

# SMASH HIT

## KICKBOXING CLUB

# GREEN RANK

## HEAVY BAG COMBOS

### GREEN RANK 1-3:

**REPEAT BLUE RANK 1-3**, but replace beginning with:

- 1, 2, hook, reverse
- 1, 2, up, reverse
- 1, 2, up, hook with the same hand, reverse

### GREEN RANK 4:

**REPEAT RED RANK 4**, but add the following:

- Spinning back kick + another back kick + hook kick

### GREEN RANK 5:

**REPEAT BLUE RANK 5 TWICE** in the same breath.

30 moves in 1 exhale.

### GREEN RANK 6:

**REPEAT BLUE RANK 6**, but add the following:

- Round house, spinning hook kick

### GREEN RANK 7:

1, 2, slide around, power reverse punch, slide around, round house, power reverse punch, slide home.

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

**REPEAT BLUE INTERVAL BAG DRILL**, but add:

- Singles with extra reverse punch at the end

**SEE KEN FOR ALTERNATIVES & MODIFICATIONS**