

JUNIOR KICKBOXING SYLLABUS

Ages 8-15 years

YELLOW BELT

Basic Stance:

Hands up beside face, chin down
Shoulders slightly raised
Elbows lightly pressed to sides
Light on feet and balanced
Knees bent

Jab (#1):

Straight punch to head or body
Comes off front hand
Keep chin down, hands up
Punch straight in front of your nose
Raise front shoulder as you punch
Bring hand back to face after contact

Defences: Front Head Cover

Bring forearms in front of face
Make sure hands are on top of head
Block punches on arms/elbows

Boxing Combo no1:

Double Jab - Cross

Set Combination:

Front Kick – Jab - Cross

Fitness requirements: (Maximum repetitions)

Push ups in 30 seconds, Sit ups in 30 seconds, Squats in 30 seconds

Equipment Requirements:

Uniform, boxing gloves

Cross (#2):

Straight punch to head or body
Comes off the rear hand
Turn hips & shoulders as you punch
Rotate on ball of back foot
Punch straight in front of nose
Bring hand back to face after contact

Front Kick L & R:

Start from guard position (hands up)
Bring up knee
Kick partner away with ball of foot
Maintain balance and guard
Bring foot back to ground

Defences: Shin Block

As partner kicks to leg or body, raise shin to side
Bring knee to elbow
Keep hands up when using the shin block

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ORANGE BELT

Hook Punch (#3-4 Lead-Rear):

Start close to partner
Rotate on ball of foot & turn shoulders
Raise elbow and punch across body to side of partners head or body
Bring hand straight back to guard
Keep other hand up throughout

Uppercut Punch (#5-6 Lead-Rear):

Start close to partner
Lower body slightly
Punch upwards under partners chin as you drive up with your legs
Palm should be facing you as punch lands
Bring hand straight back to guard

Round Kick L & R:

Start from guard position (hands up)
Turn support foot
Turn the hands & hips
Keep the hands up throughout
Keep the leg straight
Swing shin into target (leg, body, head)

Defences:

Hook cover
Uppercut Cover

Boxing Combo no2: Jab – Cross - Hook

Set Combination:

Front Kick – Jab – Cross – Hook - Uppercut

Fitness Requirements: (Maximum Repetitions)

Push ups in 45 seconds, Sit ups in 45 seconds, Squats in 45 seconds

Sparring:

Shadow sparring

Equipment Requirements:

Uniform, Boxing Gloves

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GREEN BELT

Long & Switch Knees:

Lean back and thrust point of knee towards partner's stomach
Keep on hand up to guard
Try to push hips forward and push off floor as you knee
Bring foot back to your stance after contact

Skip Knee:

Grab partners head with both hands (double neck tie)
Keep elbows down
Skip one leg back and knee into body as you pull with arms
Place foot down and skip other leg back and knee
Repeat....

Snap & Straight Elbows L & R:

Start close to your partner
Place thumb in armpit with palm facing down
Turn shoulders, hips and feet
Try to snap elbow across body
Strike with the tip of your elbow
Keep guard hand up

Upward & Downward Elbows L & R:

Start close to your partner with your guard up
Snap elbow upwards/downwards into target areas (chin, collar bone, face)
Keep guard hand up
Maintain balance at all times

Defences:

Use forearm or elbow tip to block knees

Defences:

Use forearms to block elbows

Boxing Combo no3:

Cross – Hook - Cross

Boxing Combo no4:

Hook – Cross - Hook

Set Combination:

Front Kick – Jab – Cross – Hook – Uppercut – Long Knee – Elbow L&R

Sparring:

One for one body sparring

Fitness Requirements:

Push ups in 45 seconds, Sit ups in 45 seconds, Squats in 45 seconds

Equipment Requirements:

Uniform, Shin & foot protectors, Boxing Gloves, Groin Guard, Mouth Guard

Good Behaviour at home: Listening to your parents, keeping your bedroom clean, and passing school work is a requirement for all grades!

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BLUE BELT

Lead Leg Round Kick:

Turn body sideways to partner
Lift knee (chamber position)
Extend lower half of leg from the knee and strike with the instep
Place foot back on ground immediately
Maintain balance and guard up at all times

Lead Leg Side Kick:

Turn body sideways to partner
Lift knee (chamber position)
Extend leg and strike with the heel
Place foot back on the ground immediately
Maintain balance and guard up at all times

Defences: Crash or block with front knee/elbow

Boxing Combo no5: Overhand – Uppercut - Overhand

Set Combination:

Front Kick – Jab – Cross – Hook – Uppercut – Long Knee – Elbow L&R – Push partner away and Round Kick L&R

Sparring:

Free style body sparring

Fitness Requirements: (Maximum Repetitions)

Push ups in 60 seconds, Sit ups in 60 seconds, Squats in 60 seconds

Equipment Requirements:

Uniform, Shin & foot protectors, Boxing Gloves, Groin Guard, Mouth Guard

Crescent Kick (Inside and Outside):

Keep body facing forward
Straighten leg and strike with side of foot, moving from outside to inside in a crescent shape (or inside to outside)
Place foot back on ground immediately
Maintain balance and guard up at all times

Overhand Punch:

Step front foot in direction of punch
Shift weight onto front leg
Load the punch and arch over opponents lead hand
(Set up with jab or pulling opponents lead hand down works well)

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PURPLE BELT

Jump Front Kick L & R:

Start from guard position (hands up)
Bring up knee
Jump and front kick with support leg
Maintain balance and land in stance

Jump Round Kick L & R:

Start from guard position (hands up)
Bring up knee
Jump and round kick with support leg
Maintain balance and land in stance

Boxing Combo no6: Triple Hook (High/Low/High)

Set Combination:

Front Kick – Jab – Cross – Hook – Uppercut – Long Knee – Elbow L&R – Push partner away and Round Kick L&R – Skip Knees

Sparring:

Body sparring & low kicks

Fitness Requirements: Maximum Repetitions

Push ups in 90 seconds, Sit ups in 90 seconds, Squats in 90 seconds, 25 x Burpees

Equipment Requirements:

Uniform, Shin & foot protectors, Boxing Gloves, Groin Guard, Mouth Guard

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JUNIOR KICKBOXING SYLLABUS

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BROWN BELT

Spin Crescent Kick:

Turn front leg
Look over rear shoulder
Bring leg around in an arc
Keep leg straight and hit with outside edge of foot
Maintain balance and return to guard position

Spin Heel Kick:

Turn front leg
Look over rear shoulder
Bring rear leg around in arc striking with heel
Maintain balance and return to guard position

Spin Side Kick:

Turn front leg
Look over rear shoulder
Chamber rear leg for side kick
Extend leg and strike with heel in a straight line
Maintain balance and return to guard position

Defences: Block/Jam against Spin Kicks

Boxing Combo no7: Rear Uppercut – Lead Hook - Cross

Set Combination:

Front Kick – Jab – Cross – Hook – Uppercut – Long Knee – Elbow L&R – Push partner away and Round Kick L&R – Skip Knees - Spin Back Fist

Sparring:

Free style sparring (light contact to head)

Fitness Requirements: (Maximum Repetitions)

Push ups in 90 seconds, Sit ups in 90 seconds, Squats in 90 seconds, 35 x Burpees

Equipment Requirements:

Uniform, Shin & foot protectors, Boxing Gloves, Groin Guard, Mouth Guard

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JUNIOR KICKBOXING SYLLABUS

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JUNIOR BLACK BELT w/WHITE STRIPE

YOUR INSTRUCTOR WILL LET YOU KNOW WHEN YOU ARE READY TO TAKE YOUR BLACK BELT EXAM

Jump 720 Round Kick

Round kick misses target
Spin around and pick up lead knee
Jump round kick into target

Double jump kicks

Front kick to jump round kick
Round kick to jump round kick
Side kick to jump round kick

Leg Boxing: (Multiple kick combinations without putting foot down)

2, 3 & 4 kicks without putting the foot down (both sides)

Boxing Combo no. 8

Jab – Spin Back Fist – Superman punch

Free Style Pad Work

Free pad training demonstrating punching, knees, elbows, basic, intermediate and advanced kicks, blocking, slipping, rolling, shin checks, boxing combos, set combo

Set Combination

Front Kick – Jab – Cross – Hook – Uppercut - Long Knee – Elbow L&R – Push partner away and Round Kick L&R – Skip Knees – Spin Back Fist – Jump 720 Round Kick

Sparring: Shark Tank

(3 rounds of free style kickboxing sparring with three black belts in a row)

Fitness Requirements

50x Burpees, 100x Push ups, 150x Squats, 200x Sit ups, 2-minute Plank, 250x Kicks on Punch bag

Demonstrate previous grading techniques to Black Belt Level on punch bag.

3 x 3-minute rounds

Interview with chief instructor to assess goals, understanding and attitude

Equipment Requirements:

Uniform, Shin & foot protectors, Boxing Gloves, Groin Guard, Mouth Guard

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