

Kickboxing Syllabus: 6th Kyuu to 1st Dan

6th Kyuu White belt to Red belt

Junan Taisho

10 Press ups
10 Squats
10 Sit ups

Conditioning

Kamae

Front stance
Horse stance
Hourglass stance

Stances

Zenkutsu Dachi
Kiba Dachi
Sanchin Dachi

Ashi Waza

Next foot (Shuffle step)
Succeeding feet
Crossing step

Walking techniques

Tsugi ashi (rear leg steps first)
Okuri ashi (front leg steps first)
Ayumi ashi (normal step)

Atemi Waza

Front knee kick
Roundhouse knee kick
Rising elbow strike
Hooking elbow strike

Striking techniques

Mae Hiza Geri
Mawashi Hiza Geri
Age Empi Uchi
Yoko Empi Uchi

Front kick
Front snap kick
Roundhouse kick

Mae Geri
Mae Geri Keage
Mawashi Geri

Jab punch
Straight punch

Kizami Tsuki
Choku Zuki

5th Kyuu

Red belt to Yellow belt

Junan Taisho

Conditioning

Balance drills

- Knee high Mae Geri 30 seconds
- Knee high Mawashi Geri 30 seconds

Conditioning drills – Bouncing 10 seconds front stance and switch 3 times

Kamae

Stances

Natural stance
Back stance
Cat stance

Shizen Dachi
Kokutsu Dachi
Neko Ashi Dachi

Ashi Waza

Walking techniques

Open Door step
Step & Pivot
Trick step

Kaiten ashi (rotate and shift hip to avoid attack)
Tenshin ashi (step and pivot 90 or 180 degrees to avoid attack)
Tenkan ashi (180 degree pivot to avoid attack)

Ukemi waza

Falling techniques

Front fall
Side fall
Back fall

Mae Ukemi
Yoko Ukemi
Ushiro Ukemi

Uke Waza

Blocking techniques

Parry
Slip
Bob & weave

Atemi Waza

Striking techniques

Hook kick
Side kick
Front thrust kick

Kake Geri
Yoko Geri
Kakomi Mae Geri

Kata**Forms (Combinations)**

1. From Front stance
 - Right parry
 - Left jab
 - Right Cross

2. From Front stance
 - Slip
 - Left hook
 - Right upper cut

3. From Front stance
 - Inside block
 - Back fist
 - Right Cross

4. From Front stance
 - Left outside block
 - Left jab
 - Right Cross

Jissen Kumite**Grasping hands**

Quarter speed alternating movements

4th Kyuu Yellow belt to Orange belt

Junan Taisho

Conditioning

- 15 Press ups
- 15 Squats
- 15 Sit ups
- Plank for 30 seconds

Ashi Waza

Walking techniques

- | | |
|---------------------|--|
| Entering step | Irimi ashi (Tenkan Ashi but with step and pivot) |
| Spin step | Ude furi |
| Infinite directions | Happo |

Uke Waza

Blocking techniques

- | | |
|-----------------------|-----------------|
| Outside forearm block | Soto Uchi Uke |
| Inside forearm block | Chudan Uchi Uke |

Atemi Waza

Striking techniques

- | | |
|----------------|---------------|
| Back fist | Uraken |
| Back kick | Ushiro Geri |
| Rear hook kick | Ura Kake Geri |

Kata

Forms (Combinations)

1. From front stance
 - Step to outside and outside block
 - Hooking punch to jaw
 - Roundhouse kick to thigh

2. From front stance
 - Upper block (Gedan Barai)
 - Straight punch (Choku Tzuki)

3. From front stance
 - Roundhouse kick

Back fist to temple

Other

Proper use of focus pads, shields and Thai pads

Weak points Kyusho

Temple

Jaw

Chest

Sternum

Floating ribs

Kidneys

Liver

Thigh

Knee

Top of foot

Jissen Kumite

Grasping hands

Free sparring half speed hands only (1 minute rounds)

3rd Kyuu

Orange belt to Green belt

Junan Taisho

- 10 Leg raises
- 10 Sit ups with Jab and cross
- 20 Press ups
- 20 Squats
- 20 Sit ups

Conditioning

Uke Waza

- Downward block
- Rising block

Blocking techniques

- Gedan Barai
- Age Uke

Atemi Waza

- Crescent kick
- Sweeping kick
- Foot sweep
- Flowing water kick

Striking techniques

- Mikazuki Geri
- Soku Yaku Ken
- Ashi Barai
- Ryusui Geri

Kata

Forms (Combinations)

1. From front stance
 - Right rising sweeping block
 - Left Hook punch

2. From front stance
 - Drop into cat stance
 - Leg block
 - Front snap kick
 - Jab punch

3. From front stance
 - Move forward into cat stance
 - Front snap kick
 - Jab punch

Roundhouse kick

Other

Proper use for the heavy punch bag

Wrapping the wrists

Bone breaking

Koppo Jutsu (Art of breaking bones)

Attacking soft tissue
organs)

Koshi Jutsu (Art of attacking the soft tissue and

Jissen Kumite

Grasping hands

Free sparring half speed feet only (1 minute rounds)

2nd Kyuu

Green belt to Blue belt

Junan Taisho

Conditioning

- 15 Leg raises
- 15 Sit ups with Jab and cross
- 30 Press ups
- 30 Squats
- 30 Sit ups
- Plank for 60 seconds

Uke Waza

Blocking techniques

- | | |
|-----------------------|---------------|
| Rising sweeping block | Age Harai Uke |
| Leg block | Ashi Uke |

Atemi Waza

Striking techniques

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|-----------------------|------------------|
| Back elbow strike | Ushiro Empi Uchi |
| Hammer fist | Tetsui |
| Chain punching | Kusari Tsuki |
| Dropping elbow strike | Otoshi Empi Uchi |

Te Hodoki

Hand escapes

- Spiral
- Inside circle
- Outside circle
- Horizontal
- Vertical

Kata

Forms (Combinations)

1. From front stance
 - Rising sweeping block
 - Round house kick to inner thigh

2. From front stance
 - Outside block while stepping to outside

Side kick to just above knee

3. From front stance

Foot sweep leading foot as it advances

Snap punch to head

Other

Pushing hands

Takei

Spirited shout

Kiai Jutsu (Art of the spirited shout)

Breath control

Kokyo Jutsu (Art of combining the breath and

the body)

Jissen Kumite

Grasping hands

Distances in sparring

Ma ai

1st Kyuu

Blue belt to Brown belt

Junan Taisho

Conditioning

- 5 Ballistic press ups with clap
- 5 One arm press ups
- 20 Leg raises
- 20 Sit ups with Jab and cross
- 40 Press ups
- 40 Squats
- 40 Sit ups
- Plank for 120 seconds

Uke Waza

Blocking techniques

- | | |
|----------------|----------|
| Hook block | Kake Uke |
| Grasping block | Hiki Uke |

Atemi Waza

Striking techniques

- | | |
|--------------------|-------------------------|
| Spinning Elbow | Ura Ushiro Empi |
| Spinning back fist | Ushiro Uraken |
| Spinning hook kick | Ura Ushiro Mawashi Geri |

Tai Hodoki

Body escapes

- Shoulder grab
- Bear hug
- Front choke
- Front collar grab

Other

- | | |
|---|----------------|
| Healing | Kuatsu & Kappo |
| Introduction to healing, modern and traditional | |

Jissen Kumite

Grasping hands

- | | |
|------------------|------------|
| Body positioning | Tai Sabaki |
|------------------|------------|

1st Dan Brown belt to Black belt

Junan Taisho

Conditioning

- 10 Ballistic press ups with clap
- 10 One arm press ups
- 30 Leg raises
- 30 Sit ups with Jab and cross
- 50 Press ups
- 50 Squats
- 50 Sit ups
- Plank for 120 seconds

Atemi Waza

Striking techniques

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|--------------------|------------------------|
| Jumping front kick | Tobi Geri |
| Jumping side kick | Yoko Tobi Geri |
| Tornado kick | Tatsumaki Senpuu Kyaku |
| Axe kick | Kakato Otoshi Geri |

Goshin Jutsu

Self defence

- Basic stick defences
- Basic knife defences

Jissen Kumite

Grasping hands

- | | |
|----------------|---------|
| Taking castles | Sanchin |
|----------------|---------|