

KICKBOXING GRADING

ORANGE 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 squats pushing medicine ball up above you

Sit in a “V” position and tap the medicine ball from side to side 10 times

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

PUNCHES:

Double jab, cross

Double hook punch (off of front arm 1 low 1 high)

Jab, cross, hook

Upper cut

Spinning back fist

KICKS:

Front leg snap kick, back leg snap kick

Double round house kick (off of same leg 1 low 1 high)

Axe kick, outside crescent kick

Spinning back kick

Hook 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:

1 X 2 minute round on punch bag