

KICKBOXING GRADING

GREEN TAG

WARM UP / FITNESS TEST

Skipping 2 X 2 minute rounds

10 press ups on medicine ball (5 each side)

10 sit ups tapping medicine ball behind head and between legs

10 sit ups with medicine ball on chest

10 crunches bringing knees and chest together

1 minute horizontal leg paddling

1 minute horse riding stance

10 tuck jumps

PUNCHES:

Jab, cross, hook, upper cut

Cross, hook, cross

Double jab, spinning back fist

KICKS:

(all kicks coming forward)

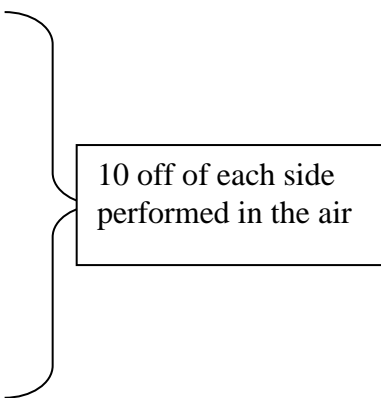
High roundhouse kick, axe kick

Spinning crescent kick

Inside crescent kick

Side kick, Spinning back kick

Hook kick, side kick



10 off of each side
performed in the air

PAD WORK:

2 X 2 minute rounds on focus pads (hitting)

2 X 2 minute rounds holding pads for someone else.

BAG WORK:

2 X 2 minute rounds on punch bag

10 rapid roundhouse kicks on each side

SPARRING

1 X 2 minute round of light contact sparring