was ever a time to experience BODYCOMBAT with all the options to ensure high-level success at every level from beginner to the experienced, this is it!

Keep it real and stay with the fight!

Dan and Rach

Dan Rach

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TEACHING THIS RELEASE

How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music, but participants will also experience the magic, excitement and training effect of the new launch tracks.

RELEASE FEEDBACK

Tell us what you think of this release.

Visit <http://www.lesmills.com/release-feedback>

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.

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	38:27

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.



01A. UPPER BODY WARM-UP

TRACK FOCUS

Welcome and introduce the room to the workout and the most common Boxing Strikes and get them mentally and physically ready for the hint of Capoeira that is about to come. Use the long sets to build confidence and encourage the room to grow into the movement patterns.

FEEL

It's a big moody track with swings of intensity shifting around; highs that hit you in the face like a three-year-old on Saturday morning and quiet pockets.

MARTIAL ARTS

Boxing, Capoeira

MUSIC			EXERCISE		CTS	REPS
0:08	Intro /	1x8	Front Stance		8	
0:11	/ Fire start burn	3x8	A	L, R Pulse into L Combat Stance	2	12
0:21	B up / pllllll	4x8	B	L Jab, R Cross, L Jab	4	
				Pulse F&B	4	4
0:34	B up & Drop /	9x8	B ¹	L Jab, R Cross, L Jab	4	
				R, L Scissor x2	4	9
1:05	V / Fill up	8x8	C	L Uppercut, L Hook	4	
				R Uppercut, R Hook	4	8
1:31	Break /	2x8	Front Stance – A-frame Arms Transition into Boxing Guard		16	
1:38	Vocals & C / Whoaaa	12x8	D	L Slip, R Slip, L Lunge	8	
				R Slip, L Slip, R Lunge	8	6
2:18	B up /	6x8	E	Run OTS	48	
2:38	Instr drop / Fire coming down	4x8	B ¹	L Jab, R Cross, L Jab	4	
				R, L Scissor x2	4	4
2:51		1x8	F	L Jab, R Cross	8	
2:55		1x8		L Jab to finish Reset to Front Stance		
2:58				REPEAT SEQUENCES A to F – R (Note: A is 4 reps rather than 3)		



01A. FEEL THE FIRE 5:46mins

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?

Stay 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 Side Slips and Lunge sequences as this move comes back again in Track 1B.**

This is a fantastic exercise to warm up the core and legs early on while giving it the very distinctive feel of a Martial Arts exercise. Creating imagery can help participants understand different techniques as well as help set the tone of authentic Boxing.

HOW?

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

TECHNIQUE AND COACHING

JAB AND CROSS JAB AND PULSE INTO SCISSOR SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Jab Cross Jab right, left, right and pulse forward and back
- Stay light on your feet and strike with no power (yet)
- Keep elbows soft, 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
- Strike with the two largest knuckles

Layer 2

- Now replace the Pulse with a 4x Scissor left and right
- Bend at the knees a little
- Absorb the impact by staying on the balls of the feet until the calf muscles feel warmer and then bring the heels down to the floor
- Take a long stride forward
- Brace the abs and keep a relaxed Boxing Guard

Layer 3

- Stay light on your feet, smile and enjoy this workout



01A. FEEL THE FIRE 5:46mins

TECHNIQUE AND COACHING

UPPERCUT AND HOOK SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Uppercut and Hook off of the front arm and then the back arm
- Stay light in your stance so that you can rotate the hips
- Move your body weight into the strike
- No power needed yet
- As you do the Uppercut, strike vertically up the center line and keep the strike targeted towards the chin
- And as you hook, bend the elbow at 90-degrees and strike in a circular motion

Layer 2

- Fully integrate the upper and lower body as you strike
- This will help warm up the muscles in the shoulders, back and core

Layer 3

- This is a great way to lift the energy of your strikes and warm up faster! Who's ready to have an amazing workout?

SLIP AND LUNGE SEQUENCE

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Facing the front, slip right and left
- And then lunge with left leg
- Keeping your guard up high, slip to the side so that your elbows almost touch your thighs
- Front knee over mid-foot
- Stay down in a Squat position

Layer 2

- As you lunge, lunge into a long step so that your front thigh is almost parallel to the floor
- Keep the chest lifted and the hips facing front. From here, brace your abs tightly to help stabilize your mid body



01B. LOWER BODY WARM-UP

TRACK FOCUS

Teach the room how to execute these lower-body strikes so your participants build their confidence and can feel in control of their workout later when it gets real. This is also an important part of warming up, as the lower body uses a lot of the cardiovascular system.

FEEL

The title of this track sets the scene for the rest of the workout so well. It's gonna be big – so consider this a heads-up ha ha ha.

MARTIAL ARTS

Kick-boxing, TKD, Karate

MUSIC		EXERCISE		CTS	REPS
5:45	Intro / Ahh here we	4x8	A	Front Stance Adductor Stretch R Adductor Stretch L	16 16
5:56	QC / Let's do it	4x8	A ¹	Dynamic Adductor Stretch R, L Roll up on last 8cts	4 8
6:07		4x8	B	L Front Knee x2 Pulse OTS R Front Knee x2 Pulse OTS	4 4 4 4 2
6:19	V / One back stab	8x8	B ¹	L Front Knee, L Front Kick Pulse OTS R Front Knee, R Front Kick Pulse OTS	4 4 4 4 4
6:42	C / Oh here we	8x8	C	L Side Kick Step wide and Pulse OTS	4 4 8
7:05	Bop bop	1x8		L Combat Stance – hold OTS	8
7:08	V / How long	8x8	D	L Roundhouse Kick Step wide and Pulse OTS	4 4 8
7:31	C / Oh here we	4x8	D	R Combat Stance R Roundhouse Kick Step wide and Pulse OTS	8 8 8
7:54	Instr / (Trumpet)	8x8	C	Front Stance R Side Kick Step wide and Pulse OTS	4 4 8
8:18	V / One back stab	8x8	E	L Slip, R Slip, L Lunge R Slip, L Slip, R Lunge	8 8 4
8:40	Instr / (Trumpet & vocal)	7x8	E ¹	Option to add a small hop	16 3½



01B. HERE WE GO AGAIN 3:18mins

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.

The Slip and Lunge sequence comes back in this track, echoed from Track 1A. Use the same language and create a high level of energy.

TECHNIQUE AND COACHING

DOUBLE KNEE INTO FRONT KNEE KICK SEQUENCE

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Double right Knee and Pulse
- Double left Knee and Pulse
- As you do the knee strike, lean back slightly, and brace your abs to support your lower back
- Then pull the arms down past the thigh as the knee lifts up
- Keep the heels close to the butt; this will ensure the knee both looks and feels authentic

Layer 2

- Now add on the Front Kick:
- 1x Front Knee 1x Front Kick and pulse up and down
- As you strike, stay light and bouncy on your feet and keep it upbeat
- Keep the kick low
- Extend at the knee and strike out and in
- The striking surface is the ball of the foot and the target for this kick during the Warm-up should stay around thigh level

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 into your stance
- Lean away as you kick
- Brace the abs and lift your chest

Layer 2

- 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

Note: The BPM is fast; it's important to kick low to maintain both the rhythm and control here. This will also translate really well so that your participants can kick with good form early on

OPTION: Kick low

ROUNDHOUSE KICK

Layer 1

SAY:

- From Combat Stance
- Boxing Guard or Martial Arts Guard
- Roundhouse Kick off the right leg
- Set back heel at least three-quarters of the way towards the front, bracing abs and leaning back
- Initiate the kick by lifting the knee, keeping the heel close to the butt
- Keep bracing the abs to help balance
- Lift chest high
- 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 and Boxing Guard

Layer 2

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

OPTION: Kick low



01B. HERE WE GO AGAIN 3:18mins

TECHNIQUE AND COACHING

SLIP AND LUNGE SEQUENCE

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Facing the front, slip right and left
- And then lunge with left leg
- Keeping your guard up high, slip to the side so that your elbows almost touch your thighs
- Stay down in a Squat position

Layer 2

- As you lunge, take a long step forward so that your front thigh is almost parallel to the floor
- Front knee over mid-foot
- Keep the chest lifted and the hips facing forward. From here, brace your abs tightly to help stabilize your mid body
- Feel free to add a reach down past the thigh as you lunge but ensure you keep your chest lifted
- Option is to add a small Jump and land in the Lunge
- Remember to land softly (we're still warming up)

OPTION: No jumping



02. COMBAT 1

TRACK FOCUS

There are three clear combinations – the first requires great pre-cues as it is an add-on set; the second, you can engage more into the workout’s energy and rawness of Kick-boxing as there is less need to cue, and finally, the Karate needs clear verbal and visual set-up and an expedited Layer 2 so you can fully let loose and inspire the class to do the same.

FEEL

It’s unassuming like a walk down the main street in Nashville holding hands during a Pop-Rock ballad and then suddenly your loose cannon friend pulls you all into a club banging the biggest EDM big-room tracks.

MARTIAL ARTS

Kick-boxing, Karate and Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	V / I believe	4x8	A	L Combat Stance L Jab, R Cross, L Uppercut	4	8
0:14	You’re my	4x8	A ¹	L Jab, R Cross, L Uppercut R Knee x2	4 4	4
0:27	You’re my reason	4x8	A ²	L Jab, R Cross, L Uppercut R Knee L Front Kick	4 2 2	4
0:40	Instr drop / (Synths & drums)	12x8	A ³	L Jab, R Cross, L Uppercut L Jump Kick OTS	4 4	12
1:21	V / I believe	4x8	B	L Circular Elbow x3 Pulse OTS	4 4	4
1:34	You’re my	4x8	B ¹	L Circular Elbow x3 R Front Kick	4 4	4
1:48	You’re my	4x8	B ²	L Circular Elbow x3 R Stomp Kick	4 4	4
2:01	B up & drop / (Synths)	9x8	C	L Rising Block R Karate Punch L Roundhouse Kick	2 2 4	9
2:31		1x8		Freeze, and reset for other side	8	
2:35				REPEAT SEQUENCES A to C – R		



02. REASON FOR FIGHTING 5:09mins

FUNDAMENTALS

WHY?

This track is a blend of Kick-boxing and Karate styles. It heightens the cardio training from the Warm-up track and has a strong aerobic base with pockets of explosive and interesting strikes to elevate the heart rate and bring a sense of authenticity and feels very early on.

WHAT?

This track focuses on 3 full combinations:

The Super Combo

- This combo is a classic 'add on' routine
- Starting with the Jab Cross Uppercut and then adding on the Double Rear Knee, which later becomes the Knee Kick, and finally the Jump Kick

The Muay Thai Combo

- Starting with the Circular Elbow and adding the Grab and Stomping Front Kick

Finally, the **3-Strike Karate Sequence:**

- The Rising Block
- The Karate Punch
- The Roundhouse Kick

HOW?

The sequence of combinations looks like:

- Combo 1 and add-on
- Combo 2; build and explode
- Combo 3; commit to all 3 strikes

Note: This track starts with a Karate Kata Sequence. This is feels vs. perfection of technique. Keep cues minimal – make them more directional.

TECHNIQUE AND COACHING

JAB CROSS UPPERCUT INTO FULL JUMP KICK SEQUENCE

Layer 1

Note: Below is the add-on sequencing leading to the full combo.

SAY:

- From Combat Stance
- Boxing Guard
- Jab Cross Uppercut right, left, right
- Stay in your stance and rotate the shoulders behind each strike

Layer 2

Add on Double Rear Knee:

- As the knee comes up, pull both arms down so that the elbows pass the line of the thigh. This will engage the obliques and help to bring power to the move

Add on the Front Kick:

- Now we're building the sequence; so far, we have the 1x Jab Cross Uppercut, Rear Knee and 1x Front Kick
- Lean away as you now do the Front Kick, giving the Kick both length and style
- Keep the chest lifted and the abs braced. It is important to note that the Knee Kick Sequence is the option instead of the Jump Kick on the spot. Staying grounded builds incredible power

Add on the Jump Kick:

- Remove the Knee Kick and replace with the Jump Kick on the spot
- This allows for higher volume of reps and it helps participants to stay in one spot so they can focus on technique

This full sequence truly is a full-body workout.

We tick the box on:

- Cardio
- Explosivity
- Power
- Authenticity and more

Layer 3

- There is a total of 12 reps to show us what's your reason for fighting, what inspires you and how far you can push yourself. Lets go...

OPTIONS: No Jump Kick – stay with Knee Kick or Step & Kick



02. REASON FOR FIGHTING 5:09mins

TECHNIQUE AND COACHING

CIRCULAR ELBOW AND FRONT KICK SEQUENCE

Layer 1

When the combo comes together:

SAY:

- From Combat Stance
- Boxing Guard
- Circular Elbow right
- Let the hips rotate and gently pivot on the ball of the front foot as you strike
- The elbow should feel sharp and powerful
- Keep the elbow bent

Layer 2

- Strike in the pattern of three: Forward, back, forward
- Keep this strike on the same line and the opposite hand remains in Guard Position
- Add on the Front Kick from the rear leg
- Align the hips to face forward and kick towards the hips or at waist height
- Lean back as you strike and use this kick as the ultimate in outward force
- To help, imagine you're grabbing something with both hands and then strike. As you lean back, exhale hard and kick with real purpose
- Kick so that the heart rate lifts, and you feel absolute power

OPTION: Kick low

KARATE SEQUENCE:

RISING BLOCK, KARATE PUNCH AND ROUNDHOUSE KICK

Layer 1

SAY:

- From Combat Stance
- Martial Arts Guard
- Rising Block with front arm – stay in a low Wide Stance; keep this Block above the line of the head and slightly forward of the face
- Bend the arm and block using the forearm
- From here, strike the rear Karate Punch forward by turning the rear hip and foot
- Keep the chest lifted and the abs braced tightly
- Finally, execute the lead Roundhouse Kick; choose a height that challenges you but allows you to maintain good control

Layer 2

- Stay upright during the Block and Punch sequence
- The key is to stay relaxed until the point of impact and have a clear start and stop to each strike

Layer 3

- On the kick, can everyone say kia!

OPTION: Kick low



03. POWER TRAINING 1

TRACK FOCUS

Teach the class to move and strike in Round 1, then in Rounds 2 and 3, the focus is about mixing the speed of the Double Jab and the power of the Hook with the flow of the Jab Cross. By Track 3, the workout is fully in high heart rate training so use Round 1 as the gateway to that zone and then keep the pressure on.

FEEL

There’s a time and place where you have to step into your best self and run for first place, as second best isn’t on the menu today.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro & V / _ I was born in	20x8	A	Front Stance Run OTS	160
0:55	C / Best _	8x8	B	L Walking Jab x4 (to L side) L, R Jab x 3 (to front) L Hook Repeat to R	8 6 2 16
1:17	Unbreakable _	8x8	B ¹	L Jump Jab x2 (to L) L Jab, R Jab, L Hook (to front) Repeat to R	4 4 8
1:39	Unbreakable _	8x8	A	L Hook to finish, recover and run OTS	64
2:01	Instr & B up / (Synths & drums)	8x8	C	L Combat Stance L Jab x2 R Hook	2 2
2:24	Drop / Second best _	8x8	C ¹	L Jab, R Cross x4 L Jab x2 R Hook L Jab x2 R Hook	8 2 2 2 2
2:45	Unbreakable _	8x8	D	Front Stance L, R Jab	2
3:08	Unbreakable _	8x8	A	L arm up to finish. Recover and run OTS	64
3:29	REPEAT SEQUENCES C to D – R				



03. UNBREAKABLE 4.39mins

FUNDAMENTALS

WHY?

This is a fast-paced Boxing track designed to specifically test your quick-thinking motor skills and fitness. This Power Training track ticks the boxes in an all-out cardiovascular challenge.

WHAT?

This Boxing Track has 3 rounds:

- Round 1 is a lateral sequence of Traveling Power Jabs and straight Punches with speed
- Rounds 2 and 3 are identical left and right progressive power and speed combinations

HOW?

Layer 3 cues are our opportunity to connect and motivate, whether through challenge, excitement, intensity or simple all-out fun. Find the moments in this track to highlight this so your participants feel the energy and enjoyment of this simple yet very effective power Boxing track.

Note: This track has large running-on-the-spot sections – use this time to build energy, excitement and focus in the class.

TECHNIQUE AND COACHING

LATERAL JAB AND FRONT STANCE SEQUENCE

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Look to the right: 4x Walking or Jumping Power Jabs
- Face and hold to the front, 6x Jabs right and left into...
- 1x Power Hook right and then repeat to the other side
- Let the Hook rotate the body so you can comfortably transition to the Jump Jabs on the other side
- As you do the Jump Jab, you can take off with both feet and land tighter as you reach the peak of the strike, or you can walk and still create huge power behind the Punch

Layer 2

- While the Power Jump Jab is not the most authentic strike, it does allow for real cardiovascular training and is very simple to follow. Roll the elbow to the outside as you strike as this will recruit more of the upper arm, back and core muscles

Layer 3

- How far can you travel from one side to the other?

OPTION: Walk instead of jumping on the Jab

DOUBLE JAB & HOOK COMBO

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Right leg forward
- Double Jab and Hook from the back arm right, right, left
- Move with speed
- Brace abs tightly
- Release the back hip and heel as you perform the Hook; this will free up any tension in the strike and create both flow and power

Layer 2

- Anytime we strike with the front arm, we tend to focus on speed while the focus on power is often executed from the back arm

Layer 3

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



03. UNBREAKABLE 4.39mins

TECHNIQUE AND COACHING

JAB CROSS DOUBLE JAB HOOK COMBO

Layer 1

- This combo is the next sequence in the progression
- Now perform 8x Jab Cross and then bring back the 2x Double Jab Power Hook Combo!

Layer 2

- As this is a basic add-on, you can sit in the strikes creating real power as well as focus on moving from speed striking to power striking but punching with real purpose



04. COMBAT 2

Please use the instrumental version with the same choreography as an alternative.

TRACK FOCUS

Leg conditioning is the focus here so establish early on the importance of great posture and positioning to set everyone up for a tough road ahead. The sets include controlled slow Side Kicks which help calm the storm that's brewing in your lower body. Coach the Two-Inch Hop as a small hop with the focus on the kick and the kicking leg.

FEEL

Nothing floors us more than leg day, and this is no exception. RIP – rest in pieces after this class! Thoughts and prayers to your glutes and quads as the service in this track today takes on a different feeling.

MARTIAL ARTS

Capoeira/Kick-boxing

MUSIC			EXERCISE		CTS	REPS
0:00				Front Stance		
0:01	Choir Chorus / (Choir singing)	5x8	A	Kata Double Palm Knife Block – R hand on top Circle arms out and clockwise (R hand moves down, L hand moves up). Reset to Double Palm Knife Block on the gong (L hand on top) Repeat counter-clockwise Repeat clockwise	12 12 16	
0:18	Ha ha ha	1x8		Transition to a Wide Squat and with Sandbag Hand position	8	
0:21	V / You know it _	8x8	B	Impact Squat x2 L Impact Lunge x2	4 4	8
0:47	Voicemail	2x8		Step wide to Front Stance with A-frame arms, then transition weight to L leg in preparation for the Slow Side Kick	16	
0:54	Medicine _	2x8	C	R Slow Side Kick	8	2
1:01	Listen _	4x8	C ¹	R Side Kick	4	8
1:13	Time is _	4x8	C ²	R Side Kick with Hop (optional)	4	8
1:27	All about	2x8		Transition – shake out arms and legs and recover	16	
1:33	Running	10x8	B	Impact Squat x2 L Impact Lunge x2	4 4	10
2:06	Voicemail	2x8		Step wide to Front Stance with A-frame arms, then transition weight to L leg in preparation for the Slow Side Kick	16	
2:11	Time	1x8		Transition to weight in L leg	8	
2:13	Medicine _	2x8	C	R Slow Side Kick	8	2
2:19	Listen _	4x8	C ¹	R Side Kick	4	8
2:33	Time is ticking _	4x8	C ²	R Side Kick with Hop (optional)	4	8
2:46	All about	2x8		Transition – shake out arms and legs and recover	16	
2:52				REPEAT SEQUENCES B to 2nd C ² – R (Note: First set of Impact Squat/Lunge is 10 reps)		



04. FIRE EMOJI 5:26mins

FUNDAMENTALS

WHY?

To build both confidence and competence – improve timing, kicking techniques and explore this Athletic Capoeira TKD-inspired track. High-volume kicking and leg conditioning builds power and improves all-round control. Pull back on power and focus on quality early on in the track.

This track has four rounds: 2x on the right and 2x on the left:

- The double-impact (Sandbag) Squat and Lunge
- The balancing into the explosive endurance Side Kick sequence

WHAT?

The separation in these three blocks feels like they naturally flow into one another. It's this sequencing that builds the competence in the technique which in turn drives confidence.

HOW?

Coach using the options and modifications in this track for deep participant engagement. In this case, pulling back on height and power will give your class the energy needed to really complete the routine with control.

TECHNIQUE AND COACHING

DOUBLE-IMPACT (SANDBAG) SQUAT AND LUNGE SEQUENCE

Layer 1

Note: Impact movement in this track is referring to the feet leaving the floor 1 to 2 inches

SAY:

- From Combat Stance
- Boxing Guard
- Double-impact Sandbag Squat
- Into a double-impact Lunge right
- Repeat this
- Keep the chest lifted super high while pretending to hold a sandbag that has handles
- Brace the abs super tightly and drop the hips no lower than back-of-the-knee height
- Front knee over mid-foot
- Transition into the double-impact Lunge
- Front thigh is almost parallel with the back knee, dropping down to the 90/90 position
- Abs braced and hips stay facing forward
- Get comfortable with your arm-line: hold the Guard position or reach one arm down past the line of the lead thigh and the other arm in front of the chest (Athletic Capoeira Lunge)

Layer 2

SAY:

- As you build into this combo and you feel like you're starting to move well, add a little bounce and drop low
- We have two rounds on each side: sounds like a breeze, right? Wrong! This one's real sneaky

OPTION: Take away any of the impact jumping and stay low and grounded



04. FIRE EMOJI 5:26mins

TECHNIQUE AND COACHING

SIDE KICK SEQUENCE

Layer 1

SAY:

- From Front Stance with Martial Arts Guard
- Put your weight on your right leg and side kick slowly to the left
- Essentially this begins with a balance and control focus that builds into a short-range explosive endurance challenge
- Speed it up and then hop on that right foot – max 2 inches! Drive the weight up and ensure to keep the kicking leg low to 45 degrees
- The key is to get your kicking foot back under your hip to help you balance
- Option is no hop
- Keep chest lifted and hips aligned
- Keep the kick low to help with control
- Start light
- There are 8 reps grounded followed by 8 reps with the option to hop, so take your time and build intensity

Layer 3

- All martial artists look for an opportunity to create a kick that can deliver greater power and results through control and focus. It's time!

OPTION: No hopping



05. POWER TRAINING 2

TRACK FOCUS

The focus here is to ensure the class knows what is available to them in terms of alternatives so they can tailor it to suit their needs. The Half Touchdown is deceptive. Find the difference in the speed of the execution and getting back into stance as fast as you can, and that’s a whole new level of intensity unlocked.

FEEL

Mountains are awesome to look at and some strangely crazy folk like to run up them. The first time you do hill runs you are all excited and then partway through that hill that excitement dies. That’s what the second set of this track feels like. There is a whole global obsession with watching things that are strange and for some reason running up a hill is desirable?

MARTIAL ART

MMA

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / It doesn’t	8x8		Teach standing or grounded alternative	64
0:22	Youuuuu _	4x8	A	Pushup (or Squat)	4 8
0:34	Ch / And _	8x8	A ¹	Pushup/Squat Combo Plank Jack x2 or Jumping Jack x2 Pushup or Squat Option: Lift and lower knees then Pushup	4 4 8
0:56	Ch / Say if _	8x8	B	Mountain Climber L, R, L Mountain Climber R, L, R Mountain Climber Option: Run L, R, L, then R, L R	4 4 8
1:18	V / He don’t wanna _	4x8		Recover and transition to stand	32
1:27	I know where	4x8	C	Run OTS	32
1:40	Instr / Youuuu _	12x8	D	L Combat Stance L Jab, R Cross, L Uppercut Half Touchdown (Note: First 4 reps on level one/easy. Last 8 with intensity and pace)	4 4 12
2:13	Could _	8x8	E	Run OTS Sprawl OR Jack OR Squat	8 8 4
2:38	V / It doesn’t hurt	9x8		Transition to floor and set up options for next move	72
3:00				REPEAT SEQUENCES A to E – R	



05. RUNNING UP THAT HILL 5:17mins

FUNDAMENTALS

WHY?

This MMA-inspired Power Training 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 Modified Sprawls improve both body weight and cardiovascular fitness and the Half Touchdown promotes agility and speed training.

WHAT?

Block 1 has Pushups, Plank Jacks and Triple Mountain Climbers – moves that are dedicated to improving power and conditioning in the chest, triceps, shoulders and the core. This section is repeated twice as the whole track has been designed to work both the right and left side.

Block 2 has Standing Lateral Half Touchdowns, Running and Sprawls that build a huge fitness engine; this helps with stamina, endurance and overall fitness.

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 up the participants for great movement control, along with a better understanding of how to execute each move.

Note: This track has two variations in movement patterns – a floor section and a standing section.

The standing exercises are:

- Pushups or Wide Squats
- Plank Jacks or Jumping Jacks
- Mountain Climbers or Running OTS
- Sprawls or 4x Jumping Jacks or 2x Squats

TECHNIQUE AND COACHING

SINGLE PUSHUPS INTO PLANK JACK AND PUSHUP COMBO

Layer 1

SAY:

- Hands in line with the shoulders
- Body in Plank position
- Hips and shoulders square to the floor
- Pushups – down and up
- Chest no lower than the elbow crease
- **Brace abs tightly**

Add on:

- 2x Plank Jacks and 1x Pushup
- Jump feet out and in twice
- Keep the hips square to the floor and stable
- Option is to hold a Plank and drop both knees back to start position or stay on knees and join in on Pushup

Layer 2

- Drive the hands hard into the floor to help stabilize the upper body
- Squeeze your leg muscles and keep your hips level and feel how hard your abs are working

OPTIONS: The standing exercises are:

- Pushups or Wide Squats
- Plank Jacks or Jumping Jacks
- Mountain Climbers or Running OTS
- Sprawls or 4x Jumping Jacks or 2x Squats
- During the Plank Pushup Combo, the option is to hold a Plank and drop both knees back to start position or stay on knees and join in on Pushups only



05. RUNNING UP THAT HILL 5:17mins

TECHNIQUE AND COACHING

TRIPLE MOUNTAIN CLIMBER COMBO

Layer 1

SAY:

- From Plank position
- Hands pressed into the floor directly under the line of your shoulders
- Run your knees in towards the center of your hands
- Right left right, left right left
- Pause for a second on every third Mountain Climber, taking it outside of the elbow
- Use cues in, in out, in, in out

Layer 2

- Bring the knees between the line of the thumbs to ignite the core and on the third Mountain Climber try and freeze the knee to the outside of the elbow to hit the obliques

Layer 3

- Can you explode and freeze as you do this combo? How still can your body be?

OPTION: Drop to the knees and move at half speed

JAB CROSS UPPERCUT HALF TOUCHDOWN COMBO

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Jab Cross Uppercut Half Touchdown right, left, right, left
- Come back to your Guard position
- As you do the Half Touchdown, step out to the side and reach the left arm down towards the floor
- Keep the chest slightly lifted and react quickly
- Turn the hips back into the Combat Stance and get ready to go again

Layer 2

- Then there's a small hold before the next rep
- Think of this as Reactive Core Training – wait, wait, wait... OK go!

RUN OTS AND SPRAWL

Layer 1

SAY:

- 8x Run OTS
- Sprawl
- Drive your legs and sync your arms as you run OTS
- Then drop down fast into a Sprawl
- Start the Sprawl by squatting down and then place both hands in a Plank position as you jump both legs out and in, then return to the standing position

OPTIONS: Instead of Sprawling, 4x Jacks or 2x Squats down and up



06. COMBAT 3

TRACK FOCUS

You have two focuses in this track – coaching people into the Kick Kata using clear footwork cues and following the rhythm. The pulse in between reps allows for well-earned and required recovery which then gives your participants scope to go the distance and still bring that kicking power in the last block. The set of Back Kicks is a real release moment so keep that as a set free rather than listening to the coaching moment and use your Layer 3 cues well here.

FEEL

It's a battle of will here – the desire for fitness and the requirement for recovery. The music brings a sense of adventure so get amongst it and set the course for the land of make believe where kicks throw themselves and nothing is too hard. If you believe it, you can achieve it! Ha ha ha ha

MARTIAL ART

TKD

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Drums)	4x8	Front Stance Introduce and demonstrate the Kick Kata		32	
0:14	Instr / (Drums & drifting vocal chants)	8x8	A	Kick Kata – set-up		
				L Front Knee	2	
				L Front Kick	2	
				R foot step out/in	2	
				L Side Kick	2	
				Pulse OTS	8	4
0:42	B up / (Synths pick up)	12x8	A ¹	Kick Kata – Full		
				L Front Knee	2	
				L Front Kick	2	
				R foot step out/in	2	
				L Side Kick x2	6	
				Pulse OTS	4	6
1:23	Instr drop / (Synths & beats)	8x8	B	L Combat Stance		
				R Back Kick	4	16
				(Note: Option to sink into a Squat after 8 reps)		
1:50	Drums /	2x8		Transition and recover	16	
1:57	Instr / (Drums & drifting vocals)	10x8	A	Front Stance		
				Kick Kata – set-up		
				R Front Knee	2	
				R Front Kick	2	
				L foot step out/in	2	
				R Side Kick	2	
				Pulse OTS	8	5
2:32	Synths pick up /	12x8	A ¹	Kick Kata – Full		
				R Front Knee	2	
				R Front Kick	2	
				L foot step out/in	2	
				R Side Kick x2	6	
				Pulse OTS	4	6
3:13	Instr drop / (Synths & beats)	8x8	B	R Combat Stance		
				L Back Kick	4	16
				(Note: Option to sink into a Squat after 8 reps)		
3:40	Chanting vocals /	2x8		Transition and recovery	16	



06. COMBAT 3

MUSIC		EXERCISE		CTS	REPS
3:47	B up / (Drums)	6x8	C	Front Stance	
				Finisher Kick Kata – set-up	
				L Front Knee	2
				L Front Kick	2
				R Front Knee	2
				R Front Kick	2
				Pulse OTS	8
4:07	Instr drop / (Synths & beats)	8x8	C ¹	Finisher Kick Kata	
				L Front Knee	2
				L Front Kick	2
				R Front Knee	2
				R Front Kick	2
				Option to add hop to Front Kick on last 4 reps	
				Finish	



06. FOLLOW ON 4:39mins

FUNDAMENTALS

WHY?

This incredible TKD Kick Kata-inspired track has a kicking sequence that challenges our coordination and rhythm, which in turn builds and improves motor skills and core control and allows us to improve our multi-directional kicking movement.

WHAT?

- A simple yet very effective Kick Kata Sequence
- Utilizing the Knee, Front Kick and Side Kicks
- A sequence that has a high volume of repetition and finishes with 16x Back Kicks

HOW?

- Coach the Kick Kata sequence with base-level directional cues and then add the intensity followed by the motivational cues
- Keep this simple and let the creative choreography do the rest

TECHNIQUE AND COACHING

KNEE FRONT KICK AND SIDE KICK, KATA SEQUENCE

Layer 1

SAY:

- From Front Stance
- Martial Arts Guard
- Right leg forward
- Move lightly
- 1x right Knee, 1x Front Kick, step out to the left and 1x Side Kick
- Then land in Front Stance and pulse up and down
- Keep chest lifted to help posture and brace your abs tightly
- Hips square to the front
- Use the short step out to the left to help set up the Side Kick
- Lean your upper body away from all kicks to help with alignment and balance

Layer 2

- This Kick Kata starts low and then builds with intensity. As you perform each strike, focus on the outward force and your target. One of the most beautiful things about TKD is its ability to perform really powerful-looking Kicks. Choose a height that does challenge you but allows you to maintain great kicking control and technique
- Add on a second Side Kick

OPTIONS: Keep the Kicks low or do not add the second Side Kick

BACK KICK

Layer 1

SAY:

- From Combat Stance
- Martial Arts Guard
- Right leg forward and 16x Back Kicks with left leg
- Look over the rear shoulder to align the Kick
- Kick low
- Slightly flex the toes towards the shin on the kicking leg as this will ensure the strike's surface remains the heel of the foot
- Gently perform a pre-step prior to the kick to help set balance and timing
- Reset back to the stance and repeat again
- Keep the hands up in Guard position
- Slightly lean forward as you strike

Layer 2

- The Back Kick is a multi-muscle group engagement kick
- It works both the supporting leg as well as the kicking leg
- Muscles used are hips, glutes, quads, calves, hamstrings, core and lower back

OPTIONS:

- Keep this kick low
- Second option is to perform half the number of kicks by kicking then pulsing in between



07. MUAY THAI

TRACK FOCUS

As soon as the track starts, your class will be sucking in air, so use the Jab Cross to adjust and adapt your breathing and then build the intensity back steadily because once you start, it just doesn't stop building and the halfway point gives little if any recovery. In the second combo, the hop on the Leg Check is a small one similar to the one in Track 4 but enough as the legs are already under strain.

FEEL

You wouldn't necessarily listen to this first thing in the morning driving to work; however, it serves its purpose very well in Track 7 which is to drag you over the last few hard workout blocks when everything in your body is telling you to schtaaaaaaaaaap moving but this is your soulmate workout and you actually cannot stop.

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Beat boxer	2½x8		L Combat Stance	20	
0:07	V / I like that	4x8	A	L Jab, R Cross	2	16
0:19	C / (Vocal stabs)	4x8	A ¹	L Jab, R Cross x2	4	
				L Circular Elbow	2	
				R Descending Elbow	2	4
0:30	Synths /	8x8	A ²	L Jab, R Cross x2	4	
				L Circular Elbow	2	
				R Descending Elbow	2	
				L Front Knee x4	8	4
		½x8	1x Knee to finish and recover (Note: Music slows here)	4		
0:56	Wind up / (Slowed down vocals)	3½x8	B	R Front Knee	2	
				R Muay Thai Leg Check	2	7
				(Music starts slow and increases speed)		
1:10	Bam bam	4x8	B ¹	R Front Knee	2	
				R Muay Thai Leg Check	2	
				L Jab, R Cross, L Ascending Elbow	4	4
1:21	Instr drop / Beat boxer _	4x8	B ²	R Front Knee	2	
				R Muay Thai Leg Check with Hop	2	
				L Jab, R Cross, L Ascending Elbow	4	4
1:45	Dot com _	4x8	C	R, L Running Man Knee	4	8
1:56	Instr / (Synths)	4x8	B ²	R Front Knee	2	
				R Muay Thai Leg Check with Hop	2	
				L Jab, R Cross L Ascending Elbow	4	4
2:08	Dot com _	4x8	C	L, R Running Man Knee	4	8
2:20		2½x8		Recover and reset to R Combat Stance	20	
2:27				REPEAT SEQUENCES A to 2nd C – R		



07. WHAT'S YOUR NAME 4:42mins

FUNDAMENTALS

WHY?

This short yet very powerful Muay Thai track has just two separate combos:

- The first is a traditional Kick-boxing/Muay Thai-style sequence
- The second is a defensive counter-attacking combo which comprises the Leg Check

WHAT?

This track starts with the 4x Jab Cross Circular and Descending Elbow and then adds on the 4x powerful Front Knees.

As this combo only appears once on each side of the choreography, use cues that motivate and inspire at the same time and also improve the technique of these strikes, whether it's weight distribution, height, speed or power.

During the Jab Cross and Elbow combo, it's important to note 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 intensity to go bigger.

Then into the Leg Check combo; this technique has been designed to block a kick to the leg or body from your opponent.

Ensure you coach to this and create an imagery so that the elbow and shin can act like a shield. Later on, this Leg Check has an option to include a small jump.

HOW?

As this track is short, coach to the exercises that lift the heart rate the most – Running Man Knees will do this!

These exercises have huge cardiovascular benefits, coupled with the Martial Arts Conditioning of Running Man Knees through high-volume repetitions.

TECHNIQUE AND COACHING

4X JAB CROSS & CIRCULAR DESCENDING ELBOW COMBO

Note: This includes the add-on Knees.

Layer 1

SAY:

- From Front Stance
- Boxing/Muay Thai Guard
- 4x Jab Cross Jab right and left
- Front Circular Elbow and Rear Descending Elbow
- Keep the Punches up high, in line or just above the line of the shoulders
- Sit down into the stance and feel anchored to the floor
- Generate power from the hips
- Release the front hip and heel slightly as you do the Circular Elbow, copying the similar pattern as if you were to perform a Hook, then follow up with the Rear Descending Elbow
- Stay fluid and keep the elbow sharp
- Brace abs tightly

Add on 4x powerful Front Knees

- As the knees lift above the line of the hips, pull both arms down and keep the hands clasped together
- The elbows drop down past the outside of the thigh to engage the obliques and lift the heart rate

Layer 2

- This full combo is a short block so don't hold back
- Take this opportunity to go 'all out' as there's a small recovery coming up, so as you do the Jab and Cross, use these initial strikes like a domino effect: if you start strongly, then the rest of the pieces will all fall down

OPTION: No bouncing in the knee strikes



07. WHAT'S YOUR NAME 4:42mins

TECHNIQUE AND COACHING

KNEE, LEG CHECK & JAB CROSS ASCENDING ELBOW COMBO

Layer 1

SAY:

- From Combat Stance, Boxing/Muay Thai Guard
- 1x rear Knee, x1 rear Leg Check (L-shape knee)
- As you do the Leg Check, lift the knee up and out to the side like the letter 'L'
- Ensure the rear elbow in Guard position sits on the outside of the knee line
- Turn the rear shin out and open the hip; now you've created a shield
- The music builds from slow to fast
- Keep with the rhythm and build height and intensity

Layer 2

Add on:

- The Jab Cross Ascending Elbow
- After you've landed the Leg Check, lean into these next 3 strikes
- Keep the chest lifted but your chin tucked in and your guard held high

Layer 3

- Now that you have the Leg Check, can you add a Hop? Who's willing to take up this challenge?

OPTION: No jumping



08. POWER TRAINING 3

TRACK FOCUS

With two simple combos the focus is on helping the class find and use up all they have so there is nothing left in the can. To do that they need to know what to expect, so manage those expectations up front and let them know when and where you can so they can either ‘empty the tank’, or hold on – whichever is most applicable to them.

FEEL

It’s like a metaphorical workout hug just when you need it from your ‘bestie’. Those words of encouragement to remind you that there is a whole lot of living to do and when you find yourself at the end of your gas tank, the words of encouragement will fuel you across the finish line in fine form.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Electric guitar)	4x8	Front Stance	32	
0:11	V / I’m just	4x8 A	L, R Shoulder Stretch	32	
0:22	And if _	4x8 B	Run OTS	32	
0:33		2x8	Transition to L Combat Stance	16	
0:38	C & Drop / I know it’s	8x8 C	L Walking Jab F x2	4	
			L Jab, R Cross, L Hook	4	
			Run B	8	4
1:00	C1 /	8x8 C¹	Travel Combo L		
			L Jump Jab F x2	4	
			L Jab, R Cross, L Hook	4	
			Run B	8	4
1:22	V / _ Can’t imagine	8x8 D	L, R Uppercut x2	8	8
1:44	C / Wait for you _	8x8 C¹	 Travel Combo L	16	4
2:07	V / You can make	8x8 B	Recover and run OTS	64	
2:29	C & Drop / I know it’s	8x8 C	R Combat Stance		
			R Walking Jab F x2	4	
			R Jab, L Cross, R Hook	4	
			Run B	8	4
2:51		8x8 C¹	Travel Combo R		
			R Jump Jab F x2	4	
			R Jab, L Cross, R Hook	4	
			Run B	8	4
3:13	V / _ Can’t imagine	8x8 D	R, L Uppercut x2	8	8
3:35	C / Wait for you _	8x8 C¹	 Travel Combo R	16	4
3:57	V / You can make	8x8 B	Recover and run OTS	64	
4:19	C / I know it’s	8x8 E	Front Stance		
			L Jab x2	4	
			R Jab x2	4	8
4:41	C / Wait for you _	8x8 E¹	L, R Jab x4	8	
			L Jab x2	4	
			R Jab x2	4	4
5:03		8x8 F	L, R Jab	2	32
			Finish		



08. WAIT FOR YOU 5:30mins

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 to a place of confidence, and to give them a sense of huge achievement. With well-timed combos and space to complete every strike, this track will 'bring the house down'! Watch out for the Traveling Jump Jabs with the added combo at the end.

WHAT?

Starting with a short High Knee Run that builds into the main Travel Combo, which includes Jump Jabs, Jab Crosses and Hooks, this sets the tone for the intensity in this track. There are power and speed Uppercuts with a Double Power Jab sequence to bring us home. We have simple, powerful and exciting strikes to take the heart rate up one final time.

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.

Note: This is a long endurance Power Training track; coaching to the intensity levels is key to maintaining the energy and enjoyment throughout the song.

TECHNIQUE AND COACHING

JUMP JAB, JAB CROSS HOOK COMBO

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- 2x Jump Jabs forward into a Jab Cross Hook and then run backwards
- As you do the Jump Jab, lift the lead foot and land it on the peak of the Jab. The aim is to reach full range in each strike, taking the body weight forward to produce more power
- After the second Jump Jab, hold your Combat Stance and throw a fast and sharp Jab Cross Hook and then High Knee Run backwards

Layer 2

Note:

- The first 4 reps are a set-up. Once these 4 reps are finished and the chorus kicks in, increase the power and length of the Jump Jab
- The aim is to cover distance, produce power through momentum, lift the heart rate and build excitement
- Use the High Knee Run backwards to drive motivation and fitness results

2X POWER, 4X FAST UPPERCUT COMBO

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Right leg forward
- Uppercut right and left with power followed by 4x alternating faster Uppercuts
- Treat this combo as two separate ones so that your participants can see a clear distinction between the power and speed Uppercuts
- Lean into the strikes and let the shoulders roll forward as you cue. Rotate them inwards as you strike

Layer 2

- Power Uppercuts need more load from the legs and are slower
- Fast-paced Uppercuts require less hip movement but more core control; these are great cues to help bring more awareness to the strikes

Layer 3

- Can we go from being a power heavyweight puncher to a lighter, faster-paced puncher all within the same combo?



09. CONDITIONING

TRACK FOCUS

Simple track repeated three times, so the focus is to deliver a couple of key points in each set and spread out that learning. You have time to do this. The key safety cues need to be included in the first set.

FEEL

It's got a really 'chilled out' vibe which is ideal because after this workout a 'chill out' is definitely needed.

MARTIAL ART

Conditioning

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Transition to the floor	32	
0:12	V / Hanggang kailan	12x8	A	Urban Ladder Combo		
				L, R Leg Extension x2	8	
				Double leg lower and pull in	8	6
0:48	C / So maybe	4x8	B	Single-leg Glute Bridge Pulse L	2	16
1:00	Masaya	4x8	B	Single-leg Glute Bridge Pulse R	2	16
1:13	V / Lagi Lagi	4x8	A	 Urban Ladder Combo	8	4
1:37	C / So maybe	4x8	B	 Single-leg Glute Bridge Pulse L	2	16
1:49	Masaya	4x8	B	 Single-leg Glute Bridge Pulse R	2	16
2:02	V / Lagi lagi	4x8	A	 Urban Ladder Combo	8	4
2:26	C / So maybe	4x8	B	 Single-leg Glute Bridge Pulse L	2	16
2:38	Masaya	4x8	B	 Single-leg Glute Bridge Pulse R	2	16
2:50	Kailan kayo	4x8		Transition to front	32	
3:02	So maybe	8x8	C	L, R, L Mountain Climber (Narrow, narrow, wide)	8	
				R, L, R Mountain Climber (Narrow, narrow, wide)	8	4



09. MASAYA 3:34mins

FUNDAMENTALS

WHY?

Creating a Conditioning track with a strong focus on the lower abs and glute training feels amazing at this point of the workout. This track strengthens the core through integration and isolation exercises, and builds powerful glutes and strong shoulders to finish.

WHAT?

Urban Ladders, Single-leg Hip Bridges and Mountain Climbers feature in this routine. These help to build both 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.

Note: You'll be spending most of your time coaching on your back; ensure you use easy-to-follow coaching cues and remember to look out and connect with your participants.

Coach how to execute each 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 bringing to life the enjoyment of this track.

Note: Coach the options early on so that your class can choose and feel which variation of the exercise suits them best.

TECHNIQUE AND COACHING

URBAN LADDER COMBO

Layer 1

SAY:

- From floor position, lie on your back
- Feet off the floor with knees bent and shins parallel
- Extend front leg to 45 degrees and then the back leg. Brace abs super tightly at this stage as the legs being fully extended from the hips creates the largest resistance in the core. The core brace helps to keep the **lower back pressed down towards the floor** while the abdominals work hard
- Then follow up with the front leg lifting above 45 degrees and then the back leg
- Lock both legs together and point toes forward
- Lower legs down to 45 degrees and draw knees back in over hips to start position

OPTION: Toe-tap the legs from the Tabletop position

SINGLE-LEG HIP BRIDGE

Layer 1

SAY:

- From floor position, lie on your back
- Lift one foot off the floor keeping the knee bent at 90 degrees
- Thrust the hip up, keeping the weight in the opposite grounded foot
- Squeeze the glutes to drive the leg up
- Stay in the top range and pulse 15 times
- Press both shoulders and arms into the floor and focus on the hip drive. After 15 reps, change legs

Layer 2

We do these 3 sets back-to-back:

- Set 1: Focus on body-part direction – what's moving and what's not
- Set 2: Focus on range and how to improve the exercise
- Set 3: Fatigue is kicking in, so focus on praise and motivation

OPTION: Keep both feet on the floor and Hip Bridge with a slower pace

TRIPLE MOUNTAIN CLIMBER COMBO

Layer 1

SAY:

- From Plank position
- Hands pressed into the floor directly under the line of your shoulders
- Bring your knees in towards the center of your hands
- Right, left, right. Left, right, left
- Note: This is echoed from the choreography in Track 5, moving at a slower pace
- Pause for a second on every third Mountain Climber taking it to the outside of the elbow
- Use cues in, in, out, in, in, out

Layer 2

- Bring the knees between the line of the thumbs to ignite the core and on the third Climber, try and freeze the knee to the outside of the elbow to work the obliques



10. COOLDOWN

TRACK FOCUS

Bring the body back to a state of calm and strength using Martial Arts Kata and breathing.

FEEL

Finally, we got to work out together in a LIVE setting with thousands of people and do what we love, together. This is where we come alive and the workout takes on a whole new level of realness.

MARTIAL ART

Kung Fu

MUSIC		EXERCISE		CTS
0:00	Intro / (Gong & reverb)		Transition to lie on back	
0:01		4x8 A	Knees drop open to Double Adductor Stretch	32
0:27	V / _ Feel it	4x8 B	L Seated Glute Stretch	32
0:54	C / _ This is what	2½x8	R Kneeling Hip Flexor Stretch with R Tricep Stretch	20
1:10	Oooh ohhh	1½x8 D	L Kneeling Hamstring Stretch	12
1:20	This is where	¼x8	Transition to standing	2
1:22	... We come alive	¼x8 E	Front Stance – Karate Guard into Double Palm Knife Block	2
1:24	Instr / (Strings & orchestra)	4x8 E¹	Kata Double Palm Knife Block – R hand on top. Circle arms out and clockwise (R hand moves down, L hand moves up). Reset to Double Palm Knife Block (L hand on top) Repeat counter-clockwise R Closed Fist Mid Block & R Adductor Stretch R Closed Fist Low Block & R Adductor Stretch Repeat Full Kata (but with L Adductor)	4 4 4 4 16
1:51	I can see the	½x8	Transition to the floor	2
1:54	Future	3½x8 B	R Seated Glute Stretch	28
2:17	C / _ This is what	2½x8 C	L Kneeling Hip Flexor Stretch with L Tricep Stretch	20
2:34	We come alive	1½x8 D	R Kneeling Hamstring Stretch	12
2:43	This is where	¼x8	Transition to standing	2
2:45	We come alive	¼x8 E	Front Stance – Karate Guard into Double Palm Knife Block	2
2:47	Instr / (Strings & orchestra)	4x8 E¹	 Kata Sequence	32
3:14		¼x8	Hold and prepare to Quad Stretch	
3:15	This is where	2x8 F	L Standing Quad Stretch	16
3:29	Ooohhh	2x8 F	R Standing Quad Stretch	16
3:41	Ooooooh	1x8 G	R side Body Stretch	8
3:49	Ooooooh	1x8 G	L side Body Stretch	8
3:55		½x8	Bow to finish	4



10. THIS IS WHERE WE COME ALIVE 4:02mins

FUNDAMENTALS

This is a dramatic, cinematic, upbeat Cooldown with beautiful Kata sequencing. Let the energy of this song and movement 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 breath with the stretches.

TECHNIQUE AND COACHING

LYING FROG (GROIN) STRETCH

Layer 1

SAY:

- From the floor position
- Lie on your back
- Both soles of feet together with knees gently falling wide towards the floor
- Feel the stretch through the hips and groin as well as the release in the lower back

Layer 2

- Relax and sink into the floor

OPTION: Find a range that is comfortable

SEATED GLUTE STRETCH

Layer 1

- From a seated position
- Take the right leg and cross over the left and bend at the knee
- Sit tall
- Take the opposite arm and pull the lead knee close into the body and feel the lengthening of the stretch
- Option is to stretch the lead arm out to the side behind you slightly and twist from the center of the chest and look over the shoulder

OPTION: Add the twist

KNEELING HIP FLEXOR STRETCH, TRICEP AND SHOULDER STRETCH

Layer 1

SAY:

- Kneeling Hip Flexor Stretch
- Release the back hip
- Release and relax the back foot
- Chest lifted; glutes squeezed
- Turn lead foot out slightly
- Take back arm and reach high up to the ceiling into a Tricep Stretch
- Fingers to the upper back; take other hand and rest on elbow to create a little downward pressure to help stretch the tricep
- Then take the same arm and cross in front of the body, stretching the shoulder
- Hold above or below the elbow joint and gently pull the arm close to the chest
- Lift up tall, keeping good posture

KNEELING HAMSTRING STRETCH

Layer 1

- Back knee on the floor with front leg out and stretch
- Pull the hips back towards the back foot
- Both hands on the floor either side of the lead knee
- Breathe as you stretch
- Keep the chest over the line of the front knee and sink into the stretch

KATA SEQUENCE

Layer 1

- From Front Stance
- Follow the Track 4 Kata pattern

SAY:

- Right and left hand in blade shape
- Inhale and circle arms out and over head and reset in the center, then repeat
- Transition slowly into the right Adductor Stretch with an inside Mid Block and then move into a Low Block
- Repeat on the other side

Layer 2

- This is a brilliant section of the music. Sit and feel the drama and bring the energy alive using breath and power



BONUS

05. POWER TRAINING 2

TRACK FOCUS

Deliver coaching clearly centered around three key cues – core during the Jab Cross Jab combo as it works the core well, cardio during the Scissor as it brings up the heart rate and power in the upper body combo as you utilize the shoulders and full-body movement and rotation.

FEEL

It’s a grunty track that really packs a punch musically where you can fully throw all of yourself into the beast that it is.

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Laughing)	4x8		L Combat Stance	32	
0:11	V / Yea	4x8	A	Core Combo L Jab, R Cross, L Jab Pulse OTS	4 4	4
0:22	Stronger	8x8	A ¹	Core & Cardio L Jab, R Cross, L Jab R, L Scissor x2	4 4	8
0:45	C / (Instr drop)	8x8	B	Power & Speed Combo L Uppercut x2 L Uppercut, R Cross, L Uppercut	4 4	8
1:07	QC & V & B up / Working up	8x8	A ¹	 Core & Cardio Combo	8	8
1:30	C / (Instr drop)	12x8	C	Full Send Combo L Jab, R Cross, L Jab R, L Scissor x2 L Uppercut x2 L Uppercut, R Cross, L Uppercut	4 4 4 4	6
2:04	V / Yea	2x8		Recover and transition to R Combat Stance	16	
2:09				REPEAT SEQUENCES A¹ to C – R (Note: A ¹ is 10 reps)		



BONUS

05. DRIP 4:00mins

FUNDAMENTALS

This is a short Power Training track based only on two combinations coming together. The key is the separation of the combos and then how they blend together.

Starting with the first movement pattern:

1. Jab Cross Jab and Scissor – coach this as the Core & Cardio Combo
2. Double power Uppercut and Uppercut Cross Uppercut – coach this as the Power & Speed Combo

TECHNIQUE AND COACHING

JAB CROSS JAB AND SCISSOR SEQUENCE

Layer 1

SAY:

- From right Combat Stance
- Boxing Guard
- Jab Cross Jab and Scissor
- Tuck chin in
- Rotate behind each punch
- Strike with power right from the very start

Layer 2

- Use the Scissor to build energy. Use motivating cues to bring the build in the music alive
- The Jab Cross Jab trains the core and the Scissors are the cardio
- Anchor these two concepts as this will help you to build the full combo

DOUBLE POWER UPPERCUT & UPPERCUT CROSS UPPERCUT COMBO INTO THE FULL COMBO

Layer 1

SAY:

- From right Combat Stance
- Double right Power Uppercut
- Then a fast Uppercut Cross Uppercut
- The double Uppercut is power and the Uppercut Cross Uppercut is speed
- Drop and roll the shoulders to help add more rotation into the basic strikes
- Use the leg drive on the Power Uppercuts and brace abs super tightly on the speed drill

Layer 2

- Now you're set to put everything together
- Starting with the core, the cardio and now the power and the speed
- This physical exercise concept works really well to help with timing, power, speed, rhythm and control



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

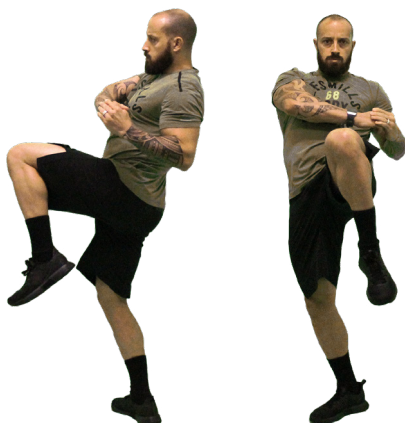
STRIKE

- 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 ($\frac{3}{4}$) 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
- Brace core
- 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





GLOSSARY

RISING BLOCK

PREPARATION

- Rear arm may move across body or arms cross in front before rising
- May have slight elevation by extending the legs
- Low and loaded in legs

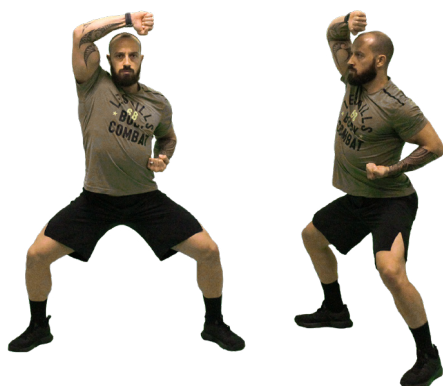
STRIKE

- Strike Surface: Outside edge of forearm
- The blocking arm drives up and stops above the head
- A fast flick at the top and wrist faces out
- Tense muscles strongly for authenticity
- Opposite arm to waist
- Sink into legs if in wide Karate Stance

COACHING

Layer 1

- Rising Block
- Protect yourself against an attack from above
- Raise the forearm above the head, stopping between 90 and 45 degrees
- Tension in the forearm
- Brace abs – to keep ribs down
- Exhale as you block
- Sink lower into your stance by bending at the knees to create a stable base



MID BLOCK / OUTER BLOCK

PREPARATION

- Rear arm may move across body
- May have slight elevation by extending the legs

STRIKE

- Leading arm draws up towards rear shoulder
- Sweeps in front of body, knuckles rotate 180 degrees
- In line with shoulder
- Elbow bent
- Strike Surface: Forearm

COACHING

Layer 1

- Mid block
- Tension in fist and forearm
- Blocking technique
- Arm/fist in line with shoulder
- Abs braced
- Weight in the heels, bend the knees, chest up, abs braced and exhale to lock the ribcage down





GLOSSARY

LOW BLOCK

PREPARATION

- Squeeze fists
- Chest up and back straight
- Front forearm and rear forearm may cross in front of the mid-line of the body, front forearm in front of the rear forearm
- May have slight elevation from low stance by extending the legs

STRIKE

- Leading arm draws up towards rear shoulder
- Hammer-like action, diagonally down with arm and fist
- Arm extends and fist stops in line with inside of lead leg knee
- Elbow soft but arm rigid with tension in muscles
- Strike Surface: Forearm
- Non-blocking arm, fist to ribs with knuckles facing up
- Chest stays up, back long and straight, shoulders stacked directly above hips

COACHING

Layer 1

- Low Block
- Cross your arms in front
- Strike down fist to knee
- Your forearm blocks your opponent's kick
- Squeeze your fist and fully extend at the elbow. (Be mindful of not hyper-extending it and snap-locking at the joint)
- Brace abs
- Stay grounded and posturally upright





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.