

BODYCOMBAT 95

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

Brutal (5:05)
Blasterjaxx & LNY TNZ feat. Jex & Jones
Suave
MAXXIMIZE, © 2022 Spinnin’ Records.
Written by: Jongkind, Makhlaf, Stadhouders, Jeucken, Miller, Manuela

01B

Hurricane (Festival Mix) (2:55)
Blasterjaxx x Prezioso x LIZOT feat. Shibui
© 2022 BLASTERJAXX, Subside Records S.r.l., LIZOT under exclusive license to Spinnin’ Records.
Written by: Jongkind, Makhlaf, Kleinschmidt, Prezioso, Quisisana, Cesario, Cherkaoui

02

Mercy (4:26)
Jauz & Masked Wolf
© 2022 Spinnin’ Records.
Written by: Vogel, Michael, Hapi

03

Falling Apart (5:09)
Pegboard Nerds, Stonebank & EMEL
© 2021 Monstercat.
Written by: Flavell, Odden, Parsberg, Stonebank

04

Turn The Music Up (2:41)
NF
Courtesy of the Universal Music Group.
Written by: Feuerstein, Profit

Turn The Music Up (2:37)
NF
Courtesy of the Universal Music Group.
Written by: Feuerstein, Profit

05

Thief (Flux Pavillion Remix) (2:15)
Ookay
Courtesy of the Universal Music Group.
Written by: Laguna

Big City Life (4:06)
Luude & Mattafix
© 2022 Sweat It Out.
Written by: Roudette, Benson, Hirji

06

Dolls (2:07)
Bella Poarch
© 2022 Warner Records Inc.
Written by: Maisonneuve, Poarch, Max, Rizk, Fritsching, Lalwani, Glory, Mohr, Linne, BLVSH, Hufford

Dolls (2:07)
Bella Poarch
© 2022 Warner Records Inc.
Written by: Maisonneuve, Poarch, Max, Rizk, Fritsching, Lalwani, Glory, Mohr, Linne, BLVSH, Hufford

07

Wasabi (Extended Mix) (6:16)
Da Tweekaz & Blasterjaxx feat. Maikki
© 2022 Dirty Workz / DWX BV.
Written by: Nordli, Glemmestad, Jongkind, Makhlaf, Riley, Martins, Goldsworthy

08

Release (Fred V Remix) (3:46)
220 KID & ÁSDÍS
Courtesy of the Universal Music Group.
Written by: El-Shafie, Vioarsdottir, Tench, Doyle, Demac, Graydon

Release (Fred V Remix) (1:38)
220 KID & ÁSDÍS
Courtesy of the Universal Music Group.
Written by: El-Shafie, Vioarsdottir, Tench, Doyle, Demac, Graydon

09

Betty (Get Money) (2:25)
Yung Gravy
Courtesy of the Universal Music Group.
Written by: Stock, Aitken, Waterman

Betty (Get Money) (1:19)
Yung Gravy
Courtesy of the Universal Music Group.
Written by: Stock, Aitken, Waterman

10

Missing Out (The Midnight Remix) (3:28)
The Ivy
© 2020 Wasted Talent Records.
Written by: Siddiqui, Kuhn, Abari, Clem



BODYCOMBAT 95



L-R: Marlon Woods, Meno Thomas, Claudia de la Mau, Rachael Newsham, Lunar Lu, Natasha Vincent and Vili Fifita

PRESENTERS

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

Vili Fifita (New Zealand) is a BODYCOMBAT, a BODYPUMP™, LES MILLS TONE™, LES MILLS CEREMONY™, LES MILLS CONQUER™ and a LES MILLS GRIT™ Trainer/Presenter. He is part of the Creative Team for LES MILLS CORE™, LES MILLS TONE, BODYPUMP, LES MILLS CONQUER and is a LES MILLS Ambassador. He works as the Innovation Program Manager at Les Mills International in Auckland.

Lunar Lu (China) is a BODYCOMBAT, BODYPUMP and LES MILLS CORE Trainer/Presenter/Instructor and a BODYBALANCE™/BODYFLOW® Presenter. She lives in Shanghai.

Meno Thomas (New Zealand) is a BODYJAM™ Trainer/Presenter/Instructor and a BODYCOMBAT Presenter/Instructor. He is a self-employed DJ and lives in Auckland.

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 Les Mills Auckland City.

Marlon Woods (United States) is a BODYCOMBAT and BODYPUMP Trainer, Presenter and Ambassador. He lives in Sydney, Australia, and works as a researcher and tutor at The University of Sydney.

Thanks to **Claudia de la Mau** (shadow).



BODYCOMBAT 95

BODYCOMBAT 95 training is a full-body blast-off and takes place with a backdrop of hard work, sweat and stunning settings. From the first beat of the music and the first beat of your elevated heart rate, you are in for a fierce and fun training session.

Track 2 is all about Kung Fu, where you get to unleash your wild side and show yourself no mercy. In Track 4, TKD Kick Training comes in, where you kick off the back leg and work on balance, control and precision, feeling your legs turn to jelly underneath you. Track 5 is a real peak heart-rate moment where you feel like someone has stolen your lungs! You start with an upper body conditioning that was sent from the fires of fury to defeat you immediately, but as you know how to keep it real and stay with the fight, you know the only way past this Pushup challenge is to persevere and ‘push’ through, finding an access point and holding on. Track 6 starts ‘politely’ and then creeps up on you like a ‘mild’ curry and burns up every drop of leg strength you have left. The heat then continues with the mother of all Muay Thai tunes, *Wasabi*. Just like the devilishly hot green paste, the training is packed full of power moves. Go forth, be brave. BODYCOMBAT 95 is alive!

Dan and Rach



CREDITS

Creative Leads – Dan Cohen and Rachael Newsham

Coach – Dan Cohen

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Mark Nu’u-Steele

Technical Consultant – Andrew Newmarch

Production Coordinator – Anusha Kulal

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	38:24

30-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai
Track 09	Conditioning
Total Time	26:55

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 connect with your class and with the workout and prepare the body for exercise, including strike names and targets. In the lateral travel section, be clear with the cues on how many Jabs and their direction, with a focus on returning to Guard position.

FEEL

It's buzzy and cocky and not nearly as intimidating as the title suggests.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / (Piano)	4x8	L Combat Stance Prepare to move	32	
0:17	V / La manera	4x8	A L Jab	2	16x
0:30	/ Turn up	4x8	B L Jab, R Cross Hold Boxing Guard	2 2	8x
0:43	One more time _	4x8	B ¹ L Jab, R Cross Bob x1	2 2	8x
0:56	Instr / Time _	8x8	C L Hook, R Hook Jumping Jack x2 Note: On last rep move into Front Stance	4 4	8x
1:22	/ (Big synths)	4x8	D Front Stance L Walking Jab x2 to L L Jab to Head, Squat, L Jab to Head Repeat to R	4 4 8	4x
1:47	V / La manera	4x8	E L, R Uppercut	4	8x
2:00	/ Turn up for	4x8	E ¹ L, R Jab x2 L, R Uppercut	4 4	4x
2:13	Instr / Time _	8x8	D ¹ L Walking Jab x2 to L L Jab to Head, Squat, L Jab to Head with Heel Lift Repeat to R	4 4 8	4x
2:38		½x8	A-Frame and hold	4	
2:41	REPEAT SEQUENCES A to D ¹ – R				



01A. BRUTAL 5:05mins

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 strikes, including target zones, ranges of motion, and the number of reps.

Use coaching cues that support the Walking Jabs, Jab, Squat, Jab combo. There are optional additions to this great combo and it's revisited in Track 8 with more intensity!

HOW?

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

TECHNIQUE AND COACHING

JAB, CROSS AND BOB COMBO

Layer 1

- Right Combat Stance
- Boxing Guard
- Right Jab
- Use front two knuckles to strike
- Aim for nose, lip or chin of your opponent
- Elbows soft
- Back heel lifted off the floor

Add on the Cross:

- Add a Cross, left arm
- Same target as the Jab
- 2 punches then freeze

Add on the Bob:

- Bob down on the freeze
- Bend knees
- Brace abs

Layer 2

- Can you touch your face in between the Punches? This ensures you keep a solid guard!
- Crunch your abs on the Bob – waking up your core, the powerhouse of the body

HOOKS AND JUMPING JACKS

Layer 1

- Right Hook, left Hook, 2 Jumping Jacks
- Release heel on Hooks
- Use front two knuckles to punch
- Target jaw or temple
- Bend elbow to 90 degrees, just above wrist as you strike
- Bend knees as you land in the Jumping Jacks

Layer 2

- A knockout punch in Boxing
- The power comes from your hips – whip your hips!
- Lifting your heart rate in the Jumping Jacks

OPTION: Squat instead of Jumping Jacks



01A. BRUTAL 5:05mins

TECHNIQUE AND COACHING

2X WALKING JABS, JAB, SQUAT, JAB COMBO

Layer 1

- 2 Walking Jabs to the right, Jab, Squat, Jab
- Switch and move to the left
- 2 strikes while moving, then 2 on the spot
- Bend knees, chest up in the Squat

Add Heel Lift on Jabs on the spot:

- Little lift onto toes as you jab
- Bend knees then lift heels off the floor

Add Jump on Jab on the spot:

- On the last Jab, add a little Jump
- Both feet leave the floor
- Land softly with bent knees

Layer 2

- Imagine a taller opponent and lift high to strike high
- Strike long in the Jabs – reach for results!
- The legs are getting warm and the heart rate is rising!

Layer 3

- Who can cover the most distance?
- You all look great!

OPTIONS: On the Jabs on the spot, keep heels down or exclude the Jump

UPPERCUTS

Layer 1

- Front Stance
- Boxing Guard
- Uppercuts, right and left
- Vertical punch
- Front two knuckles strike
- Aim for the chin
- 45-degree angle in your elbow

Layer 2

- Roll with the punches by twisting your torso; this will fire up your obliques
- Drive out of your legs for more power



01B. LOWER BODY WARM-UP

TRACK FOCUS

Introduce your participants to kicking techniques and targets. Continue the warming up and preparing the body for the next level of intensity.

FEEL

There is zero chance of this workout fading away and a hundred percent chance of your personal precipitation levels hitting the max. It may start with an elevated heart rate in the musical drop as you deliver your first Side Kick. BOOM!

MARTIAL ARTS

Kick-boxing, Karate, TKD

MUSIC		EXERCISE		CTS	REPS
5:05	PC / Fade away	8x8	A	Front Stance L Knee x3, step L, R, L R Knee x3, step R, L, R Note: Add Hop after 2 reps	8 8 4x
5:32	Instr drop / (Big drop beat)	8x8	B	L Front Kick Pulse OTS R Front Kick Pulse OTS	4 4 4 4x
5:59		1x8		L Combat Stance	8
6:02	C / Today we gonna _	4x8	C	L Roundhouse set-up Pulse OTS	4 4 4x
6:16	/ Fade away		C ¹	L Roundhouse Kick Pulse OTS	4 4 4x
6:29	Instr / (Big drop beat)	8x8	D	Front Stance L Side Kick Pulse OTS	4 4 8x
6:58	C / Today we gonna _	1x8		R Combat Stance	8
7:02			C	REPEAT SEQUENCES A to D – R	



01B. HURRICANE 2:55mins

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 cues. 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 KNEES

Layer 1

- Front Stance
- Boxing Guard
- 3 right Knees
- 3 steps
- 3 left Knees
- Strike with top of knee; aim for stomach
- Reach hands up and pull down to hip
- Toes point down, heel lifts up
- Brace abs as you lean back

Layer 2

- Drive the arms past your hip to raise the heart rate!
- Add a little hop to your Knees to increase intensity
- Feel your abs engage as you strike

Layer 3

- Are you ready to bring the hype?!
- We are in for an amazing workout ahead!

OPTIONS: Hop on Knees or stay grounded

FRONT KICKS

Layer 1

- Front Stance
- Boxing Guard
- Right Front Kick
- Land wide and pulse on the spot
- Left leg Front Kick
- Strike with the ball of the foot
- Aim for knee level or waist height
- Lean back and brace abs as you strike
- Keep knee soft as you extend leg

Layer 2

- Front Kicks are essential in so many striking Martial Arts
- Extend leg to work quadriceps and retract heel to fire up the hamstrings
- Try to swing your arm down to help with balance

Layer 3

- Feels great to hit our first kick of the class, huh?!

OPTION: Kick low

ROUNDHOUSE SETUP/ROUNDHOUSE KICK

Layer 1

- Right Combat Stance
- Sink low
- Martial Arts Guard
- Roundhouse set-up, right leg
- Set back heel towards target (at least three-quarters of the way)
- Lift right shin parallel to the floor
- Lean back and brace abs for balance
- Return to Combat Stance and Pulse on the spot

Add on the Roundhouse Kick:

- Right Roundhouse Kick
- Start low
- Strike with lower shin or top of foot
- Point toes forward and keep knee soft
- Target the knee, groin or hip of your opponent

Layer 2

- It's a big circular, swinging kick
- Open the hips and mobilize the body ready to strike

OPTION: Kick low



01B. HURRICANE 2:55mins

TECHNIQUE AND COACHING

SIDE KICK

Layer 1

- Front Stance
- Low Side Kick, right leg
- Set heel towards target, soften knee and lean away
- Strike with blade of foot, heel up, toes point down
- Target the knee, groin or hip of your opponent
- Brace abs, lean away and keep chest up
- Return to Front Stance and pulse OTS

Layer 2

- This kick wakes up the glutes and quads, and gets us warm fast!
- Lift knee up in front of body; push and pull, kick out and in
- Feels like a 'stomping kick'

Layer 3

- We've covered the basics team – is your heart rate up? Are you feeling good?

OPTION: Kick low



02. COMBAT 1

TRACK FOCUS

Provide an opportunity for your participants to experience the BODYCOMBAT intensity in the Knee sequence. This will gear everyone into the workout and coach the feature move: the Claw, so that the room feels successful and excited about the variety of Martial Arts in this workout.

FEEL

This feels like locker-room vibes with you stepping up and psyching yourself up for this massive workout. A huge level of affirmation work and faith so that you can manifest workout success and a touch of ‘yeaaaaa nahhhh, I might not make it outta here, RIP to the current version of me who’s about to kick my own butt!’

MARTIAL ARTS

Kick-boxing, Kung Fu

MUSIC		EXERCISE		CTS	REPS
0:00	V / _ I told ‘em	8x8	A	L Combat Stance L Jab x2 R Hook L Front Knee x2	2 2 4 8x
0:26	Instr drop / on my soul _	8x8	B	R Back Knee x6 R Power Knee x1	12 4 4x
0:51		2x8		Hold in Combat Stance and prepare for Claw	16
0:57	QC / (Vocal echoes)	2x8	C	R Claw (slow) Reset to Guard	4 4 2x
1:04	/ (Vocal echoes)	4x8	C ¹	R Claw Pulse OTS	2 6 4x
1:17	V (B up) / _ I told ‘em	8x8	C ²	R Claw L Roundhouse Kick Pulse OTS	2 2 4 8x
1:42	Instr drop / on my soul _	8x8	B	 R Back Knee x 6 R Power Knee x1 (Option: Add hop)	12 4 4x
2:08		2x8		Hold and recover	
2:14	REPEAT SEQUENCES A to 2nd B – R				



02. MERCY 4:26mins

FUNDAMENTALS

WHY?

This track fuses Kick-boxing with Kung Fu. It heightens the cardio training from the Warm-up track and has a strong aerobic base with lots of explosive and interesting strikes to elevate the heart rate and bring a sense of authenticity early on.

WHAT?

This track focuses on 3 combinations:

Kick-boxing Combo

- Ramping up the heat with our first working track!
- A 5-strike combo integrating the whole body as one

7 Knee Combo

- 6 regular Rear Knees then a Power/Hop Knee to finish!
- A great cardio kicker!

Kung Fu Combo

- Starting with the slow Claw, then increasing speed before adding the Roundhouse Kick
- Dramatic phase of choreography – awesome contrast within the track dynamic!

HOW?

The sequence of combinations looks like this:

- Combo 1
- Combo 2 (Power Knee option)
- Combo 3 (slow, fast, add Roundhouse Kick)
- Repeat Combo 2 (Hop Knee option)

TECHNIQUE AND COACHING

DOUBLE JAB, HOOK, DOUBLE KNEE COMBO

Layer 1

- Right Combat Stance
- Boxing Guard
- Double right Jab, left Hook, Double right Knee
- Elbow soft on Jabs and just above wrist on Hook
- Brace abs on knees as you lean back
- Small bounce on Double Knees – land softly

Layer 2

- Lean into the punches, tuck chin in and rotate shoulders
- Use your core as you turn into the punches and drive your knees up
- Power Knee trains muscular power

Layer 3

- Who's going to win this Kick-boxing bout?!
- Whip your hip on the Hook more to intensify the punch
- Time to get angry and unleash!

OPTION: Stay grounded on knees – no bounce

7X KNEES

Layer 1

- Right Combat Stance
- Boxing Guard
- Left leg, 7 Knees
- Last Knee is a Power Knee
- Small step forward on the Power Knee
- Reach arms high, pull down to hip, bracing abs as you lean back

Add Hop Knee:

- Option to add a Hop Knee
- Land softly by bending knees

Layer 2

- Delay the last Knee, then use speed and power to unleash it at the last moment
- Crunch abs on Knees to really work mid-section
- Which variation of Knee is best for you today? Every day is different!

Layer 3

- Visualize grabbing your opponent's head and pushing your knee into it!
- Can you feel the power coming from your core?

OPTIONS:

- Stay grounded for Knees or slight bounce
- Power Knee or Hop Knee



02. MERCY 4:26mins

TECHNIQUE AND COACHING

CLAW AND ROUNDHOUSE KICK SEQUENCE

Layer 1

- Right Combat Stance – sink low
- Martial Arts Guard
- Slow Claw – back arm
- Reach hand up and draw it down and across on a 45-degree angle
- Release back heel and twist torso as you do the Claw
- Bend fingers slightly to scratch your opponent
- The Claw stops under opposite elbow

Add speed to the Claw:

- Go fast – one quick Claw
- Add Pulse on the spot
- Keep front arm in Guard position to protect yourself

Add Roundhouse Kick:

- Add on Roundhouse Kick right leg
- Set back heel at three-quarters of the way in
- Soften back knee and lean away as you kick
- Choose the height and kick with control
- 1 Claw, 1 Roundhouse Kick, pulse on the spot

Layer 2

- Rip the Claw in true Kung Fu style
- Focus on the contrast of striking down then up
- Swipe and sting – integrated training for your whole body

Layer 3

- The Claw is great for strengthening your core
- Feel like an animal clawing at its prey!
- You're not scaring me like that... looks like a cat scratching?! C'mon, it's aggressive! Be a tiger or a lion!

OPTION: Kick low



03. POWER TRAINING 1

TRACK FOCUS

Help the class hit the first cardio peak and endorphin high. Clearly coach the body part and direction of the agility combo.

FEEL

Like you just watched a hallmark movie; it's raining outside and you are reflecting on what you have and have not achieved when suddenly a massive electronic track drops on your speakers and your mood is boosted and you find yourself in the middle of an epic workout!

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Triangle)	4x8		Front Stance – Run OTS	32	
0:12	V / _ Watch my	16x8	A	L, R Jab x2	4	
				L, R Uppercut	4	
				Jumping Jack x4	8	8x
0:57	Instr drop / Apart _	8x8	B	L, R Jab	2	32x
1:20	Instr / (Synths)	8x8	A	REPEAT L, R Jab x2	4	
				L, R Uppercut	4	
				Jumping Jack x4	8	4x
1:42	Quiet / Falling apart	4x8	C	Run OTS and transition to L Combat Stance	32	
1:54	V / _ watch my	4x8	D	L Jab, R Cross x2	4	
				L, R Hook	4	4x
2:05	/ I can't breath	12x8	D ¹	L Jab, R Cross x2	4	
				L, R Hook	4	
				L Pivot Step to R&L corners	8	6x
2:39	Instr drop / Apart _	8x8	D ²	L Jab, R Cross x2	4	
				L, R Hook	4	
				L Jab with Pivot Step to R&L corners	8	4x
				Note: pick up the foot after 2 reps		
3:02	/ Apart _	8x8	B	Front Stance		
				L, R Jab	2	32x
3:24	/ Falling apart	4x8	C	Freeze with one arm up. Recover, and Run OTS	32	
3:35	REPEAT SEQUENCES A to 2nd B – R					



03. FALLING APART 5:09mins

FUNDAMENTALS

WHY?

This is a fast-paced Boxing track designed to specifically test your quick-thinking motor skills and fitness. This Power Training track challenges our cardiovascular system and delivers results!

WHAT?

This track builds intensity beautifully in the following ways:

- Learn Front Stance Boxing combo early to build confidence
- Hit a Jabs-only sequence to lift energy, heart rate and power
- Return straight back to the Front Stance combo maintaining the same energy!

Then,

- Contrast energy down as we learn a Combat Stance combo
- Build intensity and complexity by adding Pivot Turns then layering in Jabs on the Turns!

Then,

- Revisit the Jabs-only sequence to finish the round/track on a massive high!

HOW?

Ride the waves of physical and emotional gear changes with your participants. Use your vocal contrast and role-model fitness to motivate, inspire and encourage your class to hit the cardiovascular peaks, then enjoy the celebration of achieving this together!

TECHNIQUE AND COACHING

JABS, UPPERCUTS AND JUMPING JACKS COMBO

Layer 1

- Front Stance
- Boxing Guard
- 4 Jabs, right and left
- Uppercut right, left
- 4 Jumping Jacks – in and out

OPTION: 2 Squats instead of Jumping Jacks

Increase level:

- Let's take it up another level
- Sink lower and punch further
- Keep chest up
- Bend knees and push them out in line with toes

Layer 2

- Imagine you're hitting a big punchbag – try and make it move!
- Can you maintain a strong Boxing Guard like we practiced in the Warm-up?

Layer 3

- Boxing training is tough – how tough are you today?
- These strikes are amazing to shape and strengthen your arms and torso

OPTION: 2 Squats instead of Jumping Jacks

JABS

Layer 1

- Front Stance
- Boxing Guard
- Just the Jabs
- Soft elbow at end range

Layer 2

- Gear change – intensify the punches by reaching the fist above shoulder level
- Sink into legs and turn from chest

Layer 3

- Just 30 seconds – challenge yourself to punch harder and faster!
- Bigger – let's go!
- You all look amazing!



03. FALLING APART 5:09mins

TECHNIQUE AND COACHING

JAB, CROSS, HOOKS AND PIVOT TURN/JAB COMBO

Layer 1

- Right Combat Stance
- Boxing Guard
- Jab, Cross x2, Hook right, Hook left
- Lift heel and turn hip on Hook

Add Pivot Turn:

- Add on footwork
- Pivot Turn 4, 3, 2, 1
- Turn to left, right, left and right
- Lift back heel and turn whole body, pivoting on ball of foot
- Turn corner to corner on a 45-degree angle

Add Jabs to Pivot Turn:

- Add Jabs as you pivot turn
- Aim the punch for the corners
- Land foot and fist at the same time

Layer 2

- Remember to take the chest and hips with you as you move on the 45-degree angle
- This is how we move more efficiently and effectively in our Boxing training
- For more cardio, lift your leg higher

Layer 3

- A test of agility here... who can get to the punch the quickest?!
- Feels like we're taking on multiple opponents at once!
- Great energy everyone – well done!

OPTION: Lift knee higher for more impact and cardio on the Pivot Turn



04. COMBAT 2

TRACK FOCUS

Coach the targets and the intensity options so your participants can tailor the workout to meet their individual abilities and inspire them to want to improve their kicking skills with these drills.

FEEL

If you can (this might be difficult, wink wink), imagine someone comes to tell you to turn the volume down on the speakers in the middle of your best workout EVER and you turn around, cue this track and smash out the ‘sickest’ kicks of the week in response to that unreasonable request.

MARTIAL ARTS

TKD and Kick-boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	L Combat Stance	8	
0:03	V / Hands	4x8	A R Front Kick	2	
			Reset into Wide Stance/Squat	2	8x
0:19	/ Turn the music _	4x8	A ¹ R Front Kick x2	4	
			Pulse OTS	4	4x
0:34	Instr drop / (Synths and drums)	4x8	A ² R Front Kick low	2	
			R Front Kick medium/high	2	
			Pulse OTS	4	4x
0:50	V / Snap back on my head	4x8	A  R Front Kick	2	
			Reset into Wide Stance/Squat	2	8x
1:05	/ What I say	4x8	A ¹  R Front Kick x2	4	
			Pulse OTS	4	4x
1:20	Instr drop / Turn the music up	4x8	A ²  R Front Kick low	2	
			R Front Kick medium/high	2	
			Pulse OTS	4	4x
1:36	Br / I get the adrenaline	8x8	B Front Stance		
			Double Low Cross Block	1	
			Double Rear Elbow	1	
			Double Low Cross Block	2	
			L Side Kick	4	8x
2:06	Instr drop / Turn the music up	4x8	A ²  R Front Kick low	2	
			R Front Kick medium/high	2	
			Pulse OTS	4	4x
2:22	/ Turn the music up	4x8	A ³ R Rear Front Kick low	2	
			R Rear Front Kick medium/high	2	
			Scissor R, L x2	4	4x
2:38		1x8	Transition into R Combat Stance and hold	8	
2:41	REPEAT SEQUENCES A to A ³ – R				



04. TURN THE MUSIC UP 5:18mins

FUNDAMENTALS

WHY?

To build both confidence and competence – improve timing, kicking techniques and understanding of TKD and Karate. High-volume kicking builds power and improves all-round control. Pull back on power and focus on quality early on in this track.

This track has 3 separate sequences:

- The Double Front Kick
- The Cross Block, Double Elbow and Side Kick
- The Double Front Kick and Scissors

WHAT?

These 3 separate sequences naturally flow from one block to the next. It's sequencing like this that builds competence and confidence in the technique.

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 FRONT KICK AND SCISSOR SEQUENCE

Layer 1

- Right Combat Stance
- Martial Arts Guard
- Front Kick from back leg
- Aim low towards shin height
- Brace abs tightly to balance
- Keep knee soft as you strike

Add Double Front Kick:

- 2 Kicks
- Kick, touch, kick, touch
- Light Kicks, foot taps down on floor between each one
- Pulse on the spot

Add Hop to second Front Kick:

- Target training – aim for shin then stomach
- Little Hop on Kick to stomach height
- Pulse on the spot

Add Scissors after Double Front Kicks:

- Only if you're ready, add a 4x Scissor
- Soft knee landing on Scissors

OPTION: Stay with Pulse OTS

Layer 2

- On slow Front Kicks, return kicking foot to floor and sink into a Squat to challenge legs and glutes more
- Bend both legs, take off from both feet, land on one – soft knee, out in-line with mid-foot
- Swing back arm down, drive with hip and use momentum on faster kicks
- Tag your opponent twice with light, agile and fast strikes
- Scissors lift the heart rate even more and get us fitter, faster!

Layer 3

- Good kicks require strong legs – the struggle is worth it!
- It's not a game, it's a training session – let's get training!

OPTIONS:

- Keep both Front Kicks low
- No Hop on second Front Kick
- Pulse on the spot instead of Scissors



04. TURN THE MUSIC UP 5:18mins

TECHNIQUE AND COACHING

CROSS BLOCK, DOUBLE ELBOW & SIDE KICK COMBO

Layer 1

- Front Stance
- Cross Block, Double Elbow, Cross Block, right Side Kick
- Bend knees and sink on Cross Block
- Stand and pull elbows up and back on Double Elbow
- Fist clenched and wrists crossed on Cross Block
- Chest lifted and abs braced on blocks and strikes

Layer 2

- Karate – clear, controlled and clinical!
- Squeeze shoulder blades together on Double Elbow to work upper back

Layer 3

- These are power moves – are you giving it everything you've got?
- Building strength in our bodies and our minds



05. POWER TRAINING 2

TRACK FOCUS

Excite and invite your participants to take on the conditioning challenge, preparing them with the knowledge that it is meant to be out of reach initially and then worked on to make progress over several weeks after launch. Provide the intensity options and reminders throughout. Achieve the second cardio peak in the standing and pull the class through a tough part of the training.

FEEL

You’re gonna feel like looking for your tag team partner to tag into this part of the workout (think wrestle mania) while you wait for the ‘stand and bang’ part. But the saxophone is so sweet and sexy that you get seduced into the suffering, and it’s too late to leave because the train has already left the station and you are on the way to the big city.

MARTIAL ART

MMA inspired

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Tick tick	4x8		Set up track options: Floor work or standing	32	
0:13	V / (Sped up vocals)	4x8	A	2/2 Pushup or 2/2 Squat	8	4x
0:26	Instr / (Saxophone)	8x8	A ¹	1/1 Pushup or 1/1 Squat	4	16x
0:52	Instr drop / (Saxophone and big beats)	8x8	A ²	Pushup and Mountain Climber Combo 1/1 Pushup or Squat L Mountain Climber or L Knee 1/1 Pushup or Squat R Mountain Climber or R Knee	2 2 2 2	8x
1:19	V / _ like a thief in the night	8x8	A	REPEAT 2/2 Pushup or 2/2 Squat Note: Optional recovery when needed	8	8x
1:46	Instr drop / (Saxophone and big beats)	8x8	A ²	REPEAT Pushup and Mountain Climber Combo 1/1 Pushup or Squat L Mountain Climber or L Knee 1/1 Pushup or Squat R Mountain Climber or R Knee	2 2 2 2	8x
2:12	V / _ Don’t you wanna know me	4½x8		Transition to standing	36	
2:24	/ _ Don’t you ever	4x8	B	Run OTS	32	
2:36	C / Down	8x8	C	L Combat Stance Super Punch Combo L Jab, R Cross x4 L Jab R Super Punch	4 2 2	8x
2:58	Instr / On me case _	4x8	B	Run OTS	32	
3:09	V / _ Don’t you wanna know me	8x8	D	Sprawl	8	8x
3:31	B up & C drop / Down	16x8	E	Super Punch Sprawl Combo L Jab, R Cross x4 L Jab R Superman Punch Sprawl	4 2 2 8	8x
4:17	V / _ Don’t you wanna	8x8	B	Run OTS & Transition to R Combat Stance	64	
4:39	C / Down			REPEAT SEQUENCES C to 2nd C – R		



05. THIEF / BIG CITY LIFE 6:21mins

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.

WHAT?

Block 1 has Pushups combined with Mountain Climbers – moves that are dedicated to improving power and conditioning in the chest, triceps, shoulders and the core. This section is repeated twice and is a 2 minute Pushup challenge altogether!

Block 2 has Runs for recovery, Punches for power and Sprawls for sweating! Then we put the Punch Combo and Sprawl together, helping to build a huge fitness engine; this improves our 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 variations are:

- Pushup and Pushup Mountain Climber Combo = Squats and Squat Front Knee Combo
- Sprawls = Squats or Jumping Jacks

TECHNIQUE AND COACHING

PUSHUP AND MOUNTAIN CLIMBER SEQUENCE

Layer 1

- On floor for Pushups or stay standing for Squats
- Hands just outside shoulder-width
- Body in Plank position, abs braced
- Hips and shoulders square to the floor
- 2/2 Pushups
- Chest no lower than the elbow crease

OPTIONS: Pushups on knees

Add on: Pushup Mountain Climber

- 1 Pushup, 1 Climber, 1 Pushup, 1 Mountain Climber
- Alternate the leg each time – right and left

OPTION: Pushup only or Pushup Mountain Climber on knees

Layer 2

- Drive your hands into the floor as you rise – this stabilizes your upper body
- Feel the core firing on the Mountain Climber
- Take any option or modification that allows you to move with great technique

Layer 3

- This pre-fatigues our punching muscles before we challenge them with punches!
- You're not meant to get it on the first time – you're all doing superbly!

OPTION:

- Squats instead of Pushups – follow the same tempos

Layer 1 cues:

- Sit hips back and down to just above knee line
- Push knees out in line with toes
- Lift chest and brace abs
- Squat, right Knee, Squat, left Knee instead of Pushup Mountain Climber



05. THIEF / BIG CITY LIFE 6:21mins

TECHNIQUE AND COACHING

JAB, CROSS, SUPER PUNCH INTO SPRAWL COMBO

Layer 1

- Right Combat Stance
- Boxing Guard
- 6 Strikes – Jab, Cross, Jab, Cross, Jab, Super Punch

OPTION: Step forward on last strike instead of Jump

Sprawl:

- 45-degree angle to front
- Squat, hands down, shoot legs out into Plank
- Brace abs tightly, squeeze glutes then jump feet in and stand

OPTIONS: Squats or Jumping Jacks instead of Sprawls

Full Combo:

- Put it together – no power, just learn the combo
- 6 punches, 1 Sprawl

Add Hop to Sprawl:

- OPTION: Add a Hop to the Sprawl
- Chest leads as you jump up
- Soft knee landing

Layer 2

- Drop front shoulder, lift back leg and jump forward slightly on Super Punch
- Wait for the last second to release the Super Punch to build speed and power
- The Sprawl is designed to avoid a takedown in wrestling and get you super fit!

Layer 3

- Are you having fun though? It's equally challenging and fun, huh?!
- Track 5 always lifts our fighting fitness to the next level – so hang in there!

OPTIONS:

- Step forward on Super Punch (no Jump)
- Squats or Jumping Jacks instead of Sprawls



06. COMBAT 3

TRACK FOCUS

Leg conditioning using Capoeira moves that have multiple directions. This requires the instructor to focus on clear and steady delivery of Layer 1 cues, which develop over the four sets across Layer 2 into Layer 3.

FEEL

This is super unassuming. It sounds soft and sweet and also feels the same way, but then it bites like a b**** by the end. Like when you experience a homemade sweet chili sauce. No regrets though after survival because you wear that badge of honor with a massive grin/grimace, ha ha ha.

MARTIAL ART

Capoeira

MUSIC		EXERCISE		CTS	REPS
0:00	Ha aaa haaa	2x8	Front Stance	16	
0:07	V / Oh don't l	4x8	A R Half Ginga	4	
			Shuffle R	4	
			L Half Ginga	4	
			Shuffle L	4	2x
0:23	PC / Baby dolls kill	4x8	A ¹ R Forward Facing Esquiva	4	
			Shuffle R	4	
			L Forward Facing Esquiva	4	
			Shuffle L	4	2x
0:38	Instr drop / Go _	4x8	B L Pulse Lunge x 4 (R leg B)	7	
			Fast Switch (Scissor)	1	4x
0:54	V / Heels	1x8	Hold last Lunge down	8	
0:58	/ Nails	3x8	A  R Half Ginga	4	
			Shuffle R	4	
			L Half Ginga	4	
			Shuffle L	4	1½x
1:09	PC / Baby dolls kill	4x8	A ¹  L Forward Facing Esquiva	4	
			Shuffle L	4	
			R Forward Facing Esquiva	4	
			Shuffle R	4	2x
1:25	Instr drop / Go _	4x8	B  R Pulse Lunge x4 (L leg B)	7	
			Fast Switch (Scissor)	1	4x
1:41	Br / Sugar and spice	2½x8	C Wide Squat Pulse	2	10x
1:50	/ Baby dolls kill	4x8	C ¹ Bottom Half Pulse Squat with reaching arm towards floor	2	16x
2:06		2x8	Recover	16	
2:14	REPEAT SEQUENCES A to C ¹ – R				



06. DOLLS 4:14mins

FUNDAMENTALS

WHY?

This incredible Capoeira-inspired track has a movement pattern that challenges our coordination and rhythm. This improves our motor skills and ability to move quickly with multi-directional changes. Look out for the Lunge challenges which build strength and power in our lower body.

WHAT?

- A combination of a Half Ginga/Forward-Facing Esquiva, Shuffle and Switch
- A 4x Lunge, Switch, same-leg repeat challenge combo

HOW?

Initially we start by learning the footwork rhythm with a Half Ginga, Shuffle and Switch sequence. It's important to coach using Layer 1 cues to support both participant timing and success as the sequence increases in complexity when adding in the Forward-Facing Esquiva.

TECHNIQUE AND COACHING

HALF GINGA/FORWARD-FACING ESQUIVA, SHUFFLE, SWITCH SEQUENCE

Layer 1

- Front Stance, relaxed Capoeira arms
- Half Ginga, to the left
- Step side, back, shuffle to the left, right leg back
- Switch – Half Ginga to the right
- Step side, back, shuffle to the right, left leg back

Add Forward-Facing Esquiva:

- Half Ginga becomes a Forward-facing Esquiva
- Step left foot out and drop down into Forward-Facing Esquiva
- Bend left knee and lengthen right leg
- Right hand – fingertips to temples
- Left hand reaches down towards the floor
- Lift the chest and brace abs tightly
- Left foot steps back into Ginga before Shuffle to left, right leg back
- Switch – Forward-Facing Esquiva to the right

Layer 2

- Stay relaxed, fluid and light on your feet
- Weight transfers on the balls of your feet – stay nimble
- Open your hips, “escape” from the attack – Esquiva translates to escape
- Let your arms float with you naturally as you shuffle

Layer 3

- Can you escape from the kick that whips over your head?!
- Do you feel like you’re playing a game, dancing or practicing Martial Arts?! You are doing all 3!

OPTION: No reach down towards the floor; stay higher



06. DOLLS 4:14mins

TECHNIQUE AND COACHING

4X LUNGE AND SWITCH COMBO

Layer 1

- Left leg back
- Lunges, 4, 3, 2, 1
- Switch feet quickly (Scissor); repeat with left leg back
- Chest lifted, abs braced and hips square to the front, long step back
- Left hand protects face as right hand reaches towards floor
- Sink low, bringing front thigh near parallel to the floor
- Front knee in line with toes

Layer 2

- Switch the arm position quickly on the Switch
- Drive front heel through the floor as you lift up
- Reduce range if you are losing technique

Layer 3

- This is a power challenge – so get low and create powerful legs!
- Can you feel that burn?

OPTION: Step back foot in then back instead of the Switch, taking away impact

PARTIAL SQUAT AND REACH LOW

Layer 1

- Step feet wide
- Cross wrists in front of chest, hands open
- Small Squats, partial range
- Chest lifted, knees out over toes and abs braced
- Sit butt back and down

Add Reach Down:

- Add a Reach Down, right and left
- As you squat, reach hand down with open hand then roll fingers in like you are grabbing something
- As you rise, bring clenched fist up to guard face (Boxing Guard) and repeat with other hand as you squat again

Layer 2

- Conditioning for lower body – different range options for everyone to feel successful
- Push out of heels to target the glutes
- Imagine you are picking up a kettlebell off the floor in one hand

Layer 3

- Hold on, you are doing great!
- The benefits are worth the burn!

OPTIONS: Top-range Squat, middle range or sink deeper



07. MUAY THAI

TRACK FOCUS

The Plyo Push section is power focused with only two moves and all your effort into both of them. Give your participants time to catch their breath and then explode into the combo and maintain that level of power.

FEEL

Blink and you are somewhere in Harajuku, Tokyo, and this song drops. You don't like wasabi, never have, and yet you still find yourself wanting more?

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Fast drums)	8x8	A	Front Stance L Knee x2 R Knee x2	4 4	8x
0:22		1x8		L Combat Stance	8	
0:26	V / Da da da	8x8	B	L Jab, R Cross x4 L Circular Elbow x3 Pulse F, B x2	8 4 4	4x
0:49	B up / (Winding up synths)	4x8	B ¹	L Jab, R Cross x2 L Circular Elbow x3	4 4	4x
1:00	Instr drop / Wasabi aaa	8x8	B ²	Combo L Jab, R Cross x2 L Circular Elbow x3 R, L Running Man Knee x2	4 4 8	4x
1:24	Instr / aaaaaaaaaaaa	5x8	C	R, L Running Man Knee	4	10x
1:39		1x8		L Combat Stance	8	
1:42	Quiet / Ha _	4x8	D	Plyo Push Hold OTS	2 6	4x
1:53	Br / Wasabi ha _	4x8	D ¹	Plyo Push Pulse F, B x3	2 6	4x
2:04	Wa wa wa	8x8	D ²	Plyo push L Push Kick Hold OTS	2 2 4	8x
2:28	Instr / Aha ha ah	9x8	C	R, L Running Knees Note: Build in intensity across the set	4	18x
2:54	Instr drop / Wasabiaa _	8x8	B ²	REPEAT Combo L Jab, R Cross x2 L Circular Elbow x3 R, L Running Man Knee x2	4 4 8	4x
3:18		1x8		Recover and reset to R Combat Stance	8	
3:21	REPEAT SEQUENCES A to 2nd B ² – R					



07. WASABI 6:16mins

FUNDAMENTALS

WHAT?

This long Muay Thai track has two feature combos. The first is a long, 11-strike, traditional Punch, Elbow and Knee combination. The second is a two-hit combo that builds in power. Cardiovascular fitness is challenged in the first combo whereas ‘pushing power’ via a Plyo Push and Pushing Front Kick is the focus in the second.

WHAT?

- This track has almost 200 Knees to drive the heart rate through the roof!
- There are spikes of intensity shifts on knees to build endurance
- Two feature combinations with strikes from all 8 limbs – fists, elbows, knees and feet, authentic Muay Thai at its best!

HOW?

The 11-strike combo is an attacking, offensive flurry of Punches, Elbows and Knees.

We then experience a great contrast with the defensive combo of Plyo Push and Pushing Front Kick. This acts a slight active recovery where our aim is to put as much distance between us and our opponent as possible.

We continuously return to Running Knees throughout the track, which lift our heart rate and fitness!

TECHNIQUE AND COACHING

JAB, CROSS, TRIPLE ELBOW, KNEES SEQUENCE

Layer 1

- Right Combat Stance
- Boxing Guard
- 8x Jab, Cross, 3 Elbows right arm, Pulse F&B
- Elbow strikes the side of the punchbag
- Release heel and keep hand close to chest on Triple Elbow

4x Jab Cross Sequence:

- Cut it in half, 4 Jab, Cross
- 4 Punches, 3 Elbows

Add 4x Running Knees:

- Adding on 4 Knees left and right
- 4x Jab, Cross, right Triple Elbow, left knee, right knee, left knee, right knee
- Running Knees – swing your legs and crunch your abs

Layer 2

- Sharpen your elbow by bending your arm to strike with the point
- Whip your hip and twist your torso on the elbows; this works your obliques
- Swing your knees up to fire up your lower abs and hip flexors

Layer 3

- Take off on the Running Knees!
- Dig deep and find your inner strength – you’ve got this!
- How good does this 11-strike combo feel?

OPTIONS: Stay grounded on Double Knees and/or Running Knees



07. WASABI 6:16mins

TECHNIQUE AND COACHING

PLYO PUSH & PUSHING FRONT KICK COMBO

Layer 1

- Right Combat Stance
- Boxing Guard
- One big Plyo Push
- Hands open, pull elbows back then push forwards

Add Pushing Front Kick:

- Add on Pushing Front Kick
- Ball of foot on bag and drive away
- Lean shoulders back and brace abs tightly
- Lift knee high to chest and circle foot away
- Swing arm down on the Pushing Front Kick

Layer 2

- As your elbows draw back, pull shoulder blades together then shove your opponent over
- Exhale as you push your hands forward
- The Pushing Front Kick is a defensive move to create space
- It's not about perfect technique, it's about giving it everything you've got

Layer 3

- How much distance can you put between you and your opponent?
- This is the power... get ready to bring back the pace!



08. POWER TRAINING 3

TRACK FOCUS

The end of the workout is the best and hardest part, so bring a high level of Layer 3 cues to motivate and encourage the class to step into their win. The lateral combo requires solid pre-cues, both verbal and visual.

FEEL

There is only one way out of this workout and it's to the left, with everything you own in a box, including the kitchen sink, thrown into these last Jabs.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Quiet echo)	4x8	Front Stance	32	
0:11	V / These days	4x8	A Shoulder Stretch L, R	32	
0:33	PC / I need to	4x8	B Run OTS	32	
0:44	C / Release	12x8	B ¹ Run F	8	
			Hold OTS	8	
			Run B	8	
			Hold OTS	8	3x
			Stay F on last Run		
1:07	Instr drop / (Drum 'n' bass)	8x8	C L, R Jab x4	8	
			L Hook x2	4	
			R Hook x2	4	4x
1:29	/ Release _	8x8	C ¹ L, R Jab x4	8	
			L Hook, L Power Hook	4	
			R Hook, R Power Hook	4	4x
1:51	/ (Melody synths)	8x8	D L, R Jab	2	32x
2:13		2x8	One hand up to finish! Recover and reset into L Combat Stance	16	
2:19	/ (Quiet clicks)	6x8	E L Jab	2	24x
2:36	V / Bending	4x8	E ¹ L Jab with Step	2	16x
2:47	PC / I need to	4x8	E ² L Jump Jab OTS	2	16x
2:58	Instr / Release	8x8	F Front Stance		
			L Jump Jab x2 (traveling to L)	4	
			L Jab x3 (head, body, head)	4	
			Run B	8	4x
3:21	/ Release	8x8	D L, R Jab	2	32x
3:43	/ (Quiet clicks)	2x8	One hand up to finish! Recover and reset to R Combat Stance	16	
3:49	REPEAT SEQUENCES A to 2nd D – R				



08. RELEASE 5:24mins

FUNDAMENTALS

WHY?

This track is an all-out blend of power, endurance, and 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 Jump Jabs to the side with head, body, head Jabs followed by a High Knee Run back!

WHAT?

Starting with a short High Knee Run F&B section that builds into the first combo of Jabs and Double Hooks, this sets the tone for the intensity in this track. There is a great focus on Jabs from a Combat Stance – 56 Jabs working through levels of grounded, step and jump versions. We revisit the lateral combination from Track 1A, only this time we ramp up the heat with Jump Jabs, head, body, head shots and a High Knee Run back. This is such a euphoric blend of 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.

TECHNIQUE AND COACHING

FRONT STANCE, 8 JABS, DOUBLE HOOKS COMBO

Layer 1

- Front Stance
- Boxing Guard
- 8 Jabs, right, left
- 2 right Hooks, 2 left Hooks
- Rotate from center of chest on punches

Add Power Hooks:

- Second Hook becomes a Power Hook
- Weight shifts to the side as you throw the Power Hook
- Bend knees as you land

Layer 2

- The power accelerates you off the floor to get to the side
- Brace your core and twist your body

Layer 3

- Punch like a heavyweight boxer – swing the Power Hook to dent the bag!
- Awesome combo to shape your shoulders

OPTION: Stay grounded – take away the Power Hook

SINGLE JAB/STEP JAB/JUMP JAB SEQUENCE

Layer 1

- Right Combat Stance
- Boxing Guard
- Single right Jabs
- Tuck chin in

Add Step Jab:

- Step Jab – push weight off back foot
- Soft knee landing on front leg

Add Jump Jab:

- Lift front knee high and Jump Jab OTS
- Land with soft front knee
- Brace abs and lift chest
- Land fist and foot at the same time

Layer 2

- Twist rear shoulder back as you fire the Jabs – this will help lengthen your strike
- Light on your front leg, heavy on your back leg

Layer 3

- We keep punching until the work is done – they can't stop us huh!?
- Unload everything you've got!

OPTION: Stay grounded – take away the Step/Jump Jab



08. RELEASE 5:24mins

TECHNIQUE AND COACHING

2 JUMP JABS TO SIDE, JAB – HEAD, BODY, HEAD, HIGH KNEE RUN BACK

Layer 1

- Front Stance
- Look to right side
- 2 Jump Jabs to the right, Jab to head, body, head – High Knee Run back
- Push off back leg as you travel then squat for the head, body, head strikes

Layer 2

- Great skill-building combo – body and brain!
- Confuse your opponent as to where you'll strike next... They won't expect the last one – knockout!

Layer 3

- I've got you – and you've got me; we're all in this together!

OPTIONS:

- Walking Jabs to the side instead of Jump Jabs
- March instead of High Knee Run back

Note: Options to take away impact/reduce intensity



09. CONDITIONING

TRACK FOCUS

This is all-round core conditioning and needs countdowns and clear rep cueing to ensure the workout flows smoothly.

FEEL

Yeaaaaaaah, do we need to give a feel for Rick? I don't think so. He speaks for himself.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Never gonna	2x8		Transition to the floor and set up track	16	
0:10	V / Aye _	6x8	A	2/2 Crunch	4	12x
0:29				Option to increase lever length		
0:38	PC / Skittles _	2x8		Transition to lie on front	16	
0:48	C / Take an L	4x8	B	Back Extension Pulse with Lateral Arm Reach	2	16x
1:07	/ Get money	2x8		Transition onto back	16	
1:16	V / Yea ya know _	9x8	A	2/2 Crunch	4	18x
1:57	/ Socks _	1x8		Transition to lie on front	8	
2:03	C reprise / Get money	4x8	B	Back Extension Pulse with Lateral Arm Reach	2	16x
2:22	/ Disco weapon	2½x8		Transition to lie on back	20	
2:34	V / Yea ya know _	8x8	C	Half Iron Cross Combo L	12	
				L Oblique Crunch x6		
				Touch toe x1	4	2x
				Half Iron Cross Combo R	12	
				R Oblique Crunch x6		
				Touch toe x1	4	2x
3:11	C / Take no loss	6x8	C¹	Half Iron Cross Combo L then R	12	
				L Oblique Crunch x6		
				Touch toe x1	4	
				R Oblique Crunch x6	12	
				Touch toe x1 (1 1/2 reps)	4	1½x



09. BETTY (GET MONEY) 3:44mins

FUNDAMENTALS

WHY?

Creating a Conditioning track with a strong focus on complete 360-degree training feels amazing at this point of the workout. This track strengthens the core through integration and isolation exercises.

WHAT?

Crunches, Back Extensions and Half Iron Crosses feature heavily 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 and remember the options so that your participants can move well.

Note: You'll be spending most of your time coaching on your back or front; 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.

TECHNIQUE AND COACHING

CRUNCH

Layer 1

- Come down to the floor
- Lie on your back, side-on to the front
- Fingertips to temples
- Feet on floor, hip-width apart and close to butt
- Lower back towards floor
- 2/2 Crunch
- Slide ribs towards hips
- Elbows stay out wide
- Lift shoulder blades off the floor and keep chin tucked in slightly
- Back of head taps floor gently after each rep

Add Arm Extension:

- If you want to, arms extend up over head
- Reduce range on Crunch slightly

Layer 2

- Keep biceps close to ears if arms are extended
- A huge upper abs focus here in these Crunches
- If fingertips are on temples, the aim is to keep your elbows as wide as you can to restrict the movement in just the upper abs

Layer 3

- Challenge yourself by pushing your feet into the floor as you crunch up – who can feel that more?!

Note: Keep fingertips on temples in Crunch



09. BETTY (GET MONEY) 3:44mins

TECHNIQUE AND COACHING

BACK EXTENSIONS

Layer 1

- Roll over onto your front
- Lie on belly
- Squeeze glutes, feet close together
- Hands come wide, palms on floor
- Back Extensions – 16 Pulses
- Tuck chin in gently and keep eyes looking down
- Hands lift and keep them off the floor on Pulses

Layer 2

- Stay in that top half range to intensify the work
- Squeeze shoulder blades together to feel the work in upper back too
- It's important to give some love to the back of our bodies – feel it really strengthen here

Layer 3

- Posterior chain training is essential for all-round core strength – commit to yours now!

OPTION: Elbows bent, hands on floor to assist the Back Extension Pulses

Note: This is a great way to shorten levers and reduce intensity (load) in the lower and upper back

HALF IRON CROSS & IRON CROSS EXTENSION COMBO

Layer 1

- Lie on your back
- Knees bent, feet hip-width apart on the floor
- Fingertips to temples, lower back stays close to the floor
- 6x Half Iron Crosses and 1x Iron Cross Extension
- To the front – lift front knee, front arm relaxed on floor, palm facing up
- Twist and bring back shoulder towards front hip; back hand has fingertips to temples
- Return back down and repeat 6x reps in total
- Finish with Iron Cross Extension – extend front leg straight, foot in the air; reach back hand towards foot and reset

Layer 2

- Keep back shoulder off the floor between reps
- Knee stays bent at 90 degrees on Half Iron Cross
- Stay in the top half range of the move to really feel the heat

Layer 3

- Do the work here and it's going to enhance your performance
- Think power, think strength, strong core – you can do this!

OPTION: Slow down the Half Iron Cross and perform 3x reps then the Iron Cross Extension



10. COOLDOWN

TRACK FOCUS

To restore the body to a state of calm after the carnage of BODYCOMBAT!

FEEL

This has me feeling like the most ‘chilled’ yet ‘grooved out’ gal.

	MUSIC		EXERCISE	CTS
0:00	Intro / (Piano)	2x8	Lie on back	16
0:09	V / In the morning	4x8	Lower Back Release – knees towards front	32
0:29	PC / _ does it feel	3x8	Lower Back Release – knees towards back	32
0:43	/ Everybody	1x8	Transition to seated	8
0:48	Instr drop / Ohhh _	4x8	Seated L Glute Stretch	32
1:07	V / In the daylight	4x8	Lying L Quad Stretch	32
1:26	PC / _ does it feel	3x8	Lying L Hamstring Stretch Extend bottom leg after 8cts	24
1:41	/ Everybody	1x8	Transition to seated	8
1:45	Instr drop / Ohhhh _	4x8	Seated R Glute Stretch	32
2:04	V / I’m still	4x8	Lying R Quad Stretch	32
2:23	PC / (Drum roll)	3½x8	Lying R Hamstring Stretch Extend bottom leg after 8 cts	36
2:41		1x8	Transition to kneeling	8
2:45	Instr / Ohhh _	2x8	Kneeling R Hip Flexor with R Tricep Stretch	16
2:55	C / _ Does it feel	2x8	Kneeling L Hip Flexor with L Tricep Stretch	16
3:05	/ (Piano)	2x8	Standing L Shoulder Stretch	16
3:14		2x8	Standing R Shoulder Stretch	16
			Finish	



10. MISSING OUT 3:28mins

FUNDAMENTALS

This is a beautiful, lyrical, uplifting Cooldown. 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 LOWER BACK RELEASE

Layer 1

- Lie on your back, side-on to the front
- Knees bent, arms outstretched, palms face up and in line with shoulders
- Drop knees towards front
- Hips stacked
- Feel the release in your lower back
- Shoulders relaxed away from ears, shoulder blades on the floor
- Chest facing the ceiling

Layer 2

- Try and imagine your shoulders melting into the floor
- Allow the tension to gently float away
- Use your breath to sink knees lower as you exhale

SEATED GLUTE STRETCH

Layer 1

- Facing the front
- Sit and bring right leg over left
- Right Glute Stretch, left leg relaxed on floor with knee bent
- Left arm wraps around right knee
- Keep butt down on floor
- Look over right shoulder

Layer 2

- Ease into a little twist to feel the stretch more
- You may feel one side is tighter than the other – that's natural. Be kind and take your time

OPTION: Bring right foot in line with left calf instead of past the knee – this reduces tension felt in the stretch

LYING QUADRICEP STRETCH

Layer 1

- Left elbow on floor under shoulder, rest on forearm
- Hold right foot in right hand
- Right Quad Stretch
- Right heel towards butt

Layer 2

- Bring top leg down parallel to the floor, knee in line with hip
- Gently push top hip forward to lengthen the Quad Stretch even more
- Relaxing bottom leg and posting off bottom forearm for support

LYING HAMSTRING STRETCH

Layer 1

- Roll onto your back, same leg – Hamstring Stretch
- Bend front knee, foot on floor
- Extend back leg straight up and gently hold behind the hamstring or calf muscle
- Keep back hip towards the floor as you lengthen leg
- Extend front leg long on the floor

Layer 2

- Breathe in; as you breath out try to ease the heel towards the ceiling more
- Foot stays relaxed as you feel the length down the back of your leg

OPTION: Keep front knee bent, foot on floor

KNEELING HIP FLEXOR AND TRICEP STRETCH

Layer 1

- Hip Flexor Stretch – right foot forwards
- Both knees bent, left knee on floor
- Drop the left hip to feel the release
- Tricep Stretch – left arm
- Chest lifted

Layer 2

- Push the hip towards the floor gently
- Lift ribcage and tuck chin in slightly as you lengthen the tricep



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

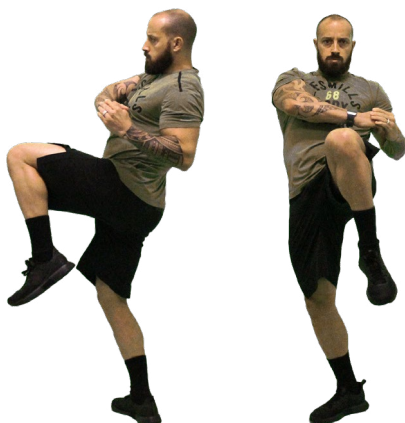
STRIKE

- 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

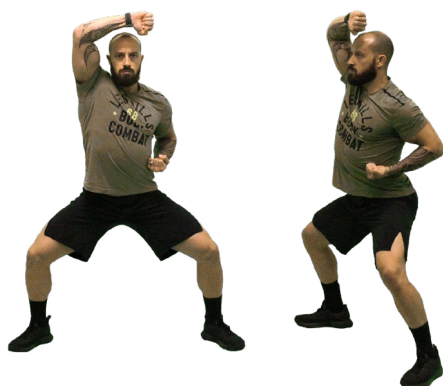
STRIKE

- 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.