

KICKBOXING SYLLABUS

YEAR 2 – QUARTER 3

Warm Up

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

Combinations

- Double Lead Leg Side Kick - Spin Hook Kick
- Switch Axe Kick - Cross - Lead Hook - Rear Leg Round Kick
- Jab - Cross - Lead Overhand - Rear Uppercut - Lead Overhand
- Rear Uppercut - Lead Hook - Cross - Rear Front Kick (Land Forwards) - Back Kick
- Low Cross - Lead Hook - Rear Overhand - Low Rear Round Kick
- Lead Leg Front Kick - Switch Leg Round Kick - Rear Leg Round Kick

Glove Drills

- Cross - Switch Mid Round Kick
- Cross - Hook - Cross
- Hook - Cross - Hook

10 Count Boxing Drill

- Jab - Jab - Cross - Hook - Cross - Lead Uppercut - Lead Hook - Cross - Bob & Weave (Holder Feeds A Lead Hook) - Cross

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

