

KICKBOXING GRADING

RED TAG

WARM UP / FITNESS TEST

Skipping 1 X 2 minute round

10 press ups

10 sit ups

10 leg raises

10 squats

10 squat thrusts

PUNCHES:

Jab

Cross


Back fist

KICKS:

Snap kick

Side kick

Round house kick



10 off of each side performed in the air

PAD WORK:

1 X 2 minute round on focus pads (hitting only)

BAG WORK:

1 X 2 on punch bag