



COMBAT ACADEMY UK KICKBOXING YELLOW BELT

TRAINING COMMITMENT AND ATTENDANCE:

Minimum 18 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 (1-3)

Jab, Cross, Lead Uppercut (4-6)

Jab Cross Lead Shovel Punch (7-9)

Lead Side Kick – Mid level (10)

Back Kick (11)

Jumping Front Kick (12-14)

Lead Step-up Side Kick – Mid Level (15-16)

General blocks demonstrating adequate defences (17-20)

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

CONTROLLED SPARRING REQUIREMENT:

2 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 Outside Parry



Figure 18 Split Parry



Figure 19 Inside Parry



Figure 20 Split Reverse Parry