

## Alternate A Kickboxing 'Concept' syllabus (2020 update)

<u>The belt you are now</u>	<u>Red, Yellow, Orange</u>	<u>Green, Green/stripe, Blue</u>	<u>Blue stripe, Purple, Brown</u>
<b>Basics (Blocks/Evasions)</b>	Downward block with counter upward block with counter	Move back upper block & counter Move back downward block & counter	Slip inside and counter slip outside and counter
<b>Hand techniques</b>	Jab & Front cover	Jab, cross, jab	Cross, low hook, high hook
	Cross & Side cover	Cross, uppercut	High jab, low jab
	Hook (back hand)	Cross, hook	Jab, slip, uppercut
	Uppercut (front hand)	Cross, hook, uppercut, hook	Slip, hook
	Uppercut (back hand)	Cross, screw punch (front)	Slip, uppercut
<b>Lower limb techniques</b>	Front	back leg side kick	Skip' knee (alternate leg with grab)
	Round	back leg heel	shin block outside
	straight knee	back leg thigh kick	turn back kick
	crescent	inside knee strike	
	downward kick	Short' knee with grab	
<b>Concepts</b>	Cover & counter attack	Use of combinations in sparring	Combinations in sparring
	Move forward & backward	Lateral movement	Timing and adjustment of timing in sparring etc.
			Reasonable ring/area craft & awareness
<b>Frameworks</b>	Framework 1	Framework 2	Framework 3

## Alternate B Kickboxing 'Concept' Syllabus (2020 update)

The belt you are now	Red, Yellow, Orange	Green, Green/stripes, Blue	Blue stripes, Purple, Brown
<b>Basics (Blocks/Evasions)</b>	outside block & counter inside block & counter	move back inside block & counter move back outside block & counter	Roll right and counter roll left and counter
<b>Hand techniques</b>	Jab, cross Double jab, cross Jab, cross, hook Jab, cross, uppercut Screw punch	Jab, cross, roll, hook Jab, cross, roll, uppercut Roll, hook or uppercut Retreating double jab	Roll, hook, roll, hook Roll, uppercut, roll, uppercut Roll, hook, roll, uppercut Roll, uppercut, roll hook
<b>Lower limb techniques</b>	Step up Front Kick Step up Round Kick Step up straight knee Step up crescent kick Step up downward kick	Step up side kick Step up leg heel Step up thigh kick Step up inside knee strike Step up knee with grab	Turn heel kick Step leg kick, midsection kick Shin block inside
<b>Concepts</b>	Good guard/hand position Use of 'novice techniques.	Slips & rolls Use of intermediate techniques	Fakes and feints Tactical sparring (adapting to opponent) Use of high level techniques
<b>Frameworks</b>	Framework 1	Framework 2	Framework 3