



COMBAT ACADEMY UK KICKBOXING RED BELT

CORRECT BOW AND ETIQUETTE (1+2)

Where and when to bow – clean and presentable club uniform kickboxing shorts and club T-shirt also acceptable. (1+2)

TRAINING COMMITMENT AND ATTENDANCE:

Minimum 12 hours of official sessions as recorded in training log.

PAD WORK/TECHNICAL SKILLS REQUIREMENT:

Jab, Cross (3+4)

Jab, Rear Hook (5+6)

Front Kick – Mid level (7)

Round Kick – Thigh and mid level (8+9)

Demonstrate effective use of close blocks (10)

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

CONTROLLED SPARRING REQUIREMENT:

1 x 3 minute sparring round (Protective wear must be worn!)

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

