

# SMASH HIT

## KICKBOXING CLUB

# BLUE RANK

## HEAVY BAG COMBOS

### BLUE RANK 1:

**REPEAT RED RANK 1**, but add the following endings:

- Walk around 180 degrees
- Shuffle around 180 degrees

### BLUE RANK 2-4:

**REPEAT RED RANK 2-4**, but add the following ending:

- Slide around 180 degrees

### BLUE RANK 5:

Triple jab, reverse, 4 head, 4 body, slide back, front leg front kick, round house, power reverse punch

### BLUE RANK 6:

One, two, 4 body, 2 hooks to the head, slide back, front kick (back leg), switch stance, front kick (back leg)

### INTERVAL BAG DRILL (Eight-One Drill):

Head shots, hooks to the head, upper cuts, body shots:

- In 8's
- In 4's
- In 2's

**SEE KEN FOR ALTERNATIVES & MODIFICATIONS**