

KICKBOXING SYLLABUS

YEAR 3 – QUARTER 3

Warm up

- 30 Press Ups
- 30 Sit Ups
- 30 Jump Jacks
- 20 Burpees
- Shadow Boxing

Combinations

- Push Double Jab - Cross - Rear Mid Round Kick - Lead Leg Hook Kick
- Jab - Switch Round Kick - Cross - Rear Round Kick
- Switch Round Kick - Jab - Rear Round Kick - Cross
- Jab - Rear Round Kick - Cross - Switch Round Kick
- Switch Round Kick - Cross - Rear Round Kick - Jab

Jab catch set

- Catch jab - return Jab - right kick
- Catch jab - jab - left Hook - right kick
- Catch jab - jab - left Hook - right cross - left inside leg kick

Kick catches

- Catch Round Kick - Over (both sides)
- Catch Round Kick - Under (both sides)
- Catch Front Kick - Front Hand Over
- Catch Front Kick - Front Hand Under

Freestyle Pad Round

Sparring

- 2 X 2 Minute Rounds – Points
- 2 X 2 Minute Rounds – Continuous

Fitness Test (1 minute duration)

- Shuttle Runs Vs Jump Jacks
- Shuttle Runs Vs Burpess

