



**KICKBOXING**  
**SYLLABUS**  
**2020**

Instructor's Name:.....

# **GRADING NOTES TO HELP!**

## **All gradings will be marked on:**

Fitness, Power, Speed, Accuracy, Effort and Attitude.

## **Techniques:**

Techniques will be performed moving on the spot with guard up at all times.

## **Blocking Techniques:**

All techniques must be learnt by number.

To make it easier to understand all blocking techniques listed are explained in Left Stance, but they must be practised in both left and right stance.

All kicks are using the rear leg/arm unless stated otherwise.

## **Focus Pad Work:**

The student needs to be able to demonstrate how to hold & control the focus mitts for any partner paired up with, with speed and correct positions. Also, the student performing the actual techniques, should be able to do so under control with speed & accuracy, whilst always returning to a stable stance with guard in the correct position.

## **Bag Work:**

A students must hit the bag.

Don't push the bag. Don't make the bag swing all over the place. A push punch will only push the bag around as your arms get tired. A fast snap punch will jolt the bag in place.

Relax your arms and throw quick snapping punches. Commit some power but don't have your fist making contact with the bag for too long. As soon as you make contact, return that fist and throw the next punch.

Ground Your Feet When You Punch. Being grounded means more balance, more power, more control, more mobility to move away after the punch. You can move around all you want but when it comes time to punch, ground your feet.

# 1<sup>ST</sup> GRADE - WHITE BELT

## EXERCISES

All in quantities of 10: Sit-ups; Push-ups; Squat-jumps; Squat with front kick.  
Skipping for 2 minutes.

## TECHNIQUES

*All techniques are to be performed on the spot in both stances.*

### Hands:

- Shuffle forward with leading arm Jab
- Shuffle forward Jab and Cross punch
- Shuffle forward Jab and Reverse punch
- Shuffle forward with two Backfist (alternate arms)
- Shuffle forward Jab, Cross punch, two Backfist (alternate arms), Step Backfist Reverse Punch

### Legs:

- Shuffle forward then Front kick
- Shuffle forward then Side kick
- Shuffle forward then Roundhouse kick
- Back leg Front kick, Side kick, Roundhouse kick

Shadow Boxing (Hands) for 1 minute

Shadow Boxing (Legs) for 1 minute

Shadow Boxing (Hands + Legs) for 1 minute

Horse Riding Stance for 1 minute

# 2<sup>ND</sup> GRADE - BLUE BELT

## EXERCISES

All in quantities of 20: Sit-ups; Push-ups; Squat-jumps; Squat with front kick.  
Skipping for 2 x 2 minutes

## TECHNIQUES

*All techniques are to be performed on the spot in both stances.*

### Hands:

- Shuffle forward Jab and two Uppercuts
- Shuffle forward Jab and two Hook Punches
- Shuffle forward Jab and two Ridge Hands
- Shuffle forward double Jab, Duck, 2 Uppercuts (leading arm first), 2 Hooks, 2 Ridge hands
- Shuffle forward, 2 x Outer Block, 2 x Inner Block (alternate arms)

### Legs:

- Shuffle forward Jab, Cross Punch, Roundhouse kick (with rear leg)
- Shuffle forward Hook kick
- Back kick
- Shuffle forward Jab, Cross Punch, Roundhouse kick, step up Leading leg Hook Kick, Back kick

Shadow Boxing (Hands + Legs) for 2 minutes

### Blocking Techniques:

(These must be learnt by number i.e. you will be asked to perform No.1 blocking technique, then No.2 blocking technique etc).

- No. 1:  
Attacker: Left Stance. Shuffle forward punch to head with Left arm.  
Defender: Left Stance. Shuffle back, outer block with Right arm, grab arm, left elbow to side of temple.
- No. 2:  
Same as No. 1. - but in Right Stance

### Self Defence Technique:

Swinging Arm to Head

Sparring – Two x 2 minute rounds

Horse Riding Stance for 2 minutes

# 3<sup>RD</sup> GRADE - ORANGE BELT

## EXERCISES

All in quantities of 25: Sit-ups; Push-ups; Squat-jumps; Squat with front kick.

Skipping for 3 x 2 minutes

## TECHNIQUES

*All techniques are to be performed in both stances.*

- Shuffle forward Leading arm Inner Block Back fist (same arm), Rear arm Inner Block Back fist (same arm)
- Shuffle back Leading arm Outer Block cross punch (alternate arms), One step Leading arm Outer block cross punch (alternate arms)
- Shuffle back Leading arm Upper Block Reverse punch (alternate arm), One step Leading arm Upper Block Reverse punch (alternate arm)
- Jumping Front kick (with leading leg)
- Shuffle forward Side kick, Reverse Punch
- Shuffle forward, Leading arm Back Fist, Hook kick
- Shuffle back Lower Outer Block, Rear leg Front kick to the body

Shadow Boxing (Hands + Legs) for 3 minutes

### Blocking Techniques:

- No. 3:  
Attacker: Left Stance. Step forward punch to face with Right arm.  
Defender: Left Stance. Jump back, block down with left, Reverse punch over top with right arm.
- No. 4:  
Same as No. 3. - but in Right Stance

### Self Defence Technique:

Headlock

Sparring - Three x 2 minute rounds

Horse Riding Stance for 3 minutes

# 4<sup>TH</sup> GRADE - GREEN BELT

## EXERCISES

All in quantities of 30: Sit-ups; Push-ups; Squat-jumps; Squat with front kick.  
Skipping for 2 x 3 minutes

## TECHNIQUES

*All techniques are to be performed in both stances.*

- Switch Stance, Shuffle forward, Hook kick
- Shuffle forward Upper Block, Reverse punch, leading leg Hook Kick Roundhouse kick (same leg)
- Shuffle forward Reverse Punch, Ridge Hand (rear arm), Roundhouse Kick (leading leg)
- Roundhouse Kick, Spinning Kick (kicking with back leg first)
- Shuffle forward, Jab, Upper Cut, rear leg Axe Kick, skip up Axe kick (same leg)
- Jumping Roundhouse Kick (rear leg)

Shadow Boxing (Hand + Legs) for 4 minutes

Focus Pad Work (Hands + Legs) for 4 minutes

### Blocking Techniques:

- No. 5:  
Attacker: Left Stance. Shuffle Jab.  
Defender: Left Stance. Block up with left, Reverse punch (bending knees) to solar plexus
- No. 6:  
Attacker: Left Stance. Roundhouse kick to body with Right leg.  
Defender: Left Stance. Inner block with right leg. Roundhouse kick with same leg to head

### Self Defence Technique:

Double Arm Rear Bear Hug

Sparring – Four x 2 minute rounds

Horse Riding Stance for 4 minutes

# 5<sup>TH</sup> GRADE - PURPLE BELT

## EXERCISES

Skipping for 3 minutes (variation – i.e. double ropes, kris cross etc.)

## TECHNIQUES

*All techniques are to be performed in both stances.*

- Shuffle forward double Jab, 2 x bob & weave coming up with leading arm Uppercut, Hook punch (alternate arms).
- Shuffle forward Jab, Parry, Ridge Hand, step Hook punch to the head, shuffle in same arm elbow strike to body.
- Shuffle forward Jab, one step back fist, leading leg sweep to outside of the leg, reverse punch down.
- Open palm strike to face, Hammer punch to Shoulder blade
- Double Side Kick (rear leg), 2 x Knee thrust (alternate legs)
- Shuffle Back, Outer lower Block (front arm), Shuffle forward Backfist, Reverse Punch
- Shuffle jab, cross punch, elbow, Jumping Back kick (with rear leg)

Shadow Boxing (Hands + Legs) for 4 minutes

Focus Pad Word (Hands + Legs) for 4 minutes

### Blocking Techniques:

- No. 7:  
Attacker: Roundhouse kick to Body  
Defender: Left Lower Outer Forearm Block, Reverse Punch to Solar Plexus
- No. 8:  
Attacker: Roundhouse Kick to Head  
Defender: Right Forearm Inner Block, Step up Backfist With Same Arm

### Self Defence Technique:

Single Arm Rear Grab

Sparring - Five x 2 minute rounds

Horse Riding Stance for 5 minutes

# 6<sup>TH</sup> GRADE - BROWN BELT

## TECHNIQUES

*All techniques are to be performed in both stances.*

- Shuffle forward Jab, Hammer, Elbow (upwards to chin), one step Elbow (to temple), Spinning kick
- Shuffle forward Jab, Hammer, Elbow (to temple), Reverse Elbow (same arm), grab and rear knee to head.
- Shuffle forward Jab, Cross punch, one step Back fist, Reverse punch.
- Back fist, Double Side kick, Spinning kick (alternate legs starting with rear leg)
- Hook kick, Side kick, Jumping Back kick (alternate legs starting with rear leg)
- Jumping Hook kick (back leg), Back kick, Double Roundhouse kick

Shadow Boxing (Hands + Legs) for 5 minutes

Focus Pad work (Hands + Legs) for 5 minutes

### **Blocking Techniques:**

- No. 9:  
Attacker: Front kick to Groin  
Defender: Left Leg Stomp Kick, Right Knee Strike To The Body
- No. 10:  
Attacker: Front kick to Upper Chest  
Defender: Shuffle back Double Palm Block down, Jump Forward Leading Arm Elbow

### **Self Defence Techniques**

Wrist Grab

Sparring - Six x 2 minute rounds

Horse Riding Stance for 6 minutes



# 7<sup>TH</sup> GRADE - BROWN STRIPE BELT

## TECHNIQUES

*All techniques are to be performed in both stances.*

- Shuffle forward Jab, Double Bob & Weave, 2 Uppercuts (rear arm first), 2 Hooks, Jumping Spinning kick.
- Shuffle forward Jab, one step Backfist, Spinning Backfist.
- Shuffle forward Jab, 2 Hammer, 2 Elbow (upwards to chin), Hammer punch.
- Rear leg Front kick, Jumping (leading leg) Axe kick, 2 Hook kicks (alternate legs).
- Rear leg Roundhouse kick, Jumping Spinning kick, Jumping Spinning kick.
- Rear leg Jumping Back kick, Jumping Side kick (back legs)
- Roundhouse kick, Spinning kick, Cyclone kick.

Shadow Boxing (Hands + Legs) for 6 minutes

Focus Pad Work

Bag work (Hands + Legs) for 6 minutes

### **Blocking Techniques:**

- No. 11:  
Attacker: Side kick to Body  
Defender: Right leg step across, Left Lower Inner Block, Spinning Kick
- No. 12:  
Attacker: Hammer punch to Head  
Defender: Left Upper Rising Block, Palm Strike Under Chin

### **Self Defence Techniques**

Hair or Ear Grab

Sparring - Seven x 2 minute rounds

Wood Breaking (1 board) using Reverse Punch

Horse Riding Stance for 6 minutes

# **8<sup>TH</sup> GRADE - BLACK BELT 1<sup>st</sup> Dan**

Seniors (18yrs+)

Must have attended brown/stripe training courses.

## **TECHNIQUES**

*All techniques are to be performed in both stances.*

- Shuffle forward with leading arm Jab.
- Shuffle forward Jab and Cross punch.
- Shuffle forward Jab and Reverse punch.
- Shuffle forward with two Backfist (alternate arms).
- Shuffle forward Jab, Cross punch, two Backfist (alternate arms), Step Backfist Reverse Punch.
- Shuffle forward then Front kick.
- Shuffle forward then Side kick.
- Shuffle forward then Roundhouse kick.
- Back leg Front kick, Side kick, Roundhouse kick.
- Shuffle forward Jab and two Uppercuts.
- Shuffle forward Jab and two Hook Punches.
- Shuffle forward Jab and two Ridge Hands.
- Shuffle forward double Jab, Duck, 2 Uppercuts (leading arm first), 2 Hooks, 2 Ridge hands.
- Shuffle forward, 2 x Outer Block, 2 x Inner Block (alternate arms).
- Shuffle forward Jab, Cross Punch, Roundhouse kick (with rear leg).
- Shuffle forward Hook kick.
- Back kick.
- Shuffle forward Jab, Cross Punch, Roundhouse kick, step up Leading leg Hook Kick, Back kick.
- Shuffle forward Leading arm Inner Block Back fist (same arm), Rear arm Inner Block Back fist (same arm).
- Shuffle back Leading arm Outer Block cross punch (alternate arms), One step Leading arm Outer block cross punch (alternate arms).
- Shuffle back Leading arm Upper Block Reverse punch (alternate arm), One step Leading arm Upper Block Reverse punch (alternate arm).
- Jumping Front kick (with leading leg).
- Shuffle forward Side kick, Reverse Punch.
- Shuffle forward, Leading arm Back Fist, Hook kick.
- Shuffle back Lower Outer Block, Rear leg Front kick to the body.
- Switch Stance, Shuffle forward, Hook kick.
- Shuffle forward Upper Block, Reverse punch, leading leg Hook Kick Roundhouse kick (same leg) .
- Shuffle forward Reverse Punch, Ridge Hand (rear arm), Roundhouse Kick (leading leg).
- Roundhouse Kick, Spinning Kick (kicking with back leg first).
- Shuffle forward, Jab, Upper Cut, rear leg Axe Kick, skip up Axe kick (same leg).
- Jumping Roundhouse Kick (rear leg).
- Shuffle forward double Jab, 2 x bob & weave coming up with leading arm Uppercut, Hook punch (alternate arms).
- Shuffle forward Jab, Parry, Ridge Hand, step Hook punch to the head, shuffle in same arm elbow strike to body.
- Shuffle forward Jab, one step back fist, leading leg sweep to outside of the leg, reverse punch down.
- Open palm strike to face, Hammer punch to Shoulder blade.
- Double Side Kick (rear leg), 2 x Knee thrust (alternate legs).
- Shuffle Back, Outer lower Block (front arm), Shuffle forward Backfist, Reverse Punch.

- Shuffle jab, cross punch, elbow, Jumping Back kick (with rear leg).
  - Shuffle forward Jab, Hammer, Elbow (upwards to chin), one step Elbow (to temple), Spinning kick.
  - Shuffle forward Jab, Hammer, Elbow (to temple), Reverse Elbow (same arm), grab and rear knee to head.
  - Shuffle forward Jab, Cross punch, one step Back fist, Reverse punch.
  - Back fist, Double Side kick, Spinning kick (alternate legs starting with rear leg).
  - Hook kick, Side kick, Jumping Back kick (alternate legs starting with rear leg).
  - Jumping Hook kick (back leg), Back kick, Double Roundhouse kick.
  - Shuffle forward Jab, Double Bob & Weave, 2 Uppercuts (rear arm first), 2 Hooks, Jumping Spinning kick.
  - Shuffle forward Jab, one step Backfist, Spinning Backfist.
  - Shuffle forward Jab, 2 Hammer, 2 Elbow (upwards to chin), Hammer punch.
  - Rear leg Front kick, Jumping (leading leg) Axe kick, 2 Hook kicks (alternate legs).
  - Rear leg Roundhouse kick, Jumping Spinning kick, Jumping Spinning kick.
  - Rear leg Jumping Back kick, Jumping Side kick (back legs).
  - Roundhouse kick, Spinning kick, Cyclone kick.
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- One step Backfist, Spinning Backfist, Knee thrust to side of body, Knee thrust to solar plexus.
  - Shuffle forward Jab, jump back blocking down with same arm, Shuffle forward Reverse punch, Side kick (leading leg), Back kick.
  - Shuffle forward finger jab to eyes, one step Elbow, Grab and Front Sweep.
  - Hook kick + Roundhouse kick (same leg), Hook kick + Roundhouse kick (same leg), Jumping Spinning kick.
  - Jump back with Side kick, Backfist & Reverse punch (Blitz technique).
  - Rear leg Outer Crescent kick, one step jumping Cyclone kick.

Blitz Technique for 2 minutes

Shadow Boxing (Hands + Legs) for 10 minutes

Bag Work (Hands + Legs) for 10 minutes

### **Focus Pad Work**

*To be demonstrated from both left and right stances.*

- Shuffle forward Jab, Cross Punch, Roundhouse kick (with rear leg)
- Lead arm Back Fist, skip-up, Hook kick
- Shuffle forward Reverse Punch, Ridge Hand (rear arm), Roundhouse Kick (leading leg)
- Roundhouse Kick, Spinning Kick
- Shuffle forward Jab, Hook punch, Uppercut (alternate arms)
- Shuffle forward Jab, Ridge Hand, Hook punch to the head (alternate arms)
- Shuffle Back, Outer lower Block, Back Fist, Reverse Punch (Blitz Technique)
- Side kick, Spinning kick (alternate legs)
- Shuffle forward Jab, 2 Uppercuts, 2 Hooks.
- Shuffle forward Jab, one step Back Fist, Spinning Back Fist.
- Jumping Hook kick (back leg), Back kick, Double Roundhouse kick
- Roundhouse kick, Jumping Spinning kick, Jumping Spinning kick
- Shuffle forward Jab, jump back blocking down with same arm, Shuffle forward, Reverse punch, Side kick (leading leg), Back kick.
- Hook kick + Roundhouse kick (same leg), Hook kick + Roundhouse kick (same leg), Jumping Spinning kick.

## **Blocking Techniques**

- Nos. 1 – 12
- No. 13:  
Attacker: Ridge Hand to Head  
Defender: Left Upper Outer Block, Lead Led Sidekick
- No. 14:  
Attacker: Roundhouse kick to Body  
Defender: Left Knee/Shin Block, Right Leg Front Kick

## **Self Defence Techniques**

- Swinging Arm to Head
- Headlock
- Double Arm Rear Bear Hug
- Single Arm Rear Grab
- Wrist Grab
- Hair or Ear Grab
- Football Kick
- Push up against Wall

Sparring - Ten x 2 minute rounds

Wood Breaking (2 boards) using Reverse Punch

Horse Riding Stance