

**THAI BOXING 4 COUNTS**

- 1) **L KICK , CROSS, HOOK, R KICK**
- 2) **L KICK, CROSS, HOOK, L KICK**
- 3) **R KICK, HOOK, CROSS, R KICK**
- 4) **R KICK, HOOK, CROSS, L KICK**
- 5) **L KICK, CROSS, HOOK, R KNEE**
- 6) **L KICK, CROSS, HOOK, R ELBOW**
- 7) **R KICK, HOOK, CROSS, L KNEE**
- 8) **R KICK, HOOK, CROSS, L ELBOW**
- 9) **JAB, CROSS, L KICK, R KICK**
- 10) **JAB, CROSS, L KICK, L KICK**
- 11) **JAB, CROSS, R KICK, L KICK**
- 12) **JAB, CROSS, R KICK, R KICK**
- 13) **JAB, CROSS, R ELBOW, R KNEE**
- 14) **JAB, CROSS, R ELBOW, L KNEE**
- 15) **JAB, CROSS, L ELBOW, L KNEE**
- 16) **JAB, CROSS, L ELBOW, R KNEE**

**THAI BOXING 7 COUNT**

**R KICK  
HOOK  
CROSS  
L KICK  
CROSS  
HOOK  
R KICK**

**THAI BOXING 7 COUNT**

**L KICK  
CROSS  
HOOK  
R KICK  
HOOK  
CROSS  
L KICK**