

# KICKBOXING SYLLABUS

## YEAR 1 – QUARTER 4

### Warm Up

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

### Combinations

- Jab - Cross
- Cross - Hook - Cross
- Hook - Cross - Hook
- Rear Uppercut - Lead Hook - Cross
- Back Fist - Cross - Lead Hook
- Back Fist - Hook Kick
- Lead Back Fist - Cross - Lead Leg Side Kick

### Hook Kick Variations

- Lead Leg
- Step Through
- Spin

### Glove Drills

- Defence From Jab/Cross (Forearm Deflections & Slips)

### Fitness Test (1 minute duration)

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

