

# KICKBOXING GRADING

## YELLOW TAG

### WARM UP / FITNESS TEST

Skipping 2 X 2 minute rounds

10 press ups on medicine ball (5 each side)

10 sit ups with medicine ball

10 leg raises bringing legs up to touch the medicine ball

10 squats pushing medicine ball up above you

10 jumps from side to side over medicine ball with hands on floor

### PUNCHES:

Jab, cross

Double jab

Hook punch (front arm)

Back fist, cross

### KICKS:

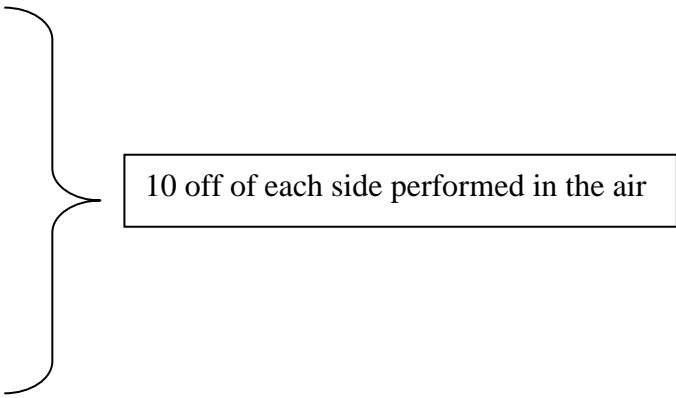
Snap kick

Side kick

Round house kick

Axe kick

Outside crescent kick



10 off of each side performed in the air

### PAD WORK:

1 X 2 minute round on focus pads (hitting)

1 X 2 minute round holding pads for someone else.

### BAG WORK:

1 X 2 minute round on punch bag