

STXKICKBOXING HEAVY BAG DRILLS



SOLO DRILLS

3 Count Combos - Change Target
3 Count Combos - Kick or Knee
Kick - Knee or Knee - Kick
Kick - Punch - Knee or Knee - Punch - Kick
1 - 2 - Circle - 2 - 3
Hooks
Kick Ladders
Lateral Bag Movement
Forward & Back Bag Movement
Jab - Circle
Clinch Striking
Shoulder Bump
Punch to Speed / Power Kick or Knee
Non Stop Teeps
machine Gun - Skip Knees

PARTNER DRILLS

High Cover - Low Kick
High Cover - 3 Count Punch Combo
Leg Check - Same Side Kick
Leg Check - Opposite Side Kick
Deck of Cards
Brawl & Sprawl
Outside Kickboxing - 3 Inside Power Shots
15 Seconds In - 15 Seconds Out
Evade The Bag & Strike
Partner Calls Combo