

Kickboxing Grading Curriculum



Year 3 – Quarter 3

Combinations –

- Push double jab - cross - rear mid round kick - lead leg hook kick
- Jab - fake rear mid round kick - cross
- Fake lead hook - mid rear round kick

Basics –

- Hook kick
- Double forearm cover

Jab catch set –

- Catch jab - return Jab - right kick
- Catch jab - jab - left Hook - right kick
- Catch jab - jab - left Hook - right cross - left inside leg kick

Jab counters –

- Catch - jab - right kick
- Catch - jab - cross - left kick
- Parry - cross - left kick
- Double forearm cover - cross - hook - right kick

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