

### Year 3 – Quarter 4

#### 5 Count leg kick template –

- Rear Outside
- Rear Top Down
- Lead Inside Up
- Rear Inside Up
- Lead Outside

#### Kick catches –

- Catch A - Over
- Catch B - Under
- Catch C - Front Hand Over
- Catch D - Front Hand Under

#### 3 Count glove drills –

- High Jab - Low Cross - High Hook
- Jab - Rear Uppercut - Lead Hook
- Jab - Lead Hook - Cross
- Low Lead Hook - High Lead Hook – Cross

#### Shoulder roll with counters –

- Cross - lead hook - rear low round kick
- Rear uppercut – switch mid kick – cross – lead hook – rear low round kick
- Double jab – cross – rear high round kick

#### Glove drills - 4 count attack - same side

- Jab - left kick - cross - right kick
- Left kick - jab - right kick - cross

#### Glove drills - 4 count attack - opposite side

- Jab - right kick - cross - left kick
- Left kick - cross - right kick - jab

*Please turnover*

## Kickboxing Grading Curriculum



### Cross counters –

- Parry - cross - left kick
- Parry - cross - hook - right kick
- Parry - jab - right kick
- Parry - jab - cross - left kick

### Freestyle pad round –

- Both partner display good display of basic and advance techniques. Must include offensive and defensive techniques. Good communication with each other and work rate is key

### Sparring –

- Sparring will be light contact and full protective gear must be worn (head guard, gum shield, gloves, groin guard, shins and insteps, feet pads)
- 4 x 2-minute rounds

### Fitness Test –

- 30 press ups
- 30 sit ups
- 50 jump jacks
- 30 burpees
- Shuttle runs including in above