

Kickboxing Grading Curriculum



Year 1 – Quarter 4

Footwork/Stance –

- Fighting Stance
- Step In Footwork
- All Drills Will Be Performed In Orthodox And Southpaw Positions

Combinations –

- Cross - Hook - Cross
- Hook - Cross - Hook
- Rear Uppercut - Lead Hook - Cross
- Back Fist - Cross - Lead Hook
- Lead Back Fist - Cross - Lead Leg Side Kick
- Elbow & Knee 4 Count - Lead Elbow - Rear Elbow - Rear Knee - Lead Knee

Basics –

- Jab
- Cross
- Lead Hook
- Rear Uppercut
- Rear Round Kick
- Lead Leg Side Kick

Basic Kick Variations –

- Switch Round Kick, Double Rear Leg Round Kick
- Rear Leg Round Kick, Double Lead Leg Round Kick
- Lead Leg Front Kick, Switch Leg Round Kick, Rear Leg Round Kick

Hook Kick Variations –

- Lead Leg
- Step Through
- Spin

Defences –

- Parrying Jab/Cross

Fitness Test