



This is a Tabata Style Workout. Perform as many reps of each exercise that you can do in **20 seconds** with a **10 second rest in between exercises**. Take a **one minute rest** at the end of each set. Turn up the music and go for it!

BASICS (4 MINS)

SET 1

****Start all exercises in KB stance***

1. Jab, cross. Repeat
2. Right uppercut, left uppercut. Repeat
3. Right hook, left hook. Repeat.
4. Right rising elbow, left rising elbow. Repeat
5. Right round elbow, left round elbow. Repeat
6. Right down elbow, left down elbow. Repeat
7. Elbow combination - right rising, left round, right down. Repeat
8. Body block left, body block right. Repeat

COMBOS & KICKS (4 MINS)

SET 2

****Start all exercises in KB stance***

1. Right body block, right uppercut, left uppercut. Repeat
2. Left body block, left uppercut, right uppercut. Repeat
3. Step 1 & Step 2 combined. Repeat
4. left round elbow, right round elbow. Repeat
5. Step 1, 2, & 3 combined. Repeat
6. Right leg roundhouse, land back. Repeat
7. Left leg roundhouse land back. Repeat
8. Right leg roundhouse, switch left leg roundhouse. Repeat

GERI WAZA (4 MINS)

SET 3

****Geri Waza in sections***

1. Front leg push kick, rear leg push kick, right 360 roundhouse. Repeat
2. Front leg check, left stamp kick, right stamp kick. Repeat
3. Combine step 1 & 2 . Repeat
4. Jab, cross roundhouse, switch roundhouse. Repeat
5. Combine step 1,2 & 3. Repeat
6. Right cross, right front kick . Repeat.
7. Combine all steps - Geri Waza. Repeat
8. Geri Waza. Repeat