



COMBAT ACADEMY UK KICKBOXING ORANGE BELT

TRAINING COMMITMENT AND ATTENDANCE:

Minimum 24 hours (at previous belt) of official sessions as recorded in training log.

PAD WORK/TECHNICAL SKILLS REQUIREMENT:

Demonstration of technical skills of previous syllabus.

Jab, Cross, Lead Hook, Rear Uppercut (1-4)

Jab, Cross, Lead Uppercut, Cross (5-8)

Jab, Cross, Lead Shovel Punch, Rear Uppercut, Lead Hook (9-13)

Lead Switch Kick (14-16) TM

Lead Low High Side Kick (17-18)

Axe Kick (Lead and Rear) (19-20)

Use of general blocks demonstrating adequate defences (21)

3 x 2 minute pad round (Random format based on above).

CONTROLLED SPARRING REQUIREMENT:

3 x 3 minute sparring round.

FITNESS REQUIREMENT:

General fitness demonstration as grading officer requires.





Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10



Figure 11



Figure 12



Figure 13



Figure 14



Figure 15



Figure 16



Figure 17



Figure 18



Figure 21. Random blocking sequences as requested by grading officer.



Figure 19



Figure 20

