

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