

# KICKBOXING SYLLABUS

## YEAR 1 – QUARTER 3

### Warm Up

- 20 Press Ups
- 20 Sit Ups
- 20 Jump Jacks
- 10 Burpees

### Combinations

- Jab - Cross
- Jab - Cross - Switch Round Kick
- Lead Back Fist - Cross - Rear Round Kick
- Jab - Cross - Lead Front Kick - Rear Round Kick
- Lead Hook (Head) - Rear Hook (Body) - Lead Hook (Head)
- Lead Hook Kick - Cross
- Jab - Cross - Rear Leg Jump Round Kick

### Round Kick Variations

- Rear Leg Kick
- Switch Kick
- Rear Leg Jump Kick

### Glove Drills

- Defence From Rear Round Kick & Switch Round Kick

### Fitness Test (1 minute duration)

- Shuttle Runs Vs Jump Jacks
- Shuttle Runs Vs Sit Ups

