

KICKBOXING SYLLABUS

YEAR 2 – QUARTER 2

Warm Up

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

Combinations

- Jab - Cross - Step Over Spin Hook Kick
- Jab - Cross - Slip (Cross) - Lead Body Hook - Lead Head Hook
- Parry (Jab) - Cover (Rear Hook) - Rear Elbow - Rear Knee - Rear Round Kick
- Cross - Hook - Cross - Lead Front Kick - Superman Punch
- Cross - Hook - Lead Leg Foot Sweep
- Double Jab - Cross - Jump Back Kick

Glove Drills

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

Slip Series

- Jab - Cross (Slip Jab) - Cross - Hook - Cross
- Jab - Cross (Slip Jab) - Uppercut - Hook - Cross
- Jab - Cross (Slip Jab) - Rear Overhand - Uppercut - Rear Overhand

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

