

KICKBOXING SYLLABUS



PUNCH



INTRODUCTION



Kickboxing is based on kicking and punching, historically developed from karate mixed with boxing. Kickboxing is practiced for self-defence, general fitness, or as a contact sport.

Japanese kickboxing originated in the 1960s, with competitions held since then. American kickboxing originated in the 1970s and was brought to prominence in September 1974, when the Professional Karate Association (PKA) held the first World Championships.

Historically, kickboxing can be considered a hybrid martial art formed from the combination of elements of various traditional styles. This approach became increasingly popular since the 1970s, and since the 1990s, kickboxing has contributed to the emergence of mixed martial arts via further hybridisation with ground fighting techniques from ju-jitsu and wrestling.

Throughout your progression of achieving belts with us it is important to know that as with all martial arts you must demonstrate that you are training and sparring with controlled technique so as not to cause injuries to others.

Flow, style, technical level and use of footwork will all be taken into account with final grading decisions. This also forms a large part of both achieving the belts and also being nominated for belts.

Junior members are expected to spar with controlled contact to the body only until such a time that adequate control is demonstrated.

In all cases you will be expected to train and grade with a variety of different training partners, and wear appropriate personal protective equipment. The Cobra Martial Arts Association PPE and sparring policy is available at:

www.combatacademy.co.uk/information/downloads/

This outline can be used by your club instructor to plot your progress through the syllabus, print a copy and take it to class with you, let your instructor know you have it!

Master Ian Gaudie,
Head Instructor C.A.UK

KICKBOXING SYLLABUS

TAKE THINGS AS THEY ARE.

PUNCH

WHEN YOU HAVE TO PUNCH.



KICK

WHEN YOU HAVE TO KICK.

RED BELT





KICKBOXING SYLLABUS **RED BELT**



1 CORRECT BOW AND ETIQUETTE

Where and when to bow – clean and presentable club uniform kickboxing shorts and club T-shirt also acceptable

2 TRAINING COMMITMENT AND ATTENDANCE

Minimum 12 hours of official sessions as recorded in training log

3 PAD WORK/TECHNICAL SKILLS REQUIREMENT

JAB, CROSS

JAB, REAR HOOK

FRONT KICKS – MID LEVEL

ROUNDHOUSE KICKS – THIGH AND MID LEVEL

DEMONSTRATE EFFECTIVE USE OF CLOSE BLOCKS

1 X 2 MINUTE PAD ROUND (RANDOM FORMAT BASED ON ABOVE)

4 CONTROLLED SPARRING REQUIREMENT

1 x 3 minute sparring round

5 FITNESS REQUIREMENT

General fitness demonstration as grading officer requires

KICKBOXING SYLLABUS

AS YOU
THINK,
SO SHALL YOU
BECOME



YELLOW BELT





KICKBOXING SYLLABUS **YELLOW BELT**



1 TRAINING COMMITMENT AND ATTENDANCE

Minimum 18 hours (at previous belt) of official sessions as recorded in training log

2 PAD WORK/TECHNICAL SKILLS REQUIREMENT

JAB, CROSS, LEAD HOOK

JAB, CROSS, LEAD UPPERCUT

JAB CROSS LEAD SHOVEL PUNCH

LEAD SIDE KICK – MID LEVEL

BACK KICK

JUMPING FRONT KICK (SCISSOR KICK)

LEAD STEP-UP SIDE KICK – MID LEVEL

GENERAL BLOCKS DEMONSTRATING ADEQUATE DEFENCES

2 X 2 MINUTE PAD ROUND (RANDOM FORMAT BASED ON ABOVE)

3 CONTROLLED SPARRING REQUIREMENT

2 x 3 minute sparring round

4 FITNESS REQUIREMENT

General fitness demonstration as grading officer requires

KICKBOXING SYLLABUS

THE PRINCIPLES

WITHOUT

BEING BOUND BY THEM

ORANGE BELT



1 TRAINING COMMITMENT AND ATTENDANCE

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

2 PAD WORK/TECHNICAL SKILLS REQUIREMENT

Demonstration of technical skills of previous syllabus

JAB, CROSS, LEAD HOOK, REAR UPPERCUT

JAB CROSS LEAD UPPERCUT, CROSS

JAB, CROSS, LEAD SHOVEL PUNCH, REAR UPPERCUT, LEAD HOOK

LEAD SWITCH KICK

LEAD LOW HIGH SIDE KICK

AXE KICK (LEAD AND REAR)

USE OF GENERAL BLOCKS DEMONSTRATING ADEQUATE DEFENCES

3 X 2 MINUTE PAD ROUND (RANDOM FORMAT BASED ON ABOVE)

3 CONTROLLED SPARRING REQUIREMENT

3 x 3 minute sparring round

4 FITNESS REQUIREMENT

General fitness demonstration as grading officer requires

KICKBOXING SYLLABUS

ABSORB WHAT IS USEFUL, DISCARD WHAT IS NOT, AND WHAT IS UNIQUELY YOUR OWN



GREEN BELT



1 TRAINING COMMITMENT AND ATTENDANCE

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

2 PAD WORK/TECHNICAL SKILLS REQUIREMENT

Demonstration of technical skills of previous syllabus

Lead round kick, jab, cross

Lead round kick, cross, lead hook, rear round kick

Rear uppercut, lead hook, cross lead round kick, rear round kick

Lead switch kick, lead rapid fire round double kick, cross, jab, cross

Rear axe kick, jab, cross, lead uppercut, rear thigh kick, lead mid round kick

4 x 2 minute pad round (random format based on above)

Use of general blocks demonstrating adequate defences

3 CONTROLLED SPARRING REQUIREMENT

2 x 3 minute sparring round

4 x 3 minute sparring round

4 FITNESS REQUIREMENT

General fitness demonstration as grading officer requires

KICKBOXING SYLLABUS

SIMPLICITY



BRILLIANCE

IS THE KEY TO

BLUE BELT





KICKBOXING SYLLABUS **BLUE BELT**



1 TRAINING COMMITMENT AND ATTENDANCE

Minimum 36 hours (at previous belt) of official sessions as recorded in training log

2 PAD WORK/TECHNICAL SKILLS REQUIREMENT

Demonstration of technical skills of previous syllabus

4 X 2 minute pad work demonstrating a variety of pre-set 'multiple count' drills as demonstrated by grading officer

3 X 2 minute kick only pad work demonstrating variety of pre-set drills as demonstrated by grading officer to include spinning kicks

3 CONTROLLED SPARRING REQUIREMENT

3 x 3 minute sparring round

8 x 3 minute sparring round

4 FITNESS REQUIREMENT

General fitness demonstration as grading officer requires

KICKBOXING SYLLABUS

LIFE

ITSELF IS YOUR

TEACHER

AND YOU ARE IN A STATE OF CONSTANT

LEARNING



BROWN BELT



1 TRAINING COMMITMENT AND ATTENDANCE

Minimum of 12 months at previous belt with 50 hours of official sessions as recorded in training log

2 EXTENDED EXPERIENCE/COACHING

1 x external competition or testimonial from your instructor that you have gained experience as a supervised assistant instructor (details in club licence and website)

3 PAD WORK/TECHNICAL SKILLS REQUIREMENT

Demonstration of technical skills of previous syllabus

4 x 2 minute pad work demonstrating variety of pre-set drills as demonstrated by grading officer. These will consist of 'multiple count' drills

3 x 3 minute kick only pad work demonstrating variety of pre-set drills as demonstrated by grading officer to include spinning kicks

4 CONTROLLED SPARRING REQUIREMENT

4 x 3 minute hands only sparring

10 x 3 minute sparring round

5 FITNESS REQUIREMENT

General fitness demonstration as grading officer requires

KICKBOXING SYLLABUS



DON'T GET SET
INTO ONE FORM,
ADAPT
IT AND BUILD
YOUR OWN,
AND LET IT
GROW, BE LIKE
WATER

BLACK BELT





KICKBOXING SYLLABUS BLACK BELT



The Black Belt assessment is an extremely demanding physical test requiring demonstration of the complete syllabus following a minimum of two years of preparation with a minimum for 12 months training at both blue and brown belt. Applicants will only be accepted if in good standing with the Association, and will be required to have a high standard of technique and moral character

Controlled sparring against two opponents at once forms part of the assessment

20 RULES FOR SUCCESS IN KICKBOXING – ERIK PAULSON



RULES





20 RULES FOR SUCCESS IN KICKBOXING



- 1 Hands Up – gloves at least level with your eye-line
- 2 Chin Down – imagine you're squeezing a tennis ball under your chin
- 3 Move Your Head – when you punch, when you kick, or when you get hit
- 4 Circle – don't go straight back
- 5 Fake or faint your way in – just stepping forward will make you an easy target
- 6 Never take without giving – if some hits you hit them back. It's like Christmas
- 7 Be first
- 8 Be last
- 9 Leave nothing unanswered – always have a response
- 10 Return 2 – 5 shots for every 1 receive – it's a numbers game
- 11 Punch when kicked
- 12 Kick when punched
- 13 Clinch or move when tagged – covering up will only lead you to worse trouble
- 14 Punches set up kicks, punches set up kicks – every technique should be set up
- 15 Punch or Kick out of a clinch or break – don't just step back, hit on the break
- 16 Cut your opponent off
- 17 Dictate centre of ring
- 18 Always change your attacks
- 19 When you score blitz – when you score hit it again, then disguise it and hit it again
- 20 Perpetual Motion – stay busy, a stationary target is an easy target

You must be shapeless, formless, like water. When you pour water in a cup, it becomes the cup. When you pour water in a bottle, it becomes the bottle. When you pour water in a teapot, it becomes the teapot. Water can drip and it can crash.

Become like water my friend.

BRUCE LEE



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