

Kickboxing Grading Curriculum



Year 3 – Quarter 2

Combinations –

- Rear round kick - spin hook kick - rear round kick
- Double jab - cross - spin crescent
- 25 count boxing drill (see rear of sheet)

Basics –

- Spin crescent kick
- Spin hook kick

3 count combos –

- Jab - cross - hook
- Double jab - cross
- Cross - hook - cross
- Hook - cross - hook

Glove drills - 2 count attack - same side

- Jab - lead kick
- Cross - rear kick
- Lead hook - lead kick
- Rear hook - rear kick

Glove drills - 2 count attack - opposite side

- Jab - rear kick
- Cross - lead kick
- Lead hook - rear kick
- Rear hook - lead kick

Sparring –

- Sparring will be light contact and full protective gear must be worn (head guard, gum shield, gloves, groin guard, shins and insteps, feet pads)
- 4 x 2-minute rounds

Fitness Test –

- 30 press ups
- 30 sit ups
- 50 jump jacks
- 30 burpees
- Shuttle runs including in above

25 count boxing drills –

1. Jab
2. Jab
3. Cross
4. Hook
5. Cross
6. Lead Uppercut
7. Lead Hook
8. Cross
9. Bob & Weave Right (Holder Feeds a Lead Hook)
10. Cross
11. Hook
12. Cross
13. Shoulder Roll Right (Holder Feeds a Right Cross)
14. Rear Uppercut
15. Lead Hook
16. Cross
17. Slip Right (Holder Feeds A Jab)
18. Slip Left (Holder Feeds A Cross)
19. Bob & Weave Right (Holder Feeds A Lead Hook)
20. Cross
21. Hook
22. Cross
23. Step & 1/4 Turn Left
24. Double Jab
25. Cross