

# KICKBOXING SYLLABUS

## YEAR 3 – QUARTER 4

### Warm Up

- 30 Press Ups
- 30 Sit Ups
- 30 Jump Jacks
- 20 Burpees
- Shadow Boxing

### 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

### Jab Counters

- Catch - Jab - Rear Round Kick
- Catch - Jab - Cross - Switch Round Kick
- Parry - Cross - Switch Round Kick
- Double Forearm Cover - Cross - Hook - Rear Round Kick
- Shoulder Roll - Cross - Lead Hook - Rear Low Round Kick
- Shoulder Roll - Rear Uppercut - Switch Round Kick - Cross - Lead Hook - Rear Low Round Kick

### Cross Counters

- Parry - Cross - Switch Round Kick
- Parry - Cross - Hook - Rear Round Kick
- Parry - Jab - Rear Round Kick
- Parry - Jab - Cross - Switch Round Kick

### Freestyle Pad Round

### 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 Burpees

