

KICKBOXING SYLLABUS

YEAR 2 – QUARTER 4

Warm Up

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

Combinations

- Lead Back Fist - Rear Hook - Rear Round Kick - Spin Hook Kick
- Jab - Cross - Fake Rear Round Kick To Same Leg Side Kick
- Jab - Cross - Weave (Lead Hook) - Cross - Lead Hook - Rear Knee
- Double Jab (Head & Body) - Cross - Rear Low Round Kick - Switch High Round Kick
- Jab - Cross - Jump Double Round Kick
- Jab - Lead Body Hook - Lead Head Hook - Cross

Glove Drills

- Jab - Rear Leg Low Round Kick
- Lead Body Hook - Lead Head Hook - Cross
- Lead Front Kick - Rear Round Kick

Front Kick Variations

- Shuffle Front Kick (Lead Leg Kicks)
- Step In Front Kick
- Jump Front Kick (Back Leg)

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

