**Ronde 2: Combinatie opbouwen.**

**In deze ronde werken we aan onze vaardigheden om combinaties uit te voeren. Het is belangrijk om een opening te creëren in de verdediging van je tegenstander. Snelle combinaties kunnen je tegenstander overmeesteren.**

**In drie rondes van 2 minuten bouwen we een combinatie van stoten en trappen.**  
**Ronde 1 bevat:**Cross - hoek voorste hand - lage trap achterste been.  
  
Een Cross is een harde en lange stoot met de achterste hand.

Er zijn 2 doelen om op te focussen:

1. [Draai je voorste voet in bij een hoek, draai de voorste voet open bij de trap]
2. [Trap met je schenen op de bokszak en niet met je voet]

Jij kunt dit! Blijf gefocust, vind je ritme en verbrand die calorieën! 2 minuten lang in 3**[pause weak]** 2**[pause weak]** 1**[pause weak]** Start!  
Cross - hoek voorste hand - lage trap achterste been.   
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**Nog 1 minuut:** **Denk aan je doelen: draai je** voorste voet in bij hoek en trap daarna met je scheen.  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  
**Nog 30 seconden:** **Geef niet op, we zijn er bijna!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  
**5[pause weak] 4[pause weak] 3[pause weak] 2[pause weak] 1[pause weak]** **Goed gedaan allemaal, mooi werk, neem 30 seconden rust.**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**[** Onthoud,..**]**

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**In ronde 2 bouwen we voort op de vorige combinatie.**Dus, na de lage trap met achterste been komt nog een lage trap achterste been. Dus 2 snelle lage trappen opgevolgd met een opstoot voorste hand. Deze gaat verticaal langs de bokszak. en raakt de bokszak nauwelijks.   
  
De totale combo is:  
Cross - hoek voorste hand - lage trap achterste been - lage trap achterste been -opstoot voorste hand

Maak je klaar voor de volgende ronde en onthoud je doelen! [draai je voet open naar buiten bij de lage trappen]   
2 minuten lang in 3**[pause weak]** 2**[pause weak]** 1**[pause weak]** Start!   
Cross - hoek voorste hand - lage trap achterste been - lage trap achterste been -opstoot voorste hand.  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**Nog 1 minuut:** Denk aan je doel: [trap met je schenen en niet met je voet]  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong]

[pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  
  
**Nog 30 seconden:** Geef niet op, we zijn er bijna!

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**5[pause weak] 4[pause weak] 3[pause weak] 2[pause weak] 1[pause weak]** Goed gedaan allemaal, mooi werk, neem 30 seconden rust.

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**[** Onthoud,..**]**

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**In ronde 3 maken we de combinatie compleet.**Na de opstoot voorste hand zijn we dichtbij en maken we de combinatie af met een elleboog achterste hand.   
De totale combo is:  
Cross - hoek voorste hand - lage trap achterste been - lage trap achterste been -opstoot voorste hand - elleboog achterste hand.   
  
Deze elleboog komt van bovenaf naar onder op de bokszak. houd je handen daarom goed bij je kin.

Maak je klaar voor de volgende ronde en onthoud je doelen! [Draai je voorste voet in met de hoek en draai deze weer open met de lage trap. trap met het scheenbeen.   
2 minuten lang in 3**[pause weak]** 2**[pause weak]** 1**[pause weak]** Start!   
Cross - hoek voorste hand - dubbel lage trap achter - opstoot voor - elleboog achter.

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**Nog 1 minuut:** we gaan naar het uiterste! 100% knallen met de handel.

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  
**Nog 30 seconden:** Geef niet op, je bent er bijna!

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**5[pause weak] 4[pause weak] 3[pause weak] 2[pause weak] 1[pause weak]** Goed gedaan allemaal, mooi werk, neem 30 seconden rust.

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**[** Onthoud,..**]**

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**Voordat we deze oefening afsluiten en wat water drinken, hebben we een verrassingsronde! Kom op, we gaan ervoor!**