

Fighting Dummy Basics Minnesota Kali Group The Martial Arts Center

This Dummy can enhance your power and stamina and help you work on nearly all the techniques you have learned in class. Start with these ideas and let your own creativity be your guide. Be careful, just use your own common sense. Start easy and work up to heavier workouts. You may want to wear gloves for this training and be sure to warm up before you start. Here are some combinations to get you going.

- 1.) Low sidekick to the leg. Pak Sao and hit the head. Cross Hook Cross - or - Straight Blast to Follow up.
- 2.) Parry low Jab, Step out and Cross then Groin Kick.
- 3.) Inward Gunting to:
 - Right Leg Kick
 - Elbow Wrench
 - Elbow to Bicep
 - Right and Left Sipa
 - Low Side Kick
- 4) Outside Gunting to:
 - Cross - Body Hook - Cross
 - Lap Sao, Pak Sao, Low Side Kick
 - Lap Sao, Pak Sao, Jao Sao, Jut Sao, Pin & Hit
 - Lap Sao, Pak Sao, Jao Sao - Groin Shot, Eye Poke, Backhand - follow up
- 5) Right Kick - Left Jab - Right Cross - Left Kick
- 6) Reverse #5
- 7) Foot Jab - Right Kick - Low Side Kick
- 8) Oblique Kick - Groin Kick - Pak Sao - Foot Sweep
- 9) Parry and front uppercut - kidney shot - jab out
- 10) Salute Motion - Elbow Up - Elbow Down - Finger Jab - Follow up

Let your imagination roll. Groin kick it, punch it, leg kick it, work any tool in your arsenal

Have Fun and Train Hard!

This Training is open to all phases

