

KICKBOXING

SYLLABUS

RED BELT

1ST GRADE

Skipping / Shadow Sparring: 1x 2 minute round each

Line Work: Techniques to be performed in both stances.
Kicking off the rear leg, landing in front.

1. Shuffle Forward Jab
2. Shuffle Forward Jab, Cross
3. Shuffle Forward Jab, Cross, Hook
4. Chamber
5. Round kick (front leg)
6. Side Kick (front leg)

Board Break

Pad Work: 1x 2 minute round

Horse Stance: Up to 1 Minute

YELLOW BELT

2ND GRADE

Skipping / Shadow Sparring: 1x 2 minute round each

Line Work: Techniques to be performed in both stances.
Kicking off the front leg, landing in front.

1. Shuffle Forward Backfist, reverse punch
2. Jab, Cross, Double Block, Cross, Hook
3. Jab, Cross, Front Leg Round-kick
4. Round-Kick (Back leg)
5. Side Kick, Upper Block Reverse Punch
6. Jab, Cross, Hook, Back leg Front Kick

Board Break

Pad Work: 2x 2 minute round

Sparring: 2x 2 minute round

Horse Stance: Up to 2 Minutes

ORANGE BELT

3RD GRADE

Skipping / Shadow Sparring: 1x 2 minute round each

Line Work: Techniques to be performed in both stances. All
Kicks are landing in front unless otherwise stated.

1. Jab, Cross, Slip, Cross
2. Jab, Cross, Hook, Roll, Hook
3. Backfist, Round Kick
4. Side Kick, Round Kick (on spot)
5. Jab, Leg Kick
6. Step back, Sidekick

Board Break

Pad Work: 3x 2 minute round

Sparring: 3x 2 minute round

Horse Stance: Up to 3 Minutes

GREEN BELT

4TH GRADE

Skipping / Shadow Sparring: 1x 2 minute round each

Line Work: Techniques to be performed in both stances. All
Kicks are landing in front unless otherwise stated.

1. Backfist, Round-Kick, Reverse Punch, Reach-Hand, Round-Kick
2. Pushing Forward Jab, Cross to head
3. Shuffle Forward Jab, Step angle cross, Lead leg round kick, return to position
4. Skip up Back fist into Hook Kick
5. Spinning Hook Kick (Rear Leg), Finishing same stance
6. Traveling Side Kick

Board Break

Pad Work: 4x 2 minute round

Sparring: 4x 2 minute round **Sparring-Drills:** Drills 1-2

Horse Stance: Up to 4 Minutes

BLUE BELT

5TH GRADE

Skipping / Shadow Sparring: 1x 2 minute round each

Line Work: Techniques to be performed in both stances. All kicks are landing in front unless otherwise stated.

1. Jab, Body Cross, Hook to head, Cross to head
2. Jab, Cross, Clinch, Rear Knee
3. Superman Punch
4. Shuffle Forward, Front Leg Axe Kick
5. Back Legs Steps, Spinning Hook Kick
6. Jumping Back kick

Board Break

Pad Work: 5x 2 minute round

Sparring: 5x 2 minute round **Sparring-Drills:** Drills 1-4

Horse Stance: Up to 5 Minutes

PURPLE BELT

6TH GRADE

Skipping / Shadow Sparring: 1x 2 minute round each

Line Work: Techniques to be performed in both stances. Kicking off the front leg, landing in front.

1. Jab, Right Body Kick, Cross, Hook, Right Knee, Back to Stance
2. Jab, Cross, Pivot Hook, Upper, Cross (same hand)
3. Jab, Collapsing Elbow, Rear Upper Elbow
4. Traveling Side Kick, Round Kick, Cross, Hook, Cross
5. Defensive Side Kick, Back
6. Jumping Sidekick (Back Leg)

Board Break

Pad Work: 5x 2 minute round

Sparring: 6x 2 minute round **Sparring-Drills:** Drills 1-6

Horse Stance: Up to 6 Minutes

BROWN BELT

7TH GRADE

Skipping / Shadow Sparring: 1x 2 minute round each

Line Work: Techniques to be performed in both stances. Kicking off the front leg, landing in front.

1. Jab, Pull Back, Cross
2. Double Cover, Shuffle Forward, Slip outside, Slip inside, Body Hook, Head Hook (same arm), Cross
3.
4. 360 Kick
5. Traveling Side Kick, Round Kick, Hook Kick (same leg)
6. Back Leg Round, Place Back Down, Jumping Spinning Kick

Board Break

Pad Work: 5x 2 minute round

Sparring: 8x 2 minute round **Sparring-Drills:** Drills 1-8

Horse Stance: Up to 8 Minutes

BLACK BELT

8TH GRADE

Skipping / Shadow Sparring: 1x 2 minute round each

Line Work: Every technique from each grade of syllabus.

Board Break

Pad Work: 5x 2 minute round

Sparring: 10x 2 minute round **Sparring-Drills:** Drills 1-10

Horse Stance: Up to 15 Minutes

SPARRING DRILLS



BELT

ATTACKER

DEFENDER

Yellow

- Backfist
- Jab

- Upper Block Reverse Punch
- Parry

Orange

- Backfist (Open Stance)
- Jab

- Front Arm Block Down, Cross
- Lead Arm Block Down, Reverse Punch

Green

- Jab
- Back Leg Round Kick

- Slip, Cross
- Lead Leg Check, Back Leg, Round Kick

Blue

- Lead Leg Front Kick
- Shuffle Forward Block

- Front Leg Sweep, Cross
- Angle Hook Kick

Purple

- Lead Leg Round Kick, Jab, Cross
- Lead Leg Round Kick

- Block, Round Kick, Parry, Block, Cross, Hook, Backleg, Round Kick
- Block Kick, Spinning Kick

Brown

- Cover Body
- Side Kick, Round Kick, Backfist

- Jump Back Kick
- Block, Defensive Side Kick, Angle, Reverse Blitz, Cross