



KICKBOXING SYLLABUS

RED BELT 1ST GRADE

Mission Statement of Grade: Learning the basics of Martial Arts and training; from stances, to punches, kicks, break falls and pad work.

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.

- Shuffle Forward Jab
- Shuffle Forward Jab, Cross
- Shuffle Forward Jab, Cross, Hook
- Front Snap Kick
- Round Kick
- Side Kick

Break Falls:

- Front
- Back
- Side (both sides)

Self Defence:

- Single arm choke

Pad Work: 1x 2 minute round

Horse Stance: Up to 1 minute

YELLOW BELT 2ND GRADE

Mission Statement of Grade: Understanding basic boxing and kickboxing combinations alongside more advanced padwork, self-defence and break falls.

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.

- Any technique from Red Belt
- Shuffle Forward, Jab, Slip, Cross
- Shuffle Forward Cross, Hook, Cross, Roll
- Shuffle Forward Jab, Uppercut, Hook, Roll
- Switch Front Snap Kick
- Switch Round Kick
- Shuffle Forward Side Kick

Break Falls:

- Front
- Back
- Side (both sides)
- Rolling (both sides)

Self Defence:

- Double arm strangle attack. Opponent to end up on ground.
- Self defence from previous grade.

Pad Work: 2x 2 minute round

Sparring: 2x 2 minute round

Horse Stance: Up to 2 minutes

ORANGE BELT 3RD GRADE

Mission Statement of Grade: To show a thorough understanding of boxing and kickboxing combinations; to be demonstrated in line work, padwork and sparring.

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.

- Any technique from Red and Yellow Belts.
- Shuffle Forward, Jab, Parry, Lead Hook
- Shuffle Forward, Jab, Lead Side Slip, Lead Body Hook
- Shuffle Forward Jab, Cross, Round Kick Rear Leg
- Travelling Front Kick (front leg)
- Travelling Side Kick (front leg)
- Back Kick (rear leg)

Break Falls:

- Front
- Back
- Side (both sides)
- Rolling (both sides)
- Rolling (both sides) over partner or an object.

Self Defence:

- Single jacket grab. Defender to control and restrain.
- Self defence from previous grade.

Pad Work: 3x 2 minute round

Sparring: 3x 2 minute round

Horse Stance: Up to 3 minutes

GREEN BELT 4TH GRADE

Mission Statement of Grade: Movement; students need to show understanding of movement in all directions, creating new angles and opportunities for both attack and defence.

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.

- Any technique from Red, Yellow and Orange Belts.
- Jab whilst moving backwards, double cover, cross and hook whilst moving backwards.
- Shuffle Forward, Jab, step angle cross, lead leg round kick and return to start position.
- Shuffle Forward Cross, rear pivot back, lead leg side kick and return to start position.
- Shuffle forward axe kick front leg.
- Skip up back fist into hook kick front leg.
- Spinning hook kick rear leg.

Self Defence:

- Double jacket grab. Defender to show variations on throws.
- Self defence from previous grade.

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

Mission Statement of Grade: Weaponised movement; showing more advanced kickboxing techniques and showing a thorough understanding of kickboxing across the entire range of rule sets.

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.

- Any technique from Red, Yellow, Orange and Green Belts.
- Alternate angle blitz (showing front and back angles).
- Shuffle jab, collapsing elbow, rear elbow.
- Travelling side kick lead leg into roundhouse kick, cross, hook, cross.
- Defensive side kick, jumping back kick moving backwards.
- Spinning hook kick front leg (one step)
- Jumping roundhouse kick rear leg.

Self Defence:

- Swinging punch. Defender to show speed & aggression
- Self defence from previous grade.

Pad Work: 5x 2 minute round

Sparring: 5x 2 minute round

Sparring Drills: Drills 1-4

Horse Stance: Up to 5 minutes

BROWN BELT 7TH GRADE

Mission Statement of Grade: Students are expected to display a detailed understanding of all kickboxing techniques and movement across a full range of rule sets.

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.

- Any technique from Red, Yellow, Orange, Green, Blue and Purple Belts.
- Travelling side kick, hold chamber, jumping spinning hook kick rear leg.
- Shuffle jab, sternum elbow, angle whilst pulling opponents guard down, cross.
- Jumping spinning hook kick rear leg (land back), jumping round kick.
- Front kick rear leg, jumping axe kick front leg, hook kick rear leg, hook kick rear leg.
- Rear leg whirlwind kick (one step jump spinning inside crescent kick).
- Shuffle jab, reverse punch, 'Raymond Daniels' double jump back kick (jumping front leg side kick into spinning back kick rear leg).

Self Defence:

- Prone position football kick.
- Self defence from previous grade.

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

Mission Statement of Grade: Everything. This is the end of one journey and the start of another.

Skipping / Shadow Sparring: 1x 2 minute round each.

Line Work: Every technique from each grade of the syllabus

Self Defence:

- Open self defence to any situation

Pad Work: 5x 2 minute round

Sparring: 10x 2 minute round

Sparring Drills: Drills 1-10

Horse Stance: Up to 15 minutes

PURPLE BELT 6TH GRADE

Mission Statement of Grade: Minimal space and full contact kickboxing; this grade shows a detailed understanding of techniques to use in minimal space as seen in full contact kickboxing or Muay Thai.

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.

- Any technique from Red, Yellow, Orange, Green and Blue Belts.
- Shuffle double cover, Thai clinch, rear knee, side stab knee from front knee, jump rear near (rear leg).
- Shuffle jab, lead side roll, side clinch to an angle, rear knee to head, rear foot sweep.
- Lead leg check, lead leg switch round kick returned, cross, hook, rear leg round kick to leg. Return to stance.
- Switch round kick to head, cross, body hook/head hook lead arm, rear leg round kick to head, return to stance.
- Retreat, rear arm body block, rear uppercut, lead hook, cross, 'superman' punch.
- Jumping spinning hook kick front leg.

Self Defence:

- Head lock
- Self defence from previous grade.

Pad Work: 5x 2 minute round

Sparring: 6x 2 minute round

Sparring Drills: Drills 1-6

Horse Stance: Up to 6 minutes

SPARRING DRILLS

	ATTACKER	DEFENDER
GREEN	1 Lead leg side kick	Lead arm block down reverse punch
	2 Rear leg round kick to leg	Lead leg check
BLUE	3 Front leg front kick to chest	Lead arm sweeping block and angle away
	4 Switch round kick to leg	Rear leg check, cross, hook, round kick, return to stance
PURPLE	5 Travelling side kick to the body	Lead arm outer scoop, angle and counter
	6 Clinch hold	Inward rotation of lead arm, counter cross and hook
BROWN	7 Lead leg round kick to the head	Spinning hook kick rear leg
	8 Shoulder pushing	Jump back kick rear leg
BLACK	9 Lead leg side kick	Opposite stance! Inner scoop with lead hand, counter ridge hand
	10 Round kick rear leg to body	Catch leg, step through sweep, counter on ground

