

Kickboxing Grading Curriculum



Year 1 – Quarter 1

Footwork/Stance –

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

Combinations –

- Cross - Lead Hook
- Lead Hook - Cross
- Backfist - Cross
- Jab - Cross - Lead Hook
- Jab - Cross - Rear Round Kick
- Lead Front Kick - Rear Round Kick

Basics –

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

Front Kick Variations –

- Lead Leg
- Rear Leg
- Skip Front Kick

Defences –

- Parry's

Fitness Test