

BODYCOMBAT

98

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

Salt (Toby Green Remix) (2:51)

Ava Max

Atlantic Records, © 2020 Artist Partner Group, Inc.
Written by: Row, Walter, Morier, Koci, Love
- 01B

Salt (Toby Green Remix) (1:19)

Ava Max

Atlantic Records, © 2020 Artist Partner Group, Inc.
Written by: Row, Walter, Morier, Koci, Love
- 02

Bonkers (3:43)

TWOLOUD & Bounce Inc. vs. Daav One

© 2017 Playbox Music.
Written by: Reuter, Nogly, Raczynski
- 03

Sorry I'm Not Sorry (4:57)

P Money x Whiney

© 2023 Hospital Records Limited.
Written by: Moore-Williams, Hine
- 04

So Much In Love (Sub Focus Remix) (3:52)

D.O.D

Courtesy of the Universal Music Group.
Written by: O'Donnell
- 05

So Much In Love (Sub Focus Remix) (1:54)

D.O.D

Courtesy of the Universal Music Group.
Written by: O'Donnell
- 06

New Generation (4:34)

Blasterjazz & LePrince

MAXIMIZE, © 2023 Spinnin' Records.
Written by: Doorson, Makhlaif, Jongkind
- 07

Nothing Else (When I Think Of You) (BEATFREAKZ Remix) (2:43)

Joe Stone

© 2019 SpinninRecords.com.
Written by: A. Stone, J. Stone
- 08

Elemental (3:44)

Freaks & Geeks feat. Emily Makis

© 2021 Elevate Records.
Written by: Brockhurst, Desborough, Makis
- 09

Tembla (4:32)

Fre\$ko

Courtesy of Les Mills Music Licensing Ltd.
Written by: Matamoros, Guerra, DRMasacre, La Crema

- 10

Rhyme Dust (Dimension Remix) (3:20)

MK & Dom Dolla

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Written by: Kinchen, Smith, Westfield, Horne, Brown, Redd, Handy, Thomas, Ronald Bell, Mickens, Fareed, Yancey, Matheson, Robert Bell
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Rhyme Dust (Dimension Remix) (3:21)

MK & Dom Dolla

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Written by: Kinchen, Smith, Westfield, Horne, Brown, Redd, Handy, Thomas, Ronald Bell, Mickens, Fareed, Yancey, Matheson, Robert Bell
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Paradise (5:54)

Ghost Crew

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Written by: Brien, Gaunt, Gray, Wilkins
- 13

No Choice (3:50)

Jim Junk

Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir
- 14

Makin' It Mine (4:00)

Shy Guys

© 2023 Les Mills Music Licensing Ltd.
Written by: Beasley



BODYCOMBAT 98



Back Row L-R: Kenshin Tani, Eileen Post, Mai Sato, Maxime Vigeant, Reagan Kang
Front Row L-R: Rachael Newsham, Anthony Oxford, Sebastian Jaramillo, Vili Fifita

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BODYCOMBAT 98 comes at you in LIVE action format – where you feel even closer to the intensity. The team brings you all the international feelings from around the world. You will be on the back foot from the get-go with this workout, with a smashing Leg Check and Front Kick right off the mark. Not only that, but your lungs will take one for the team early on as they experience the heat from the Running Knees.

The halfway point is a friendly reminder to always speak to yourself kindly, with the greatest self belief so you can weather any storm, especially the one Eileen, Ken and Mai have in store. The forecast looks unstable in Track 6, with Single-leg conditioning courtesy of Capoeira, dusting off the rafters with some jumps in Track 7 and drifting into Track 8 ready to deliver power Punches.

Dan Rachael



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	40:53

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	29:07

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

Setting up for a successful workout ahead!
We achieve this with clear **S**tance, **G**uard, **P**reparation, **S**trike (SGPS) and directional cues.
Coach these fundamental Layer 1 cues while building the energy and excitement for what’s to come!

FEEL

A determined, focused and energized feel sets us up for success. The music and moves certainly deliver this in style!

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / Instr	2x8	L Combat Stance 👁️ L Jab, R Cross on last 4cts	16	
0:12	V1 / _ Oh-oh, I got breaking	4x8	A L Jab R Cross	2 2	8x
0:24	PC / I got my thigh highs on	8x8	A ¹ L Jab, R Cross x2 L Jab, R Cross Level 2 on last 4 reps 👁️ L, R Uppercut on last 4cts	4 4	8x
0:50	B up / I’m all out of salt	4x8	B L Uppercut R Uppercut	2 2	8x
1:03	C / I’m all out of _	8x8	C Front Stance L Walking Jab x2 to L Scissor R, L x2 to front Repeat to R Add: Wider Scissor and Hop on Jabs after 2 reps Option: Squat instead of Scissor	4 4 8	4x
1:28	Br / (Fade out)	1x8	A-Frame Arms to finish and transition to R Combat Stance	8	
1:31	V2 / I'm all out of salt		REPEAT SEQUENCES A to C – R		
2:48	Br / (Fade out)	1x8	A-Frame Arms to finish and transition to Front Stance	8	
2:52	V3 / I’m all out of salt	4x4	D L Hook R Hook	2 2	8x
3:05	PC / I got my thigh highs	4x4	D ¹ L Hook x2 R Hook x2	4 4	4x
3:17	B up / I’m all out of salt	8x8	D ² L Combat Stance L Step Jab x2 R Combat Stance R Step Jab x2 Increase intensity after 4 reps	4 4	8x
3:41	C / I’m all out of _	8x8	C L Walking Jab x2 to L Scissor R, L x2 to front Repeat to R	4 4 8	4x
4:08	Outro / I’m all out of salt	1x8	A-Frame Arms and hold	8	



01A. SALT (TOBY GREEN REMIX) 4:10mins

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?

Use 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 clear coaching and high energy in the Walking Jab and Scissor sequence. What a way to start the epic workout ahead!**

HOW?

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

TECHNIQUE AND COACHING

JAB, CROSS COMBO

Layer 1

- Combat Stance
- Boxing Guard
- Jab, Cross, right and left
- Chin tucked in
- Target is nose, lip or chin
- Big knuckles strike
- Keep elbows soft
- Release back heel on the Cross

Into full combo:

- Let's speed it up
- Jab, Cross – 4 quick, 2 slow
- Focus on the timing first

Layer 2

- Feel nice and relaxed at the start
- Extend the back arm by releasing the back heel
- If you want those long Jabs, rotate your chest and release through the lower body

UPPERCUTS

Layer 1

- Uppercut – 1 right, 1 left
- Use front two knuckles to strike
- Target the chin
- 45-degree angle at the elbow
- Release heel as you load for extra rotation

Layer 2

- Create a 'figure 8' as you shift your body weight from side to side
- Tuck and roll

Layer 3

- This Warm-up is about to explode!

2X WALKING JABS TO THE SIDE, SCISSOR SEQUENCE

Layer 1

- 2 Walking Jabs to the right
- Scissors
- Left side
- Soft elbow on the Jab

Layer 2

- Let's go a little wider on the Scissors
- Add a little Hop to the Jabs
- Turn and take your whole body with you on the Jab

Layer 3

- Time to raise the energy everyone – how are you feeling?

OPTION: Squat instead of Scissors



01A. SALT (TOBY GREEN REMIX) 4:10mins

TECHNIQUE AND COACHING

HOOKS

Layer 1

- Front Stance
- Boxing Guard
- Hook – right, left
- Chin tucked in
- 90-degree bend in elbows
- Target the jaw of your imaginary opponent

Add on Double Hooks:

- Double right, double left
- Release your heel and turn your knee, hip and body as one connected unit
- Abs braced

Layer 2

- Retract each punch back to a strong Boxing Guard
- Elbow at shoulder height with forearm parallel to the floor

Layer 3

- If it feels nice, hit it twice – and this definitely feels nice, doesn't it?

DOUBLE JABS

Layer 1

- Double right Jab – right foot steps forward
- Switch – double left Jab, left foot steps forward
- Reach long with a soft elbow
- Land first Jab and foot at the same time

Layer 2

- A little coordination here – step forward into the Jabs
- Exhale on the punch
- Your Mixed Martial Arts conditioning workout

Layer 3

- Feel the energy!



01B. LOWER BODY WARM-UP

TRACK FOCUS

This track raises both the energy in the room and heat in the legs! Be cautious to avoid getting too ‘bonkers’ as it’s only the Warm-up.

Help your participants mobilize and warm up their lower body through well-timed cues. Coach the strike surfaces, target zones and safety points clearly.

FEEL

There are BIG contrasting spikes of calm and control vs. high energy in this Lower Body Warm-up.

MARTIAL ARTS

Kick-boxing, TKD, Karate, Muay Thai

MUSIC			EXERCISE		CTS	REPS
4:06	Intro / let's get bonkers _	4x8	R, L Adductor Stretch – Hands on thighs Note: Bend L knee and move L then R Half Turn to face L on last 2cts		4	8x
4:19	B up /	2x8	L Lunge facing L (R knee drops) Note: Half Turn to face R on last 2cts		4	4x
4:26		2x8	R Lunge facing R (L knee drops) Note: Move into Front Stance on last 2cts		4	4x
4:33	C / let's get bonkers _	8x8	A	Front Stance L Knee x3 Step L, R, L R Knee x3 Step R, L, R Option: Add Hop to Knees after 2 reps	5 3 5 3	4x
5:01	Br / let's get bonkers _	4x8	B	L Combat Stance L Roundhouse set-up Pulse OTS	4 4	4x
5:14	B up / let's get bonkers _	6x8	B ¹	L Roundhouse Kick Pulse OTS Increase height of Kick after 2 reps Transition to R Combat Stance on last 4cts	4 4	6x
5:35	C / let's get bonkers _	8x8	C	L Side Kick Pulse OTS R Side Kick Pulse OTS Transition to R Combat Stance on last 4cts	4 4 4 4	4x
6:02			REPEAT SEQUENCES B to C – R			
7:04	B up /	4x8	A	Front Stance L Knee x3 Step L, R, L R Knee x3 Step R, L, R 👁️ Front Kick on last rep	5 3 5 3	2x
7:17	C / let's get bonkers _	8x8	A ¹	L Knee x2, L Front Kick Step L, R, L R Knee x2, R Front Kick Step R, L, R L Front Kick to front to finish	5 3 5 3	4x



01B. BONKERS 3:43mins

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 members when they speed up movement patterns later on in the workout.

TECHNIQUE AND COACHING

3X KNEE, FRONT KICK COMBO

Layer 1

- Front Stance
- Boxing Guard
- 3 right Knees
- 3 steps to switch
- 3 left Knees
- Strike with top of your knee, aim for stomach
- Knee lifts above waist and pull hands down to hip

Add on a Hop:

- When you're ready, start to hop
- If you're not ready for this, that's totally OK – stay grounded

Add on a Front Kick:

- Change your last Knee for a Kick
- 2 Knees and 1 Front Kick
- Kick long and low, aiming between knee and stomach height
- Strike with ball of foot
- Keep knee soft as leg extends
- Shoulders lean backwards; brace abs to protect lower back

Layer 2

- Bring the elbow past your hip to lift the heart rate up
- Feel your abs engage as you strike
- To free your hips, pull arm down and squeeze your glutes

OPTION: Stay grounded – no Hop



01B. BONKERS 3:43mins

TECHNIQUE AND COACHING

ROUNDHOUSE KICK

Layer 1

- Right Combat Stance
- Roundhouse set-up to the front
- Right shin lifts parallel to the floor
- Set back heel towards your target
- Extend leg and strike with top of foot
- Aim low towards knee level
- Chest up and brace abs as you lean away

Layer 2

- As seen in Tae Kwon Do, Karate, Kick-boxing and Muay Thai
- Line up the hip and shoulder and switch on your core

Layer 3

- If you're ready... let's level up!
- This is going to be such a great workout
- Visualize the punchbag and work your way up

OPTION: Kick low

SIDE KICK

Layer 1

- Front Stance
- Boxing Guard
- 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

- Think about retracting the knee every time you kick. That'll warm up your legs, hips and core
- If you want a little more height, bend the opposite knee and lean the body weight down

Layer 3

- Feeling nice and warm now, right?
- We are all moving well

OPTION: Kick low



02. COMBAT 1

TRACK FOCUS

Time to work your participants hard and be sorry... not sorry! Our first workout track and it's a monster filled with challenges. Integrating combinations of upper and lower body to reach a whole new level of Martial Arts fitness.

FEEL

Feel super confident and unapologetic here. It's all about attitude as we never back down in this one.

MARTIAL ART

Kick-boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Percussion)	4x8	L Combat Stance		32	
			 L Jab, R Cross, L Jab, Roll to reset on last 8cts			
0:11	V1 / Yo _ I'm chilling	4x8	A	L Jab	2	
				R Cross	2	
				L Jab	2	
				Roll to reset	2	4x
				 Jab, Cross, Jab, Pulse F&B on last rep		
0:22	Cool bro, where and when	4x8	A¹	L Jab	1	
				R Cross	1	
				L Jab	2	
				Pulse F&B	4	4x
				 R Leg Check, R Front Kick, hold on last rep		
0:34	B up / Come and smash your lens	8x8	B	R Leg Check	2	
				R Front Kick	2	
				Hold OTS	4	8x
0:57	C / Sorry, I'm not sorry	8x8	C	L Jab, R Cross x3½	8	
				R Leg Check	2	
				R Front Kick	2	
				Hold OTS	4	4x
1:20	Br / Yo _ I'm having the time	8x8	D	L Knee x4	8	
				R, L Decoy x2	8	4x
				Option: Pivot Decoy with Double Pulse Squat		
1:42	C / Sorry, I'm not sorry	8x8	C	L Jab, R Cross x3½	8	
				R Leg Check	2	
				R Front Kick	2	
				Hold OTS	4	4x
2:04	Br / Yo _	4x8		Recover and transition to R Combat Stance	32	
2:15	V2 /			REPEAT SEQUENCES A to 2nd C – R		
4:09	Yo _ I'm chilling	2x8		Recover and transition to Front Stance	16	
4:14	Cool bro, up my zen	6x8		L, R Jab x2	4	
				L, R Hook	4	6x
				 L, R Running Knee x2 on last rep		
4:31	C / Sorry, I'm not sorry	8x8		L, R Jab x2	4	
				L, R Hook	4	
				L, R Running Knee x2	8	4x
				L Knee to finish on last rep		



02. SORRY I'M NOT SORRY 4:57mins

FUNDAMENTALS

WHY?

This track blends 3 big Kick-boxing combinations, including offensive and defensive techniques. 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 style and feels very early on.

WHAT?

This track focuses on 3 big combos:

Combo 1

- We progressively build into a 7-Punch, Leg Check and Front Kick combo
- An explosive combination of attacking and defending movements

Combo 2

- This combo features two rounds of combo 1. This makes it a great state change
- The challenge is coming back into the second round of combo 1 after 'smashing' the legs here

Combo 3

- We face our opponent head-on for a last all-out effort!
- This final integrated combo is the perfect way to finish this track in style

TECHNIQUE AND COACHING

JAB, CROSS, LEG CHECK AND FRONT KICK (COMBO 1)

Layer 1

- Right Combat Stance
- Boxing Guard
- Starting slowly
- Jab, Cross, Jab, reset – right, left, right, reset
- Speed it up
- Jab – 1, 2, 3 pulse forwards and back
- Target nose, lip or chin
- Soft elbows

Add on Leg Check and Front Kick:

- Add Leg Check, Front Kick – left leg
- Hold Stance and Guard before going again
- Target the stomach
- Strike with ball of foot
- Shoulders lean backwards; abs braced to protect lower back

Add on 7 punches:

- Jab, Cross – 7 Punches
- Full combination

Layer 2

- Pull knee towards chest on Leg Check to work mid-section
- Check their kick with your shin and forearm – our defensive move
- Twist torso quickly on the punches to hit all 7 Punches with range

Layer 3

- The warmer the hips, the better your second combo will be. Let's warm up those hips!



02. SORRY I'M NOT SORRY 4:57mins

TECHNIQUE AND COACHING

4X KNEE, 4X DECOY (COMBO 2)

Layer 1

- Right Combat Stance, Boxing Guard
- 4 Right Knees
- Decoy 4 times
- Land with soft knees on Decoys
- Body connected to turn in the Decoy
- Shoulders back; brace abs to protect your lower back

Layer 2

- Pull your hands down to drive the heart rate up
- Sink into the legs to increase intensity

Layer 3

- Who can move with agility here? Like a ninja!
- We are going back to Combo 1 soon – stay strong

OPTION: Pivot Decoy with Double Pulse Squat

4X JAB, 2X HOOK, 4X RUNNING KNEE (COMBO 3)

Layer 1

- Front Stance
- Boxing Guard
- Jab – right, left 4 times
- Hook – right and left
- Jab to nose, lip or chin
- Hook targets the jaw

Add on Running Knees:

- Add on – 4 Running Knees, right and left
- Swing from hips and drive arms down
- Strike with top of knee

Layer 2

- Release heel, unwind your hip and strike with more power on the Hook
- Try to find another level to lift your heart rate higher

Layer 3

- Full-body conditioning – BODYCOMBAT style!
- Oh, your legs are hurting? I'm sorry not sorry!

OPTION: Stay grounded on Knees



03. POWER TRAINING 1

TRACK FOCUS

There are some awesome, progressively building spikes of intensity in this one. Use your physical and vocal contrast to match the musical journey. Focus on taking your members through uplifting cardio peaks, leaving them *so much in love* with this track.

FEEL

A progressive and uplifting journey to raise the endorphins! Feel your way through the natural flow of highs and lows.

MARTIAL ART

Boxing

MUSIC			EXERCISE			CTS	REPS
0:00	Intro / (Instr)	8x8	A	L, R Run OTS		2	32x
0:21	QC / _ let's take it back	8x8	B	Front Stance L, R Jab x2 L, R Uppercut		4 4	8x
0:44	B up / Other so long, other so long	4x8	C	L Jab x4 – facing L corner R, L Run OTS R Jab x4 – facing R corner L, R Run OTS		8 8 8 8	1x
0:55	C / _ let's take it back	8x8	C ¹	L Jump Jab x4, traveling to L corner R, L Run B R, L Run OTS and turn to R Repeat to R corner Option: Walking Jab instead of Jump Jab; March instead of Run		8 4 4 16	2x
1:17	B up / Other so long, other so long	8x8	B	Front Stance L, R Jab x2 L, R Uppercut Level 2 after 4 reps		4 4	8x
1:38	C / _ let's take it back	8x8	C ¹	L Jump Jab x4, traveling to L corner R, L Run B R, L Run OTS and turn to R Repeat to R corner		8 4 4 16	2x
2:00	Br / (Quiet distorted lyrics)	4x8	A	L, R Run OTS Transition to L Combat Stance on last 8cts		32	
2:12	QC /	12x8	D	L Jab x2 L Jab, R Cross Quarter Turn Step Jab after 4 reps Add Half Guard after 8 reps		4 2 2	12x
2:45	B up / Other so long, other so long	4x8	E	L Hook R Hook		2 2	8x
2:55		4x8	E ¹	L Hook x2 R Hook x2		4 4	4x
3:06	C / _ let's take it back	8x8	C ¹	L Jump Jab x4 to L corner R, L Run B R, L Run OTS and turn to R Repeat to R corner		8 4 4 16	2x
3:28	Other so long, other so long	8x8	F	Front Stance L, R Jab		2	32x
3:50	(Fade out)	½x8		L fist to ceiling to finish		4	



03. POWER TRAINING 1

MUSIC			EXERCISE	CTS	REPS
3:52	Other so long	4x8	Hold and recover	16	
			Run OTS	16	
			Transition to R Combat Stance on last 4cts		
4:02	V2 / (Quiet lyrics)		REPEAT SEQUENCES D to F – R		



03. SO MUCH IN LOVE (SUB FOCUS REMIX) 5:46mins

FUNDAMENTALS

WHY?

This is a fast-paced Power Training track with combinations on and off the spot. This Boxing track challenges our cardiovascular system and delivers great results!

WHAT?

- 3 rounds of multi-directional speed and power combos:
- We start by mastering a 6-Punch combo in Front Stance
- This is revisited later as we've built an understanding and awareness before shifting gears, to add speed and power!

Then,

- Jabs to the corner followed by a Run OTS sets up the motor pattern
- Moving off the spot with Jump Jabs, before running back and changing direction
- Hitting the 6-Punch combo again continues to lift our heart rate
- Finally, returning to the multi-directional corner-to-corner strikes and runs before a well-earned active recovery

Then,

- After a refreshing recovery run we move into our final combo in Combat Stance
- This awesome combo is a mix of Jabs, Crosses and Half Guards. We build progressively, adding speed and power plus integrating the legs
- Look out for the Hooks which fatigue the shoulders before we hit the corner Jabs again!

HOW?

Time to fall *so much in love* with Power Training! This Boxing-inspired track features multi-directional strikes, defensive techniques and huge cardio spikes of intensity. Dig deep to discover your true 'max effort' – this will inspire others to go there with you!

TECHNIQUE AND COACHING

4X JABS, 2X UPPERCUTS (6-PUNCH COMBO)

Layer 1

- Front Stance
- Boxing Guard
- 4 Jabs, 2 Uppercuts – right, left
- Strike with front two knuckles
- Target nose and chin
- Soft elbow on Jabs

Layer 2

- Sink into your stance as you lean slightly forward on the Jabs
- Rotate from center of your chest and roll your shoulders
- Use your legs on the Uppercuts to increase power

Layer 3

- Shaping your shoulders with every punch!
- How good does this combo feel?

4X JUMP JABS, TRAVELING TO CORNER AND RUN BACK

Layer 1

- 4 Jabs to the right corner
- Run on your back leg – on the spot, turn and face left corner
- 4 Jabs to the left corner
- Run on the spot and get ready for the Jump Jab

Add on Jump Jabs:

- 4 Jump Jabs, traveling to right corner
- Lift knee to waist level; soft knee landing
- Run back left, right and turn to left

Layer 2

- Land your foot and fist at the same time
- As you lift your knee high, your hips and lower abs are working hard

Layer 3

- This is a real moment in your workout where you decide on the intensity and results
- Drive your opponent into the corner of the boxing ring

OPTIONS:

- Walking Jabs instead of Jump Jabs
- March back OTS instead of Run



03. SO MUCH IN LOVE (SUB FOCUS REMIX) 5:46mins

TECHNIQUE AND COACHING

JAB, CROSS & HALF GUARD COMBO

Layer 1

- Right Combat Stance
- Boxing Guard
- Jab, Jab – Jab, Cross, Quarter Turn
- Rhythm is 1, 1, 1-2, turn

Add step forward on Jabs:

- Add on small steps forward on Jabs
- This will give you more power on Jabs

Add on Half Guard:

- Add Half Guard to Quarter-Turn
- Elbow tucks in as hand protects face
- Release front heel, core braced

Layer 2

- Create a strong wall with your arms on the quarter turn
- Use your shoulder on Half Guard to block counter-strikes

Layer 3

- Can you give your max effort for maximum knockout power?
- You are looking great!



04. COMBAT 2

TRACK FOCUS

Kicking technique is our focus in this epic track. There are options for both impact and non-impact versions of the feature Kicks. Everyone can feel successful, challenged and included when you role-model each version verbally and physically. Encourage participants to focus on doing what's right for them, right now. Everybody's different and every day is different.

FEEL

Your legs will enter a whole *New Generation* of results after this one! Two feature combinations take your kicking game to the next level.

MARTIAL ARTS

Kick-boxing, Capoeira and Tae Kwon Do

MUSIC			EXERCISE			CTS	REPS
0:00	V1 / <i>They call me madness</i>	2x8	L Combat Stance			16	
0:08	_ <i>See the only</i>	2x8	A	L Hook		1	2x
				R Uppercut		1	
				L Hook		2	
				Pulse F&B		4	
				👁️ R Knee x2 on last rep			
0:14	B up / They call me madness	4x8	A ¹	L Hook		1	4x
				R Uppercut		1	
				L Hook		2	
				R Knee x2		4	
				👁️ L Jump Kick on last rep			
0:27	C / <i>New generation _</i>	8x8	A ²	L Hook		1	4x
				R Uppercut		1	
				L Hook		2	
				R Knee x2		4	
				L Jump Kick F		4	
				Shuffle B		4	
				Option: Step Kick instead of Jump Kick			
0:53	Br / <i>(Siren sound)</i>	2x8		Hold		8	
				Set up L Lunge (R leg B)		8	
0:59	V2 / _ <i>This music protect</i>	8x8	B	L Pulse Lunge x4		8	4x
				L Evasive Side Kick (Step to R)		8	
1:24	B up / _ <i>They call me</i>	8x8	B ¹	L Impact Lunge x4		8	4x
				L Evasive Side Kick		8	
				Option: Jumping Evasive Side Kick after 1 rep			
1:50	C / <i>New generation _</i>	8x8	A ²	L Hook		1	4x
				R Uppercut		1	
				L Hook		2	
				R Knee x2		4	
				L Jump Kick F		4	
				Shuffle B		4	
2:16	Br / _ <i>They call me</i>	2x8		Recover and transition to R Combat Stance			16
2:22	_ <i>See the only</i>			REPEAT SEQUENCES A to 2nd A² – R			



04. NEW GENERATION 4:34mins

FUNDAMENTALS

To build both confidence and competence – improve timing, kicking techniques and understanding of Kick-boxing and Tae Kwon Do. We focus on balance and control contrasting with speed and power. The Jump Kick is added to our Kick-boxing combo to surprise our opponent and catch them off guard. This allows us to move in a way that brings great physical results while enjoying the ‘feel’ of each unique Martial Art. Options are always important to role-model and offer so everyone can personalize their workout.

This track has 2 sequences, mainly focusing on the lower body:

- **Hook, Uppercut, Hook, Double Knee and Jump Kick Combo**

We start this combo with a Hook, Uppercut, Hook. We then layer in lower-body strikes by adding a double Back Knee, sealing the deal with a Jump Kick. Always highlight that this is purely an option and members can stay grounded and do the Step Kick. Bring the raw and powerful nature of Kick-boxing to life!

- **Impact Lunge Pulse and Evasive Side Kick Combo**

Agility and leg dexterity are challenged here! There is a huge spike of intensity as our legs and glutes fatigue fast! Like in the Jump Kick, offer the option to stay with the grounded version of the Evasive Side Kick.

TECHNIQUE AND COACHING

HOOK, UPPERCUT, HOOK, 2X BACK KNEES AND JUMP KICK COMBO

Layer 1

- Right Combat Stance
- Boxing Guard
- Hook, Uppercut, Hook – right, left, right
- Pulse forward and back – soft knees

Add on Knees:

- Add double Back Knee
- Knee strikes stomach or chest
- Shoulders back; abs braced to protect lower back
- Reach high and pull hands down to outside of hip

Add on Jump Kick:

- Add on Jump Kick forward
- Soft knee landing
- Shuffle back

Layer 2

- Drive knee with hip and point toes towards floor to increase work in the knee
- Focus on the length of the kick rather than the height – long and low
- Try to rotate the upper body on punches to create more muscle connection

Layer 3

- How much distance can you cover on the Jump Kick?
- We are doing it together! I’ve got you!

OPTION: Step Kick instead of Jump Kick



04. NEW GENERATION 4:34mins

TECHNIQUE AND COACHING

IMPACT LUNGE PULSE AND EVASIVE SIDE KICK COMBO

Layer 1

- Left leg, long step back – set up the Lunge
- Hips and shoulders square to the front
- 4 Lunge Pulses
- Step out to left, Evasive Side Kick – right leg
- Lift chest and brace core
- Evasive Side Kick – bring right knee up, extend into Kick, bring knee back in and tap down
- Strike with side of foot, heel up and toes down
- Aim low for control

Add Impact to Lunge Pulse:

- Stay low, add Impact Lunge
- Little Hops – both feet take off, both feet land

Add Jumping Evasive Side Kick:

- Jump up as you fire the Evasive Side Kick
- Land with soft knees, maintain strong core brace

Layer 2

- On the Lunges, reach towards the floor with right hand, left hand towards opposite shoulder
- Position the heel towards the target securely before striking. Position and repetition equals great technique

Layer 3

- Who's going to explode up with a powerful Jumping Evasive Side Kick?
- Building strong legs and glutes right now

OPTIONS:

- Lunges grounded instead of Impact Lunges
- Evasive Side Kick grounded instead of Jumping Evasive Side Kick



05. POWER TRAINING 2

TRACK FOCUS

Integrated MMA-inspired conditioning followed by a huge cardio kicker! Coach inclusively to ensure everyone feels successful, yet challenged. There are various choices on offer for participants to personalize their workout.

FEEL

Two back-to-back rounds of integrated conditioning, contrasting with high-energy cardio to finish! This one pushes you to the max – hang in there and come out the other side victorious.

MARTIAL ART

MMA strength and conditioning

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / Ooh, baby	4x8		Prepare for Squats in standing or Pushups on floor	32
0:14	Ooh, baby	4x8	A	2/2 Pushup/Squat	8 4x
0:29	B up / All I think about	4x8	A ¹	Pushup Variation	
				1/1 Pushup x2	8
				L, R Side Tap	8 2x
				Standing Variation	
				1/1 Squat	4 8x
0:43	C / All I think about	12x8	B	Pushup Variation	
				Pulse Pushup x4	8
				Plank Jack x4	8
				Standing Variation	
				High Knee Run OTS	8
				Jumping Jack x4	8 6x
				Option: Speed Run OTS on last 2 reps	
1:25	Br / Is just you	1x8		Recover and prepare for Squats or Pushups	8
1:30	V2 /			REPEAT SEQUENCES A to B	
2:41	Is just you _	½x8		Hold	4
2:43	_ Oohh	4x8		Transition to standing	32
2:54	V1 / (Electro music)	12x8	C	L Combat Stance	
				L Jab, R Cross x2	4
				L Hook, R Hook	4
				Pulse F&B	8 6x
				👁 Sprawl on last rep	
3:27	PC / Elemental _	16x8	C ¹	L Jab, R Cross x2	4
				L Hook, R Hook	4
				Sprawl	8 8x
				Option: Add Jump to Sprawl after 4 reps	
				Non-Sprawl options:	
				Squat Pulse x4	
				Jumping Jack x4	
4:11	Br / You're distressed	8x8	D	Front Stance	
				Sprawl	8 8x
				Options:	
				Add Jump to Sprawl after 4 reps	
				Impact Squats	
				Walk Out Sprawls	
4:33	Elemental _	4x8		Recover and transition to R Combat Stance	32
4:45	Elemental _			REPEAT SEQUENCES C to D – R	
				Note: On last 2 Sprawls, use the Tuck Jump option	



05. NOTHING ELSE (WHEN I THINK OF YOU) (BEATFREAKZ REMIX) / ELEMENTAL 6:27mins

FUNDAMENTALS

WHY?

This MMA-inspired Power Training track has all the training principles needed to build a large fitness engine. The Integrated Core Training, combined with high-volume upper body conditioning, builds strength and muscular endurance, while the Sprawls improve both body weight and cardiovascular fitness.

WHAT?

Block 1 starts with Pushups and Side Taps before ramping up the heat with 4x Pulse Pushups and Plank Jacks. This will improve power and conditioning in the chest, triceps, shoulders and the core. Alternatively, the standing variation features Squats, High Knee Runs and Jumping Jacks which train our hips, glutes and core while challenging our cardiovascular fitness. There is even an option to do the Speed Run OTS for an additional cardio kicker!

Block 2 is an exact repeat of Block 1. This is where results are earned. When we sweat more in training, we bleed less in battle – give it everything you've got to condition your body.

Block 3 hits cardiovascular endurance training in standing using a Jab, Cross, Hook and Sprawl combo. Moving into the final 8 Sprawls to the front, we aim to 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 your 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:

- Pushups/Plank Side Taps or Squats/Standing Jumping Jacks
- 4x Pulse Pushups or High Knee Run OTS
- Plank Jacks or Standing Jumping Jacks
- High Knee Run or Speed Runs OTS
- Sprawls or Standing Jumping Jacks or 4x Squat Pulses
- Walking Sprawl or Sprawl with Vertical Jump or Impact Squat Pulses

TECHNIQUE AND COACHING

PUSHUPS/SQUATS

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 tempo Pushup or Squat
- Chest no lower than the elbow crease on Pushup
- Hips sit back and down to just above knee level in Squat
- Lift chest and brace abs in Squats

Add on Plank Side Tap:

- Single Pushups
- Feet tap out and in – right left
- Single Squat only if standing

Add on Pulse Pushup and Plank Jacks:

- 4x Pulse Pushup
- 4x Plank Jack
- High Knee Run OTS and 4x Standing Jumping Jacks if standing
- Elbows soft at top of Pushup/knees soft on Run and Jump Jacks

OPTION: Speed run OTS variation on last 2 reps

Layer 2

- Amazing integrated conditioning training
- Try to reduce the bounce in the Plank Jacks by squeezing abs and glutes tightly

Layer 3

- There are many choices. Go with whatever you want to – the key is to keep pushing yourself!
- If you want to get a strong core, like a fighter – keep your body tight

OPTIONS:

- See all variations listed previously
- Pushups and Side Taps on knees or toes



05. NOTHING ELSE (WHEN I THINK OF YOU) (BEATFREAKZ REMIX) / ELEMENTAL 6:27mins

TECHNIQUE AND COACHING

JAB, CROSS, HOOK, SPRAWL COMBO

Layer 1

- Right Combat Stance
- Boxing Guard
- Jab, Cross x4, Hook – right, left, pulse forward and back
- Soft elbow in Jab, Cross
- Target nose, lip or chin on Jab, Cross
- Target the jaw on Hook

Add on 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

OPTION: Jumping Jacks or Squat Pulses instead of Sprawls

Add Jump to Sprawl:

- Chest leads as you jump up
- Soft knee landing
- Only 4 reps
- Sprawl to front:
- To the front, 8 Sprawls
- 4 while standing, 4 with Jump

OPTION: Walking Sprawl, Impact Squats or Jumping Jacks

Layer 2

- Relax and catch your breath to start
- Choose the option that suits you right now – every day is different
- A true challenge for your entire body

Layer 3

- In this round, motivate yourself when it gets hard as this is the zone where we create change!
- Be your own cheerleader instead of critic – talk to yourself like you would your best friend

OPTIONS: See all variations listed previously



06. COMBAT 3

TRACK FOCUS

Leg conditioning at its best! The focus is staying low and loaded to maintain the work in the legs/ glutes. This track has a hot and spicy flavor so have fun with it to distract a little from the pain.

FEEL

Look out for the heat in the jalapeno! Feel the burn as you sting your opponent with every ounce of commitment you can manage.

MARTIAL ART

Capoeira

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8	L Lunge position (R leg B)	16	
0:05		4x8 A	L Pulse Lunge	4	8x
0:15	C / Tem -tem-tem tembla-tem	8x8 A ¹	L Pulse Lunge x2 Tap B foot in	6 2	8x
0:36	V1 /	16x8 A ²	R Forward-Facing Esquiva R foot steps in L Lunge (R leg B) R Front Kick L Lunge – hold Level 2 after 4 reps	6 2 2 2 4	8x
1:15	C / Tem -tem-tem tembla-tem	8x8 B	R, L Ginga R Forward-Facing Esquiva R foot steps B to reset	8 6 2	4x
1:35	V2 /	8x8 C	L Lunge R Front Kick L Lunge – hold	2 2 4	8x
1:55	C / Tem -tem-tem tembla-tem	8x8 A ²	R Forward-Facing Esquiva R foot steps in L Lunge R Front Kick L Lunge – hold	6 2 2 2 4	4x
2:15	Br /	4x8	Recover and transition to R Lunge position (L leg B)	32	
2:25	REPEAT SEQUENCES A to 2nd A2 – R Note: Sequence A is only 4 reps this side				



06. TEMBLA 4:32mins

FUNDAMENTALS

WHY?

This amazing Capoeira-inspired track has movement patterns which challenge our coordination and rhythm. This improves our motor skills and ability to move quickly with multi-directional changes.

WHAT?

In true authentic Capoeira style, this track will really challenge your lower body and core.

HOW?

We start by firing up the legs and glutes with Lunges. Then we play with defensive and offensive multi-directional moves in the Forward-Facing Esquiva with Lunge and Front Kick.

To ensure participants feel successful, it's important to coach using clear Layer 1 cues. This will support both timing and intensity as the sequence has a beautiful blend of slow, fast and held moments.

TECHNIQUE AND COACHING

DOUBLE PULSE LUNGE, STEP IN AND BACK

Layer 1

- Right leg forward – left leg long step back – set up the Lunge
- Hips and shoulders square to the front
- Pulse Lunge
- Lift chest and brace core
- Reach right hand towards floor
- Left hand protects face
- Front thigh parallel to floor at the bottom

Add Double Pulse Lunge, Step In/Back:

- 2 Pulse Lunge – stay low
- Step in and back with back foot
- Switch arms/hands as you step in and back

Layer 2

- Load your front leg with your body weight, keeping front knee bent, staying low
- Learn the rhythm and find the flow
- Feel free to stand a little higher to recover, then drop down low into the heat

Layer 3

- Who's bringing that fiery jalapeno heat?
- This is building strength in your legs



06. TEMBLA 4:32mins

TECHNIQUE AND COACHING

FORWARD-FACING ESQUIVA, LUNGE AND FRONT KICK SEQUENCE

Layer 1

- Left foot steps out – Esquiva
- Step back to neutral position, Lunge, Front Kick, Lunge, left leg
- Chest up and facing front, abs braced
- Hold the last Lunge each time
- Right hand to head, reach
- Strike with ball of foot
- Target the middle of the punchbag
- Soft knee as you extend your leg

Layer 2

- Bring ribs towards your thighs on the Esquiva
- Esquiva means to escape, imagine the kick whipping over your head as you duck below it
- Sting with your Front Kick by driving through your hips

Layer 3

- Not everybody can get low, but everybody can give it a go
- Capoeira is slow, beautiful, powerful and deadly!

GINGA AND FORWARD-FACING ESQUIVA COMBO

Layer 1

- Step left foot out into Ginga, switch to right side
- Left Forward-Facing Esquiva, step back
- Chest lifted and abs braced
- Knees soft in Ginga
- Arms and hands naturally flow with you

Layer 2

- In Portuguese, Ginga means 'swing' – you can use it for a recovery by staying higher or conditioning by dropping lower

Layer 3

- Low and loaded equals strong and sculpted – stay down!
- How do you feel? Have a little fun here and be playful as Capoeira is a game too



07. MUAY THAI

TRACK FOCUS

Emptying the tank is the focus here. Create a feeling of team spirit as strength in numbers is needed to get to the end together.

FEEL

A banger of a Muay Thai track! Feel the final cardio spike by pushing the boundaries of your fitness.

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8		L Combat Stance	32	
0:11	Here right, where right	4x8	A	L Jab, R Cross x2	4	
				L Circular Elbow	2	
				R Descending Elbow	2	
				Pulse F&B	8	2x
				👁️ L Knee x2, R Knee x2 on last rep		
0:22	V1 / Rhyme dust	16x8	A ¹	L Jab, R Cross x2	4	
				L Circular Elbow	2	
				R Descending Elbow	2	
				L Knee x2	4	
				R Knee x2	4	8x
				Increase intensity after 4 reps		
1:06		8x8	B	L, R Running Knee	4	16x
1:28	Rhyme dust	8x8	A ¹	L Combat Stance		
				L Jab, R Cross x2	4	
				L Circular Elbow	2	
				R Descending Elbow	2	
				L Knee x2	4	
				R Knee x2	4	4x
				Option: Add small Hop to Descending Elbow		
1:50	Br / (Breakdown)	2x8		L Knee to finish	16	
				👁️ L Step F, R Knee, Step B and reset		
1:56	B up / Rhyme dust	6x8	C	L Step F	2	
				R Knee	2	
				Step B and reset	4	6x
2:12		8x8	C ¹	L Jab, R Cross, L Hook	4	
				L Jab, R Cross, L Hook	4	
				L Step F	2	
				R Knee	2	
				Step B and reset	4	4x
2:34	C / Rhyme dust	8x8	C ²	L Jab, R Cross, L Hook	4	
				L Jab, R Cross, L Hook	4	
				L Step or Hop F	2	
				R Jump Knee	4	
				Step B and reset	2	4x
2:56		8½x8	B	L, R Running Knee	4	16x
				L Knee to finish		
3:20	Br /	4x8		Recover and transition into R Combat Stance	32	
3:31				REPEAT SEQUENCES A to 2 nd B – R		



07. RHYME DUST (DIMENSION REMIX) 6:41mins

FUNDAMENTALS

WHY?

Get ready for a huge cardio spike in this fiercely energetic Muay Thai track! Feel yourself completely unleash with 2 feature combinations. The first is a dynamic 10-strike combo of Jab, Crosses, Horizontal and Descending Elbows and Double Knees. The second is a powerful Jab, Cross, Hook and Jump Knee combo.

Both combos are followed immediately by Running Knees. We aim to 'max out' your cardiovascular system in this track and sprinkle your very own magic Muay Thai dust!

WHAT?

- Two feature combos – each with individual focuses
- Both combos integrate the upper and lower body – using authentic Muay Thai Punches, Elbows and Knees
- Running Knees to build stamina and endurance

HOW?

Our first 10-strike combo builds gradually in complexity and intensity. When you return to this combo after the Running Knees, there's even an option to add a Hop to the Descending Elbow. This provides a hugely dynamic and challenging combo for even the most seasoned Muay Thai fighter.

Combo 2 focuses on power. We begin by setting up great technique for the stepping-forward Back Knee – this acts as an active recovery too. Then, we layer in a 6-Punch combo before adding the option to jump on the Knee. Once the entire combination is in full flow, we drive the intensity through the ceiling with powerful strikes and a winning attitude!

TECHNIQUE AND COACHING

2X JAB, CROSS, HORIZONTAL AND DESCENDING ELBOWS, DOUBLE KNEES

Layer 1

- Right Combat Stance
- Boxing Guard
- Jab, Cross x2, Horizontal and Descending Elbows – pulse forward and back
- Punch to nose, elbows to jaw and eyebrow

Add Double Knees:

- Add Double Knee – right, left
- Knee towards stomach
- Brace your core
- Strike with top of knee
- Reach hands up high and pull down to outside of hip

Add Hop on Descending Elbow:

- If you want to, add a little Hop on the Descending Elbow
- Drop down into the strike
- Soft knees as you land

Layer 2

- Abs are working hard in this combo – the powerhouse of our body
- Focus on rotating from center of chest on upper body strikes

Layer 3

- Time to work people – let's go!
- Feel the power as you crunch on the Descending Elbow

OPTION: Stay grounded on Descending Elbows and Double Knees



07. RHYME DUST (DIMENSION REMIX) 6:41mins

TECHNIQUE AND COACHING

RUNNING KNEES

Layer 1

- Right Combat Stance
- Boxing Guard
- Running Knees – right and left
- Knee towards stomach
- Strike with top of knee
- Reach hands up high and pull down to outside of hip
- Shoulders forward and hips back

Layer 2

- Swing your hips back, then push them forwards
- Cycle your legs to create momentum
- Pull down hard with your arms to work your abs

Layer 3

- Where do you feel it?“Right here, right here!” in your mid-section
- Push your cardio fitness to the next level right now!

OPTION: Stay grounded on Knees

2X JAB, CROSS, 2X HOOK AND JUMP KNEE COMBO

Layer 1

- Right Combat Stance
- Boxing/Muay Thai Guard
- Step forward, front foot
- Put weight in front leg
- Execute a Back Knee
- Chest up and abs braced
- Hips facing forward
- Step back into Combat Stance with guard high and front heel up

Add Jab, Cross, Hook:

- Add Jab, Cross, Hook – 2 times
- Step forward, Back Knee, step back

Add Jump to Back Knee:

- Add a jump to your Back Knee
- Both feet take off and both feet land
- Land with soft knees

Layer 2

- To sharpen your Knee, pull heel to your butt and push hips forward further
- Bigger step on the grounded Back Knee to cover more distance
- If you're jumping – swing your arms up to create momentum for greater height

Layer 3

- Sprinkle some 'magic dust' and let's get some air time!
- This is your workout – every time, do what gives you the most success!

OPTION: Grounded on the Knees



08. POWER TRAINING 3

TRACK FOCUS

Enjoy this Power Training paradise! There is nothing more empowering than sharing a euphoric BODYCOMBAT experience. Bring this amazing sensation to life by focusing on togetherness and ‘groupness’ – embracing the true paradise of group exercise.

FEEL

Moving off the spot with strikes combined with High Knee Runs adds a dynamic linear challenge to our on-the-spot combos. Feel the endurance demands as we finish our last standing track on a high!

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / _ Here we go	8x8		Front Stance – recover L Shoulder Stretch R Shoulder Stretch	32 16 16	
0:23	QC / I just need some time	8x8	A	L Combat Stance L Jab, R Cross x2 L, R, L Uppercut	8 8	4x
0:45	C / Paradise _	8x8	A ¹	L Jab, R Cross x4 L, R, L Uppercut Jumping Jack x2 Option: Squat instead of Jumping Jack	8 4 4	4x
1:07	V2 / What do you do	8x8	A ²	L, R, L Uppercut Jumping Jack x2	4 4	8x
1:29	QC / I just need some time	8x8	A ¹	L Jab, R Cross x4 L, R, L Uppercut Jumping Jack x2	8 4 4	4x
1:50	C / Paradise _	8x8	B	L Uppercut, L Hook traveling F L Uppercut, L Hook traveling F L, R Run B	4 4 8	4x
2:12	Br / _ The feeling that	8x8	B ¹	L Power Uppercut, L Power Hook traveling F L Power Uppercut, L Power Hook traveling F L, R Run B	4 4 8	4x
2:34	I just need some time	8x8	C	Front Stance L, R Jab L, R Hook x2 on last 8cts	2	28x
2:57	V3 / Here we go again	8x8		L Hook to finish and recover L, R Run OTS	16 2	24x
3:18				REPEAT SEQUENCES A to C – R		



08. PARADISE 5:54mins

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 in this track.

WHAT?

Starting with a Shoulder Stretch, use this time to create a united and committed vibe. We want to carry this shared energy and sense of ‘togetherness’ into the challenges that lie ahead. Round 1 starts with a Jab, Cross, Uppercut combo which builds in intensity as the number of strikes grows, plus we integrate the lower body with Jumping Jacks.

A holding pattern is next, where we encourage participants to focus on power as the complexity drops. Round 2 mirrors the first and promises more intensity as we are now more familiar with the combo.

Without taking a rest we head straight into the 3rd and final round. This is where we experience greater ‘togetherness’ by moving towards each other on the traveling forward and back sequence. We drive the heart rate higher than ever here with powerful Uppercuts and Hooks as you shunt your body weight with a small jump forward. Thirty seconds of Jabs bring us to a well-earned recovery before repeating everything on the other side – absolute paradise, right?

HOW?

As the combinations within this track build, increase both the motivation and energy. There isn’t a need to overly 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

JAB, CROSS, UPPERCUTS AND JUMPING JACK COMBOS

Layer 1

- Right Combat Stance
- Boxing Guard
- Jab, Cross 4, Uppercuts right, left, right
- Start slowly
- Aim for the nose and chin
- Soft elbows on straight punches

Add on:

- Jab, Cross 8 punches, 3 Uppercuts, Jack in and out twice
- Bend knees on Jacks – weight in heels
- Squats instead of Jacks to take away impact

Layer 2

- Twist your torso and activate your core; this will increase the power to your punches
- Reach long on your Jab, Crosses – working your shoulders hard
- Endurance training to lift your cardio fitness

Layer 3

- Feel the connection between the moves, the music and us all!
- Can you feel the BODYCOMBAT paradise?

OPTION: Squats instead of Jacks



08. PARADISE 5:54mins

TECHNIQUE AND COACHING

TRAVELING FORWARD, UPPERCUT, HOOK, RUN BACK COMBO

Layer 1

- Right Combat Stance
- Boxing Guard
- Come forwards
- Upper, Hook, Upper, Hook and run back
- Strike with front arm
- Target chin and jaw
- Walking forward as you punch

Add Jump:

OPTION: Add a small Jump (shunt of body weight) as you punch

- Knees soft on landing
- Both feet take off, both feet land

Layer 2

- Engage your obliques by twisting, dropping your front shoulder before throwing the Hook
- Squeeze fist and punch with power
- Propel yourself forward with your legs

Layer 3

- Come here! How close can you get? Let's get together
- We are so close to the end – give it everything you have now!

OPTION: Walk forward and March back (instead of Jump and Run)



09. CONDITIONING

TRACK FOCUS

The core is our engine for every move in BODYCOMBAT. We focus on conditioning all the core muscles with isolated and integrated exercises. There’s even punches with these Crunches.

FEEL

A game attitude is in abundance in this one! Have a ‘no choice but to win’ mindset as you motivate your participants to building a stronger core.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8		Transition to the floor	16	
0:08	C / get in this ride	4x8	A	Triple Pulse Crunch	8	4x
0:24	Who that boy	4x8	A ¹	Triple Pulse C-Crunch	6	
				Extend legs and arms to 45°	2	4x
0:41	V1 / Who that boy	6x8	B	Crunch up	2	
				L, R punch outside opposite thigh	2	
				Hold Crunch up	2	
				Lower down	2	6x
1:05	C / get in this ride	4x8	A ¹	Triple Pulse C-Crunch	6	
				Extend legs and arms to 45°	2	4x
1:21	Br / Who that boy	2x8		Recover and transition to L Side Hover	16	
1:29	V2 / tenth place at best	6x8	B	2/2 L Rotating Side Hover	8	6x
1:54	C / get in this ride	8x8	B ¹	L Side Hover and Triple Hip Pulse	8	8x
2:27	Br / Who that boy	2x8		Recover and transition to R Side Hover	16	
2:34	V3 / tenth place at best	6x8	B	2/2 R Rotating Side Hover	8	6x
2:59	C / get in this ride	8x8	B ¹	R Side Hover and Triple Hip Pulse	8	8x
3:31	Who that boy	4x8	C	Hover	32	



09. NO CHOICE 3:50mins

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?

We begin with Triple Pulse Crunches which progress into Triple Pulse C-Crunches, hitting the upper and lower abs. Oblique training is next up as we add 2 punches to a Crunch. As we strike on a diagonal angle to the outside of our thighs, we twist the chest and fire up the rotator muscles. Rotating Side Hovers follow, which integrate many muscles. Coach the various options here so participants feel equally challenged and successful. Watch out for the Side Hover, Triple Hip Pulses; they really challenge our side slings. Just when you think it's over... think again... there's a Prone Hover to finish!

HOW?

This is a confident and driven song, much needed at this point as participants will be fatigued. The aim is to allow space for them to enjoy the music while being motivated to continue working hard one last time. Keeping to the basics and ensuring your coaching is clear and direct will help achieve this.

Note: You'll be spending most of your time coaching on your back or facing the floor; 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 the enjoyment of this track to life.

TECHNIQUE AND COACHING

TRIPLE PULSE C-CRUNCH AND C-CRUNCH COMBO

Layer 1

- Come down to the floor
- Lie on your back
- Fingertips to temples
- Feet on floor, hip-width apart and close to butt
- Lower back towards floor
- Triple Pulse Crunch
- Slide ribs towards hips as you crunch up
- Hands reach to shins, long arms and parallel to floor on Crunch then return
- Fingertips back to temples
- Chin tucked in slightly

Add on C-Crunch:

- Triple Pulse C-Crunch
- Lift knees over hips, shoulders high
- Extend arms and legs out to a 45-degree angle
- Brace abs tightly, keeping lower back towards floor as legs extend away

Layer 2

- Relax your head and neck as you lift shoulder blades off the floor
- C-Crunches work upper abs and the lower abs too

Layer 3

- Feel the shortening then lengthening of your body as you do the C-Crunch
- Stronger abs for a stronger engine – let's go!

OPTION: Feet stay down instead of C-Crunch

CRUNCH AND PUNCH COMBO

Layer 1

- Crunch up, fingertips to temples and pause
- Punch to outside of thigh, back arm, front arm
- Fingertips return to temples; pause before lowering
- Elbow soft on punches

Layer 2

- Bring shoulder across towards opposite thigh to engage obliques
- Pause for a moment longer at the top to keep more work in your upper abs

Layer 3

- Feel the burn in the side of your body as you punch
- Just one round of these, so hit them hard!



09. NO CHOICE 3:50mins

TECHNIQUE AND COACHING

ROTATING SIDE HOVER

Layer 1

- Lift up and turn side-on, facing front
- Set up the Side Hover
- Shoulder directly over the elbow
- Lift bottom hip away from floor
- Hips and shoulders square to the front
- Turn to front and face the floor, rotate back the same way
- Down, down, up, up
- Brace abs tightly – whole body moves as one unit

Add Triple Pulse Hip Lift:

- Reach top hand high towards ceiling
- Triple Pulse bottom hip, 3, 2, 1 and drop a little
- Squeeze glutes

OPTION: Legs in Scissor position, both legs long (top leg forward)

- Shoulders, hips and knees all in one line

Layer 2

- An integrated, full-body movement
- Use the floor and push forearm down to stabilize your shoulder

Layer 3

- Feel the burn through the side of your body
- You are all doing great – this is hardcore training!

OPTIONS:

- Bottom knee down
- Legs in Scissor position

HOVER

Layer 1

- Elbows directly under the shoulders – fists together
- Knees on floor, just outside hip-width
- Work from knees or up on toes
- Abs braced tightly, back long
- Keep hips and shoulders level with the floor
- Eye gaze towards fists; neck in neutral position

Layer 2

- Squeeze your glutes to help keep hips parallel to floor
- Drive forearms into floor to lock in your stability

Layer 3

- Just a few more seconds – you can do it; hang in there!
- Superb functional core training to super-charge your engine!

OPTIONS: On knees or toes



10. COOLDOWN

TRACK FOCUS

An all-important part of any balanced workout – the stretch. Without lengthening, our muscles may remain shortened and become tight. Bring awareness to which muscles we are stretching and how to use our breath to ease deeper.

FEEL

Makin' the most out of your stretches! The Yin (working in) after the Yang (working out) is yours for the taking.

MUSIC		EXERCISE		CTS
0:00	Intro / Ohhh-oh-oh	4x8	Lying Adductor Stretch	32
0:12	V1 / _ You're not ready	4x8	Lower Back Stretch Knees stacked to back of the room	32
0:23	I'm breaking ground	4x8	Lower Back Stretch (knees to front)	32
0:34	C / I-I-I , I won't let it go	8x8	Glute Stretch Front leg's ankle over back knee	64
0:57	V2 / _ It's no secret	8x8	Hamstring Stretch (front leg) Option: Lengthen B leg on floor after 32cts	64
1:19	C / I-I-I , I won't let it go	8x8	Repeat Glute Stretch (back leg)	64
1:42	Br / Rain or shine	8x8	Repeat Hamstring Stretch (back leg) Option: Lengthen front leg on floor after 32cts	64
2:05	C / I-I-I , I won't let it go	12x8	Frog Stretch Option: Seated Adductor Stretch	96
2:38	I-I-I , I won't let it go	8x8	R Hip Flexor (L leg F) Add R Tricep Stretch after 32cts	64
3:01	Br / Rain or shine	8x8	L Hip Flexor Stretch (R leg F) Add L Tricep Stretch after 32cts	64
3:24	C / I-I-I , I won't let it go	1x8	Transition to standing	8
3:27	Makin' it mine	3x8	L Standing Quad Stretch	24
3:35	Makin' it mine	4x8	R Standing Quad Stretch	32
3:46	Makin' it mine	2x8	L Shoulder Stretch	16
3:52	Makin' it mine	2x8	R Shoulder Stretch	16



10. MAKIN' IT MINE 4:00mins

FUNDAMENTALS

This is a deeply empowering and uplifting Cooldown. Time to enjoy the Yin after the Yang, giving your body a well-needed stretch. During each stretch, if needed, move around to find the most comfortable position before you sink lower. This is your final opportunity to say “*I’m makin’ it mine.*” Your recovery, your results, your stretches – enjoy them!

TECHNIQUE AND COACHING

LYING LOWER BACK STRETCH

Layer 1

- Lying on back – side-on to the front
- Bend knees and take them across towards back of room
- Knees stacked
- Chest faces the ceiling, shoulders down

Layer 2

- Keep both shoulders anchored to the floor
- Feel a beautiful release through your lower back

OPTION: Use hand to gently press your top leg down a little more

LYING GLUTE STRETCH

Layer 1

- Knees to the center
- Cross front ankle over back knee
- Reach through the window and hold back leg
- Rest head and shoulders back down

Layer 2

- Assess if you have a tighter side; breathe and ease gently into the stretch

OPTION: Back foot stays down; use hand to gently push front leg away to stretch glute

LYING HAMSTRING STRETCH

Layer 1

- Gently extend front leg into Hamstring Stretch
- Hips stay down
- Hold the back of the leg or the calf muscle

Layer 2

- As you inhale, relax; as you exhale, extend the back leg away
- Front foot stays relaxed as you feel the length down the back of your leg
- Hamstrings are used extensively in BODYCOMBAT – this is such an important stretch

OPTION: Increase the stretch by taking back knee further away

KNEELING HIP FLEXOR STRETCH

Layer 1

- Right foot steps forward, left knee on floor
- Hip Flexor Stretch – left side
- Squeeze the left glute to feel the release
- Chest lifted

Into Tricep Stretch:

- Left arm, Tricep Stretch
- Chin up and left and towards upper back
- Chest lifted

OPTION: Sink a little lower to deepen the stretch in your hip

FROG STRETCH/SEATED ADDUCTOR STRETCH

Layer 1

- One stretch, two options – Frog Stretch or seated version
- Frog – knees out or sit on butt, feet together
- Come down to forearms on Frog or hands on floor
- Sit tall, chest high on the Seated Adductor Stretch
- Relax the hips to feel the stretch in the inner thigh and groin

Layer 2

- Ease into your breath as you explore more range in your stretch
- On Seated Adductor Stretch, allow the knees to drop outwards a little more

OPTIONS: Frog or Seated Adductor Stretch



10. MAKIN' IT MINE 4:00mins

TECHNIQUE AND COACHING

STANDING QUADRICEP STRETCH

Layer 1

- Rise into standing position
- Hold right foot in right hand; left arm extends out to side
- Find your balance by bracing abs
- Right heel close to butt
- Bring knees close together

Layer 2

- Squeeze glutes to push the hip forward slightly; soften your supporting knee
- Pointing right knee to floor will enhance the Quadricep Stretch



GLOSSARY

FRONT STANCE

STANCE

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

COACHING

Layer 1

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



COMBAT STANCE

STANCE

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

VARIATION 1:

- Boxing – back heel lifted, balanced weight distribution

VARIATION 2:

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

VARIATION 3:

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

COACHING

Layer 1

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





GLOSSARY

BOXING GUARD

STANCE

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

COACHING

Layer 1

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



MARTIAL ARTS GUARD

STANCE

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

COACHING

Layer 1

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





GLOSSARY

JAB

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



CROSS

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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





GLOSSARY

HOOK

GUARD

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

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



UPPERCUT

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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





GLOSSARY

FRONT KNEE

PREPARATION

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

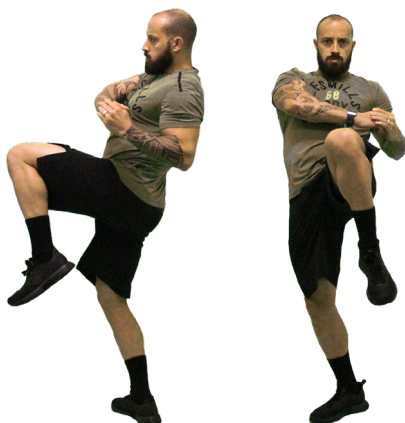
STRIKE

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

COACHING

Layer 1

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



FRONT KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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





GLOSSARY

ROUNDHOUSE KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

- **Set your heel towards your target**
- Lean upper body away and look towards your target
- Pre-load and then open your hips and lift your knee up, shin parallel to floor
- 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

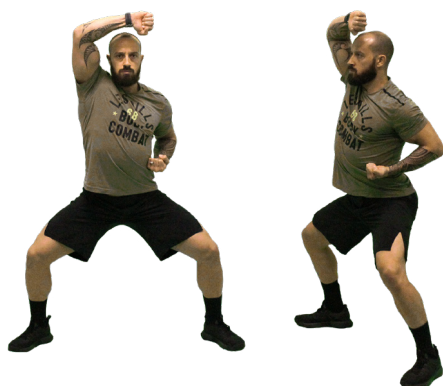
STRIKE

- 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.

