# WTBA 17 Count Drill

1. Lead Foot Jab
2. Lead Round Kick
3. Rear Cross
4. Lead Hook
5. #2 Straight Knee
6. Lead Elbow
7. Rear Elbow
8. #2 Straight Knee (counter cross)
9. Rear Round Kick
10. Lead Hook
11. Rear Cross
12. Lead Round Kick
13. Rear Knee
14. Rear Round Kick
15. Lead Left Hook
16. Rear Cross
17. Clinch- Skip Knee #1: 6 times

A. Swing them out

B. Double Rear Kick