



Third lesson: Tuesday, February, 15th

**Aim of the lesson: Introduce the hook, the side kick and Referee's order in English**

### **Warm up:**

Each player has got a scarf behind his back.

His opponent attempts to snatch it.

When one player snatches his opponent's scarf, he wins one point.

Carry on this drill until the whistle blows.

### **Drill one:**

#### **Match with light contact**

- Two boxers and one referee

- Referee says all his orders in English:

- Which are they?

➔ « Wave ! »                      « Saluez-vous ! »

➔ « Guard position ! »        « En garde ! »

➔ « Begin ! »                      « Allez ! »

- Each player can touch his opponent with any of the blows he knows

- Which are they?

➔ Rear or lead hand straight punch, whip kick, hook, and side kick.

Referee has to answer on his form all questions about the match.

- When will the match be stopped?

When a boxer hides his opponent (his blow are too powerful)

When a boxer is too close from his opponent when he touches.

### **Drill two:**

#### **Introduce the side kick**

- Try to touch your opponent with the heel of your shoe



**One imperative rule:** You have to bend your knee before touching your opponent

### **Drill three:**

#### **Introduce the hook**

- Try to touch your opponent's ears with hook.

- You use the hook with the front or with the rear hand.

- Just one hook at a time.

### **Drill four:**

#### **Match with light contact**

1). Touch his opponent only with punch

2). Touch his opponent only with Kick

3). One boxer touches with his punch and the other boxer has to touch his opponent only with his kick

# GLOSSARY

<b>Bend (<i>verb.</i>)</b>	<b>Plier</b>
<b>Blow (<i>verb.</i>)</b>	<b>Coup</b>
<b>Heel (<i>name</i>)</b>	<b>Talon</b>
<b>Hook (<i>name</i>)</b>	<b>Crochet</b>
<b>Side kick (<i>name</i>)</b>	<b>Chassé</b>
<b>Scarf (<i>name</i>)</b>	<b>Écharpe, foulard</b>
<b>Snatch (<i>verb.</i>)</b>	<b>Arracher</b>
<b>Until (<i>adv.</i>)</b>	<b>Jusqu'à</b>