

**Kickboxing Grading Matrix**  
**Adult & Teen combined**  
**Format - 2022**

## Adults Kickboxing Gradings

White to Yellow Shirt	Yellow to Orange Shirt
Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch (60 secs Maximum)	Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch (60 secs Maximum)
<b>Skipping</b> (2 x 1 min round)  1 x 1 min round skipping followed by Planking 30 sec 1 x 1min round of skipping, followed by 20 sit ups & 20 Squats	<b>Skipping</b> (3 x 1 min round)  1 x 1 min round skipping followed by Planking 30 sec 1 x 1min round of skipping, followed by 20 sit ups 1 x 1min round of skipping, followed by 20 squats
<b>Footwork with punches/kicks</b> -lunge forward & backward -lunge sideways moving left, then right -change over moving forward and backward -switch & kick on the spot to chantors count	<b>Footwork with punches/kicks</b> -lunge forward & backward -lunge sideways moving left, then right -change over moving forward and backward -switch & kick on the spot to chantors count
<b>Blocks/drills demonstrated (Moving with punches)</b>  -jam a left jab with L/R Hand	<b>Blocks/ drills demonstrated (Moving with punches)</b> -jam left jab punch left jab -inside deflection with L Hand, right punch
<b>Checks demonstrated ; moving with hands &amp; legs</b> -half leg check off either leg -full check or high check off either leg	<b>Checks demonstrated with kicks</b> -right leg half check right thigh kick - left leg full check switch round kick
<b>Strikes demonstrated ;moving with footwork 5 reps each on pads</b> -straight L/R punch -L/R circular elbows	<b>Strikes demonstrated ;moving with footwork 5 reps each on pads</b> -straight L/R punch -L/R circular elbows
<b>Basic kicks &amp; knees demonstrated ;moving with footwork 5 reps each on pads</b> -straight front kick off either leg -thigh kick, inside or outside off either leg -straight knees	<b>Basic kicks demonstrated moving with footwork 5 reps each on pads</b> -straight front kick off either leg -thigh kick, inside or outside off either leg -straight knees
<b>Padwork – 2 x 1 min rounds moving in to grapple</b> -1 x 1 min L/R punch, grapple neck then 2 knees on focus pads -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield	<b>Padwork – 3 x 1 min rounds moving in to grapple</b> -1 x 1 min L/R punch, grapple neck then 2 knees on focuas pads -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R Punch, Right round kick, grapple neck 2 knees on shield
<b>Shadow sparring demonstrating all weapons</b> 1 x 1 min round only	<b>Shadow sparring demonstrating all weapons</b> 1 x 1 min round only

## Adults Kickboxing Gradings

Orange to Blue Shirt	Blue to Green Shirt
Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch (60 secs Maximum)	Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch (60 secs Maximum)
<b>Skipping</b> (1 x 2 min round)  1 x 2 min round skipping followed by Planking, 30 sec 20 sit ups, 20 Squats	<b>Skipping</b> (2 x 2 min round)  2 x 2 min round skipping followed by Planking, 20 sit ups, 20 Squats
<b>Footwork with punches/kicks</b> -lunge forward & backward -lunge sideways moving left, then right -change over moving forward and backward -switch & kick on the spot to chantors count	<b>Footwork with punches/kicks</b> -lunge forward & backward -lunge sideways moving left, then right -change over moving forward and backward -switch & kick on the spot to chantors count
<b>Drills for Blue</b> -Defence against a left jab -Defence against a right cross	<b>Drills for Green Shirt</b> -Defence against a left jab -Defence against a right cross -Defence against a right leg front kick -Defence against a right leg thigh kick
<b>Checks demonstrated with kicks</b> - right leg half check right thigh kick - left leg full check switch round kick	<b>Checks demonstrated with kicks</b> - right leg half check right thigh kick - left leg full check switch round kick
<b>Strikes demonstrated ;moving with footwork 5 reps each on pads</b> -straight L/R punch -L/R circular elbows	<b>Strikes demonstrated ;moving with footwork 5 reps each on pads</b> -straight L/R punch -L/R circular elbows <b>-L/R uppercuts</b>
<b>Basic kicks &amp; knees demonstrated ;moving with footwork 5 reps each on pads</b> -straight front kick off either leg -thigh kick, inside or outside off either leg -straight knees	<b>Basic kicks &amp; knees demonstrated ;moving with footwork 5 reps each on pads</b> -straight front kick off either leg -thigh kick, inside or outside off either leg -straight knees <b>-side kicks</b>

## Adults Kickboxing Gradings

Orange to Blue Shirt	Blue to Green Shirt
<p><b>Padwork – 4 x 1 min rounds moving in to grapple</b></p> <ul style="list-style-type: none"> <li>-1 x 1 min L/R punch, grapple neck then 2 knees on focus pads</li> <li>-1 x 1 min front kick, round kick then grapple neck then 2 knees on shield</li> <li>-1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield</li> <li>-1 x 1 min hands &amp; legs (mostly legs keeping person away)</li> </ul>	<p><b>Padwork – 5 x 1 min rounds moving in to grapple</b></p> <ul style="list-style-type: none"> <li>-1 x 1 min L/R punch, grapple neck then 2 knees on focus pads</li> <li>-1 x 1 min front kick, round kick then grapple neck then 2 knees on shield</li> <li>-1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield</li> <li>-1 x 1 min hands &amp; legs (mostly legs keeping person away)</li> <li>-1 x 1 min straight punches and straight kick on 2 shields</li> </ul>
<p><b>Sparring (4x1 min rounds)</b></p> <ul style="list-style-type: none"> <li>-2x1 minute round of attacking sparring hands only both sides</li> <li>-2x1 minute round of defending sparring legs only both side</li> </ul> <p><b>1x1 minute round of shadow sparring</b></p>	<p><b>Sparring / Grappling (5x1 min rounds)</b></p> <ul style="list-style-type: none"> <li>-1x1 minute round of attacking hands only both sides</li> <li>-1x1 minute round of defending legs only both sides</li> <li>-2x1 minute round of mixed sparring</li> <li>-1 x 1 minute upper body grappling alternating sides</li> <li>-1x1 minute round of shadow sparring</li> </ul>

## Adults Kickboxing Gradings

Green to Green 1 Bar	Green 1 Bar to Brown
<p><b>Demonstrate the following</b></p> <ul style="list-style-type: none"> <li>-Uniform is on correctly</li> <li>-Basic understanding of personal warm up &amp; stretch (60 secs Maximum)</li> </ul>	<p><b>Demonstrate the following</b></p> <ul style="list-style-type: none"> <li>-Uniform is on correctly</li> <li>-Basic understanding of personal warm up &amp; stretch (60 secs Maximum)</li> </ul>
<p><b>Adults Skipping (3 x 2 min round)</b></p> <ul style="list-style-type: none"> <li>1 x 2 min round skipping followed by planking,</li> <li>1 x 2 min round skipping followed by 20 sit ups</li> <li>1 x 2 min round skipping followed by 20 Squats</li> </ul>	<p><b>Adults Skipping (3 x 2 min round)</b></p> <ul style="list-style-type: none"> <li>1 x 2 min round skipping followed by planking,</li> <li>1 x 2 min round skipping followed by 20 sit ups</li> <li>1 x 2 min round skipping followed by 20 Squats</li> </ul>
<p><b>Footwork with punches and kicks (2x 1min)</b></p> <ul style="list-style-type: none"> <li>-lunge forward &amp; backward</li> <li>-lunge sideways moving left, then right</li> <li>-change over moving forward and backward</li> <li>-switch &amp; kick on the spot to chantors count</li> <li>-left foot stamp and kick</li> </ul>	<p><b>Footwork with punches and kicks (2x 1min)</b></p> <ul style="list-style-type: none"> <li>-lunge forward &amp; backward</li> <li>-lunge sideways moving left, then right</li> <li>--switch &amp; kick on the spot to chantors count</li> <li>-left foot stamp and kick</li> <li>-Blitz</li> </ul>
<p><b>Blocks/drills demonstrated (moving with punches)</b></p> <ul style="list-style-type: none"> <li>-jam with L/R Hand</li> <li>-inside deflection with L / R Hand,</li> <li>-lower deflection with L/R Hand with kicks</li> </ul>	<p><b>Blocks demonstrated; moving with punches</b></p> <ul style="list-style-type: none"> <li>-jam with L/R Hand</li> <li>-inside deflection with L / R Hand,</li> <li>-lower deflection with L/R Hand with kicks</li> </ul>
<p><b>Checks demonstrated ; moving with hands &amp; legs</b></p> <ul style="list-style-type: none"> <li>-half check</li> <li>-roll check</li> <li>-full check</li> <li>-cross check</li> </ul>	<p><b>Checks demonstrated ; moving with hands &amp; legs</b></p> <ul style="list-style-type: none"> <li>-half check</li> <li>-roll check</li> <li>-full check</li> <li>-cross check</li> <li>-</li> </ul>

# Adults Kickboxing Gradings

Green to Green 1 Bar (Continued)	Green 1 Bar to Brown (Continued)
<b>Weaving demonstrated moving with hands</b> -weaving left and right side -weaving left and right side	<b>Weaving demonstrated moving with hands</b> -weaving left and right side -weaving left and right side
<b>Strikes demonstrated moving with footwork 5 reps each on pads</b> -straight L/R punch -L/R circular elbows -left hook -L/R uppercuts -body rips off either arm -back fist off either arm	<b>Strikes demonstrated moving with footwork 5 reps each on pads</b> -left jab -straight right punch -left hook -L/R uppercuts -body rips off either arm -back fist off either arm -L/R circular and straight elbows
<b>Basic kicks demonstrated moving with footwork 5 reps each on pads</b> -straight front kick off either leg -thigh kick, inside or outside off either leg -roundhouse kick off either leg -side kick -push front kick off either leg -straight / circular knees -jumping kicks	<b>Basic kicks demonstrated moving with footwork 5 reps each on pads</b> -straight front kick off either leg -thigh kick, inside or outside off either leg -roundhouse kick off either leg -side kick -push front kick off either leg -straight / circular knees -jumping kicks & knees -spinning hook, side kicks
<b>Padwork – 6 x 1 min rounds moving in to grapple</b> -1 x 1 min L/R punch, grapple neck then 2 knees on focus pads -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -2x 1 min hands & legs (mostly legs keeping person away) -1 x 1 min straight punches and straight kick on 2 shields	<b>Padwork – 7 x 1 min rounds moving in to grapple</b> -1 x 1 min L/R punch, grapple neck then 2 knees on focus pads -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -1 x 1 min hands & legs (mostly legs keeping person away) -1 x 1 min straight punches and straight kick on 2 shields -1 x 1 minute upper body grappling alternating sides -1 x 1 minute of grappling round kicks, grapple counter round kick back, one side at time
<b>Sparring drills demonstrated 5 reps each drill - Drills for Blue to Green Shirt</b> -Defence against a left jab -Defence against a right cross -Defence against a right leg front kick -Defence against a right leg thigh kick <b>Green –brown singlet</b> -Defence against a left hook -Defence against a right cross	<b>Sparring drills demonstrated 5 reps each drill - for Blue to Green Shirt</b> -Defence against a left jab -Defence against a right cross -Defence against a right leg front kick -Defence against a right leg thigh kick <b>Green –brown singlet</b> -defence against a left hook -defence against a right cross -defence against a right leg front kick -defence against a right leg thigh kick, left leg round house kick
<b>Sparring / Grappling 6 x 1 minute rounds touch contact sparring</b> -1x1 minute round of attacking sparring hands only both sides -1x1 minute round of defending sparring legs only both sides -2x1 minute rounds mixed -1 x 1 minute upper body grappling alternating sides -1 x 1 minute of grappling round kicks, grapple counter round kick back, one side at time	<b>Sparring / Grappling 7 x 1 minute rounds of touch contact sparring</b> -2x1 minute round of attacking sparring hands only both sides -1x1 minute round of defending sparring legs only both sides -2x1 minute rounds mixed -1 x 1 minute upper body grappling alternating sides -1 x 1 minute of grappling round kicks, grapple counter round kick back, one side at time
<b>Shadow Sparring -1x1 minute round</b>	<b>Shadow Sparring –2x1 minute round</b>

## Adults Kickboxing Gradings

Brown to Brown 1 Bar	Brown 1 Bar to Black
<p><b>Demonstrate the following</b></p> <ul style="list-style-type: none"> <li>-Uniform is on correctly, including hand wraps.</li> <li>-Basic understanding of warm up</li> <li>-Required number of Planking 1 min, sit ups, squats, (20)</li> <li>-3x2 minute rounds of skipping</li> </ul>	<p>Demonstrate the following</p> <ul style="list-style-type: none"> <li>-Uniform is on correctly, including hand wraps.</li> <li>-Repeat out aloud the black belt pledge</li> <li>-Basic understanding of warm up</li> <li>-Required number of Planking 1 min, sit ups, squats, (20)</li> <li>-3x2 minute rounds of skipping</li> </ul>
	<p>Conditioning demonstrated 10 reps each side</p> <ul style="list-style-type: none"> <li>-10 reps each leg thigh conditioning</li> <li>-10 reps each leg shin conditioning on Thai pads</li> <li>-10 round kicks to each forearm conditioning</li> <li>-100 stomach punches for stomach conditioning</li> <li>-10 floor sprints, across and back grading floor</li> <li>-1x2 minute round of hand sprints (push pull)</li> </ul>
<p><b>Footwork demonstrated;</b></p> <ul style="list-style-type: none"> <li>-lunge forward, backward sideways with punches</li> <li>-switch on the spot or coming forward or backward with kicks</li> <li>-stamp on either side with kicks</li> <li>-blitz on either side with kicks</li> </ul>	<p><b>Footwork demonstrated;</b></p> <ul style="list-style-type: none"> <li>-lunge forward, backward sideways with punches</li> <li>-switch on the spot or coming forward or backward with kicks</li> <li>-left foot stamp changeover with kicks</li> <li>-blitz changeover with kicks</li> </ul>
<p><b>Blocks demonstrated; moving with punches</b></p> <ul style="list-style-type: none"> <li>-jam with L/R Hand</li> <li>-inside deflection with L / R Hand,</li> <li>-lower deflection with L/R Hand with kicks</li> </ul>	<p><b>Blocks demonstrated; moving with punches</b></p> <ul style="list-style-type: none"> <li>-jam with L/R Hand</li> <li>-inside deflection with L / R Hand,</li> <li>-lower deflection with L/R Hand with kicks</li> </ul>
<p><b>Checks demonstrated ; moving with hands &amp; legs</b></p> <ul style="list-style-type: none"> <li>-half leg check off either leg</li> <li>-full check off either leg</li> <li>-cross check off either leg</li> <li>-roll check</li> <li>-straight checks</li> </ul>	<p><b>Checks demonstrated ; moving with hands &amp; legs</b></p> <ul style="list-style-type: none"> <li>-half leg check off either leg</li> <li>-full check off either leg</li> <li>-cross check off either leg</li> <li>--roll check</li> <li>-straight checks</li> </ul>
<p><b>Weaving / slipping / bobbing demonstrated moving with hands</b></p> <ul style="list-style-type: none"> <li>– Weaving left and right side</li> <li>– Bobbing</li> <li>– Slipping left and right side</li> </ul>	<p><b>Weaving / slipping / bobbing demonstrated moving with hands</b></p> <ul style="list-style-type: none"> <li>– Weaving left and right side</li> <li>– Bobbing</li> <li>– Slipping left and right side</li> </ul>
<p><b>Strikes moving with footwork 5 reps each on pads</b></p> <ul style="list-style-type: none"> <li>-straight L/R punch</li> <li>--left hook</li> <li>-L/R uppercuts</li> <li>-body rips off either arm</li> <li>-back fist off either arm. <b>Spinning back fist</b></li> <li>-L/R circular and straight elbows , <b>spinning elbows</b></li> </ul>	<p><b>Strikes incl weaving, slipping, bobbing moving with footwork 5 rep each on pads</b></p> <ul style="list-style-type: none"> <li>-straight L/R punch</li> <li>-left hook</li> <li>-L/R uppercuts</li> <li>-body rips off either arm</li> <li>-back fist off either arm, <b>spinning back fist</b></li> <li>-L/R straight circular, spinning elbows , <b>spinning elbows</b></li> </ul>

## Adults Kickboxing Gradings

Brown to Brown 1 Bar continued	Brown 1 Bar to Black continued
<p><b>Basic kicks demonstrated moving with footwork 5 reps each on pads</b></p> <ul style="list-style-type: none"> <li>-straight front kick off either leg</li> <li>-thigh kick, inside or outside off either leg</li> <li>-roundhouse kick off either leg</li> <li>-side kicks</li> <li>-push front kick off either leg</li> <li>-straight or circular knees</li> <li>-jumping kicks &amp; knees</li> <li>-spinning hook &amp; side kicks</li> </ul>	<p><b>Basic kicks demonstrated moving with footwork 5 reps each on pads</b></p> <ul style="list-style-type: none"> <li>-straight front kick off either leg</li> <li>-thigh kick, inside or outside off either leg</li> <li>-roundhouse kick off either leg</li> <li>-side kicks</li> <li>-push front kick off either leg</li> <li>-straight, circular or jumping knees</li> <li>-jumping kicks &amp; knees</li> <li>-spinning hook &amp; side kicks</li> </ul>
<p><b>Padwork – 8 x 1 min rounds moving in to grapple</b></p> <ul style="list-style-type: none"> <li>-1 x 1 min L/R punch, grapple neck then 2 knees on focus pads</li> <li>-1 x 1 min front kick, round kick then grapple neck then 2 knees on shield</li> <li>-1 x 1 min deflect R leg front kick away to right, R round kick, grapple neck 2 knees on shield</li> <li>-1 x 1 min L 'leg check, left front kick , L/R Punch, Right round kick, grapple neck 2 knees on shield</li> <li>-1 x 1 min hands &amp; legs (mostly legs keeping person away)</li> <li>-1 x 1 min hold centre, hands only striking at focus pads as pad holder circles around</li> <li>-1 x 1 min hold outside circle, hands only striking at focus pads as you move around pad holder in middle</li> <li>-1 x 1 min hold centre, legs only kicking out at shield as pad holder circles around</li> </ul>	<p><b>Padwork – 10 x 1 min rounds moving in to grapple 10 x 1 minute rounds of touch contact sparring</b></p> <ul style="list-style-type: none"> <li>-1 x 1 min L/R punch, R'elbow, grapple neck then 2 knees,</li> <li>-1 x 1 min front kick, round kick then grapple neck then 2 knees on shield</li> <li>-1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield</li> <li>-1 x 1 min hands &amp; legs (mostly legs keeping person away)</li> <li>-1 x 1 minute upper body grappling alternating sides</li> <li>-1 x 1 minute of grappling round kicks, grapple counter round kick back, one side at time</li> <li>-1 x 1 min hold outside circle, hands only striking at focus pads as you move around pad holder in middle</li> <li>-1 x 1 min hold centre, hands only striking at focus pads as pad holder circles around -1 x 2 min hold centre, hands only striking at focus pads as pad holder circles around</li> <li>-1 x 1 min hold outside circle, legs only striking at shield as you move around pad holder in middle</li> <li>-1 x 1 min hold centre, legs only kicking out at shield as pad holder circles around-</li> </ul>
<p><b>Sparring drills demonstrated 5 reps each drill -</b></p> <p><b>Drills for Blue to Green Shirt</b></p> <ul style="list-style-type: none"> <li>-Defence against a left jab</li> <li>-Defence against a right cross</li> <li>-Defence against a right leg front kick</li> <li>-Defence against a right leg thigh kick</li> </ul> <p><b>Green –brown singlet</b></p> <ul style="list-style-type: none"> <li>-defence against a left hook</li> <li>-defence against a right cross</li> <li>-defence against a right leg front kick</li> <li>-defence against a right leg thigh kick, left leg round house kick</li> </ul> <p><b>Brown- black singlet</b></p> <ul style="list-style-type: none"> <li>-defence against a left jab</li> <li>-defence against a right cross</li> </ul>	<p><b>Sparring drills demonstrated 5 reps each drill</b></p> <p><b>Drills for Blue to Green Shirt</b></p> <ul style="list-style-type: none"> <li>-Defence against a left jab</li> <li>-Defence against a right cross</li> <li>-Defence against a right leg front kick</li> <li>-Defence against a right leg thigh kick</li> </ul> <p><b>Green –brown singlet</b></p> <ul style="list-style-type: none"> <li>-defence against a left hook</li> <li>-defence against a right cross</li> <li>-defence against a right leg front kick</li> <li>-defence against a right leg thigh kick, left leg round house kick</li> </ul> <p><b>Brown- black singlet</b></p> <ul style="list-style-type: none"> <li>-defence against a left jab</li> <li>-defence against a right cross</li> <li>-defence against a right leg front kick</li> <li>-defence against a right leg roundhouse kick</li> </ul>



## Adults Kickboxing Gradings

Brown to Brown 1 Bar continued	Brown 1 Bar to Black continued
<p><b>Sparring / Grappling 8 x 1 minute rounds touch contact sparring</b></p> <ul style="list-style-type: none"> <li>-1x1 minute round of attacking sparring only</li> <li>-1x1minute round of defending sparring only</li> <li>-2x1 minute round of hands only sparring</li> <li>-2x1 minute round of legs, sparring only</li> <li>-2x1 minute round of mixed only sparring</li> </ul>	<p><b>Sparring / Grappling 10 x 1 minute rounds touch contact sparring</b></p> <ul style="list-style-type: none"> <li>-1x1minuteround of attacking sparring only</li> <li>-1x1 minute round of defending sparring only</li> <li>-2x1 minute round of hands only sparring</li> <li>-2x1 minute round of legs, sparring only</li> <li>-4x1 minute round of mixed only sparring</li> </ul>
<p><b>Shadow sparring</b></p> <ul style="list-style-type: none"> <li>-2x1 minute round mixed</li> </ul>	<p><b>Shadow sparring</b></p> <ul style="list-style-type: none"> <li>-3x1 minute round mixed</li> </ul>

## Adults Kickboxing Gradings

### Black to 1st Dan – Black Singlet White Writing 1 Red Bar – (1st Dan)

#### Demonstrate the following

- arm bands (Pra Jied) is on correctly.
- hand wraps is on correctly.
- Uniform is on correctly, including hand wraps.
- Basic understanding of warm up
- Min 1 year teaching block

#### Demonstrate

- warm up
- 3 x 2 min rounds of skipping
- Planking , 20 sit up 20 squats

#### Sparring drills demonstrated 5 reps of each drill

##### Blue –green singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

##### Green –brown singlet

- defence against a left hook
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick, left leg round house kick

##### Brown- black singlet

- defence against a left jab
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg roundhouse kick

## Adults Kickboxing Gradings

### **Black to 1st Dan – Black Singlet White Writing 1 Red Bar – (1st Dan) continued**

#### **Weapons**

-Knife Self Defence – 4 nominated attack & nominated response

#### **Forms (Punch Elbow Knee)**

-Solo Punch , Elbow Knee Form (new 2019)

-1 x 1 min round each on pads (New 2018)

-1 x 1 min round each without pads on each other with gloves

#### **Sparring optional otherwise replaced with bag rounds with brown to black or black to 2nd dan**

-2x2 minute round of attacking sparring hands only both sides

-2x2 minute round of defending sparring legs only both sides

-2x2 minute round of hands only sparring

-2x2 minute round of legs, sparring only

-2x2 minute round of mixed only sparring

## Adults Kickboxing Gradings

### 1st to 2nd Dan – Black Singlet Red Writing (2nd Dan) 2 Red Bars

#### Demonstrate

- Warm up
- 3×2minute rounds of skipping
- Planking, 20 sit ups, 20 squats

#### Conditioning demonstrated 10 reps each side

- 10 reps each leg thigh conditioning
- 10 reps each leg shin conditioning on Thai pads
- 10 round kicks to each forearm conditioning
- 100 stomach punches for stomach conditioning
- 10 floor sprints, across and back grading floor
- 1×2 minute round of hand sprints (push pull)

#### Sparring drills demonstrated 5 reps each drill - Drills for Blue to Green Shirt

- Defence against a left jab
- Defence against a right cross
- Defence against a right leg front kick
- Defence against a right leg thigh kick

#### Sparring drills demonstrated—Green –brown singlet

- defence against a left hook
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick, left leg round house kick

#### Brown- black singlet

- defence against a left jab
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg roundhouse kick

#### Sparring drills demonstrated 5 reps each

##### Black-black/red singlet

- defence against a left jab
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg round house kick

## Adults Kickboxing Gradings

### 1st to 2nd Dan – Black Singlet Red Writing (2nd Dan) 2 Red Bars

#### Forms (Punch Elbow Knee)

- Solo Punch , Elbow Knee Form (new 2019)
- 1 x 1 min round each on pads (New 2018)
- 1 x 1 min round each without pads on each other with gloves

#### Padwork 20 x 2 min (MUST HAVE OWN PAD HOLDER )

- 2x2 min L/R punch, R'elbow, grapple neck then 2 knees,
- 2 x 2 min front kick, round kick then grapple neck then 2 knees on shield
- 2 x 2 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield
- 2 x 2 min hands & legs (mostly legs keeping person away)
- 2 x 2 min on back front & side kicking out on shield
- 2 x 2 min on back front & side kicking out on shield pad holder is trying to get to side control
- 1 x 2 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads
- 1 x 2 min in mount, pad holder on back, punching down L/R punch right elbow on focus pads
- 2 x 2 min straight punches and straight kick on 2 shields
- 1 x 2 min hold centre, hands only striking at focus pads as pad holder circles around
- 1 x 2 min hold outside circle, hands only striking at focus pads as you move around pad holder in middle
- 1 x 2 min hold centre, legs only kicking out at shield as pad holder circles around
- 1 x 2 min hold outside circle, legs only kicking out at shield as you move around pad holder in middle

#### Sparring-10x2-minute rounds of touch contact sparring

- 2 round hands & legs
- 2 round hands
- 2 round legs
- 2 round hands & legs

#### Shadow Sparring

**3 x 1 min**

## Adults Kickboxing Gradings

### 2nd Dan to 3rd Dan – Black Singlet Red Writing (2nd Dan) 2 Red Bars to Red Singlet Black Writing (3rd Dan) 3 Red Bars

#### **Demonstrate**

- Warm up
- 3×2 minute rounds of skipping
- Planking , 20 sit ups, 20 squats

#### **Demonstrate all the ring craft strategies, 5 x 2 min rounds (Min to demonstrate) on pads incl punches and kicks and knees or Sparring**

- 1×2 min Shoulder Bump
- 1×2 min Switcharoo
- 1×2 min Holding centre
- 1×2 min Holding outside
- 1×2 min Working the corners

#### **Demonstrate all the fight strategies 5 x 2 min rounds- while sparring**

- 1×2 min Stick and move (hit then move away)
- 1×2 min Crush (crush your opponent)
- 1×2 min Play Possum (fake weakness)
- 1×2 min Corners (strike to the outside of his body)
- 1×2 min Combination (use all of the above to win)

#### **Demonstrate all the grappling techniques 5 x 2 min rounds**

- 1×2 min Stand up grappling upper body clinching
- 1×2 min Stand up round house & front kick grappling
- 1×2 min Stand up knee grappling
- 1×2 min Stand Up neck grappling

## Adults Kickboxing Gradings

**2nd Dan to 3rd Dan – Black Singlet Red Writing (2nd Dan) 2 Red Bars to Red Singlet Black Writing (3rd Dan) 3 Red Bars**

**Demonstrate free sparring 5 x 2 min rounds (Min to demonstrate) while sparring**

- 1x2 minute round one attacking & one defending
- 1x2 minute round of hand sparring only
- 1x2 minute round of leg sparring only
- 1x2 minute rounds of Legs Knees Upper Body
- 1x2 minute rounds of Free sparring incl ground work