

# KICKBOXING SYLLABUS

## YEAR 3 – QUARTER 1

### Warm Up

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

### Combinations

- Jab - Cross - Switch Step Cross
- Jab - Cross - Lead Uppercut - Weave Lead Hook - Rear Hook - Lead Hook - Rear Mid Round Kick
- Lead Side Kick - Step Through Side Kick
- Double Jab (Head & Body) - Cross - Rear Low Round Kick - Switch High Round Kick
- Jab - Cross - Jump Double Round Kick

### Glove drills – Front Kick Defence

- Jab - Cross
- Jab - Rear Uppercut
- Jab - Rear Overhand

### 4 count combos

- Lead leg shield (low kick) - cross - lead hook - rear leg mid round kick
- Inside cut kick - cross - body hook - rear leg mid round kick
- Jab - rear leg mid round kick - cross - switch mid round kick
- Switch mid round kick - jab - rear leg mid round kick - cross

### 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 Burpees

