

KICKBOXING SYLLABUS

YEAR 1 – QUARTER 2

Warm Up

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

Combinations

- Jab - Cross
- Jab - Cross - Uppercut
- Lead Front Kick - Cross - Lead Hook
- Back Fist - Switch Axe Kick - Cross
- Lead Side Kick - Cross
- Lead Front Kick - Rear Round Kick (Land Forward) - Lead Side Kick
- Elbow & Knee 4 Count - Lead Elbow - Rear Elbow - Rear Knee - Lead Knee

Axe Kick Variations

- Rear Leg
- Switch Kick
- Skip

Glove Drills

- Defence From Hooks & Uppercuts (Head)

Fitness Test (1 minute duration)

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

