

KICKBOXING SYLLABUS

YEAR 3 – QUARTER 2

Warm up

- 30 Press Ups
- 30 Sit Ups
- 30 Jump Jacks
- 20 Burpees
- Shadow Boxing

Combinations

- Rear round kick - spin hook kick - rear round kick
- Double jab - cross - spin crescent
- Double Jab – Rear Push Kick – Rear Axe Kick
- Lead Uppercut – Lead Hook – Cross – Rear Round Kick – Back Kick
- Low Cross – Rear Ridgehand – Lead Round Kick – Pendulum Back Fist – Spin Hook Kick
- 25 count boxing drill

3 count combos With Counters

- Jab - Cross - Hook = Counter With Hook - Cross
- Double Jab - Cross = Counter With Uppercut - Hook - Cross
- Hook - Cross - Hook = Counter With Lead Uppercut - Cross - Hook

Glove Drills - 2 Count Attack - Same Side

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

Glove Drills - 2 Count Attack - Opposite Side

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

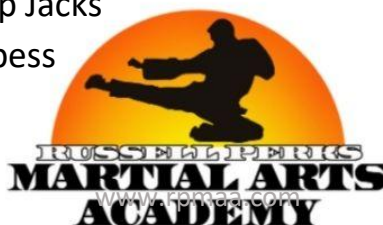
Freestyle Pad Round

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 Burpess



25 count boxing drill

1. Jab
2. Jab
3. Cross
4. Hook
5. Cross
6. Lead Uppercut
7. Lead Hook
8. Cross
9. Bob & Weave Right (Holder Feeds a Lead Hook)
10. Cross
11. Hook
12. Cross
13. Slip Right (Holder Feeds A Jab)
14. Slip Left (Holder Feeds A Cross)
15. Bob & Weave Right (Holder Feeds A Lead Hook)
16. Cross
17. Hook
18. Cross
19. Shoulder Roll Right (Holder Feeds a Right Cross)
20. Rear Uppercut
21. Lead Hook
22. Cross
23. Step & 1/4 Turn Left
24. Jab
25. Jab
26. Cross

