

Practice Fight

Hand to Hand Fight

Partner A

Partner B

Shove From Front =====>? React Step Back

React ?<===== Shove From Front

Haymaker =====>? Duck circle around

Jab to Face =====>? React

Haymaker =====>? Block

React ?<===== Punch to Stomach

Circle each other

Grab Face and Slap ?<===== React

Backhand slap ?<===== React

Punch to Stomach =====>? React

Two hand Choke ?<===== React

Kick to Stomach =====>? React Double over

Knee to head =====>? Sitfall

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