

# KICKBOXING SYLLABUS

## YEAR 1 – QUARTER 1

### Warm Up

- 20 Press Ups
- 20 Sit Ups
- 20 Jump Jacks
- 10 Burpees

### Combinations

- Jab - Cross
- Cross - Lead Hook
- Backfist - Cross
- Jab - Cross - Lead Hook
- Jab - Cross - Rear Round Kick
- Switch Round Kick - Cross
- Lead Front Kick - Rear Round Kick

### Front Kick Variations

- Lead Leg
- Rear Leg
- Skip Front Kick

### Glove Drills –

- Defence From Jab/Cross (Parries)

### Fitness Test (1 minute duration)

- Shuttle Runs Vs Jump Jacks
- Shuttle Runs Vs Sit Ups

