

## Kickboxing Grading Curriculum



### Year 1 – Quarter 3

#### Footwork/Stance –

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

#### Combinations –

- Jab - Cross
- Jab - Cross - Switch Round Kick
- Lead Back Fist - Rear Hook - Rear Round Kick
- Jab - Cross - Lead Front Kick - Rear Round Kick
- Lead Hook (Head) - Rear Hook (Body) - Lead Hook (Head)
- Lead Hook - Rear Hook - Rear Knee

#### Basics –

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

#### Round Kick Variations –

- Rear Leg Kick
- Switch Kick
- Rear Leg Jump Kick

#### Fitness Test