

KICKBOXING SYLLABUS

YEAR 2 – QUARTER 1

Warm Up

- 25 Press Ups
- 25 Sit Ups
- 25 Jump Jacks
- 15 Burpees
- Shadow Boxing

Combinations –

- 6 Count (Jab - Cross - Hook - Hook - Uppercut - Uppercut)
- Jab - Body Cross - Lead Hook - Back Kick
- Lead Hook Kick To Side Kick - Back Fist/Cross Blitz
- Backfist - Cross - Switch Axe Kick
- Switch Round Kick - Double Rear Leg Round Kick
- Rear Overhand - Lead Uppercut - Rear Overhand

Glove Drills

- Cross - Hook
- Hook - Cross
- Jab - Cross - Rear Leg Mid Round Kick

Back Kick Variations

- On The Spot
- Jump
- Step Over
- Step Over Jump

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 Press Ups

