

Kickboxing Grading Curriculum



Year 1 – Quarter 2

Footwork/Stance –

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

Combinations –

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

Basics –

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

Axe Kick Variations –

- Rear Leg
- Switch Kick
- Skip

Fitness Test