

MARTIAL FITNESS  
LONDON



# KICKBOXING SYLLABUS







## THE RULES

1. Courtesy and respect must be shown to all Instructors, Staff and Members of Martial Fitness. Visitors as well as students must abide by the rules.
2. The Centre reserves the right to refuse admission or to terminate the training of any member who is continually late for class, unsuitably dressed, disrespectful of whose behaviour is detrimental to the standards of the centre.
3. Members using foul language, fighting, stealing or vandalising will instantly be dismissed.
4. Members must wear full uniform at all classes and gradings, as well as full sparring protection. To avoid injury to yourself and other members, no jewellery of any kind should be worn.
5. Good personal hygiene must be maintained. Nails must be cut to practical lengths. If hair is long, it must be tied back. Cleanliness is essential and every member should wear a clean uniform at all times.
6. Show respect when entering and leaving the mat, to your Instructor after demonstration and to your partner before and after practice.
7. No talking, chewing or drinking is allowed during class.
8. The Instructor is there to teach you and to answer your questions. Listen to your Instructor as this will help to achieve maximum progress and avoid injury to yourself and other members. Never answer your Instructors back and follow all instructions given, even though they may not always be to your liking. The Instructors word is final and must always be obeyed.
9. Sparring at Martial Fitness is semi-contact. Always show respect to your partner and never hit full power. During sparring never target the groin or knee areas, or use tiger claw, spinning back fist strike, dragon tooth or hook kick techniques.
10. Never lose your temper whatever the circumstances. An attitude of sportsmanship is strongly emphasised; members should aim to create a friendly and happy atmosphere in the class and to train with the spirit of comradeship. Members should attain a high moral standard.

These rules must be adhered to at all times for personal safety and to keep the centre in smooth working order. Disciplinary action will be taken at any violation of the above rules. Intentional disobedience will result in suspension or expulsion from the centre. Discipline is an essential part of Martial Arts, if you do not observe our rules you will not be welcome in the centre and membership in extreme cases may be revoked.

**IT IS THE RESPONSIBILITY OF EACH MEMBER TO MAKE SURE THE CENTRE RULES ARE ADHERED TO AT ALL TIMES.**



## MARTIAL FITNESS KICKBOXING

Although the true roots of Kickboxing date back to Asia 2000 years ago, the term Kickboxing itself was introduced in the 1960s as a Japanese anglicism by Japanese boxing promoter Osamu Noguchi for a hybrid martial art combining Muay Thai and Karate which he had introduced in 1958. The term was later also adopted by the American & European variant. Historically, it can be considered a hybrid martial art formed from the combination of elements of various traditional styles. This approach became increasingly popular since the 1970s, and since the 1990s Kickboxing has contributed to the emergence of Mixed Martial Arts via further hybridization.

Kickboxing (in Japanese Kikkubokushingu) is a group of stand-up combat sports based on kicking and punching, historically developed from Karate, Muay Thai and Western Boxing. It is practiced for self-defense, general fitness, or as a contact sport consisting of technical executions and semi contact or 'light continuous' sparring for the purpose of scoring points with an emphasis on delivery, speed, and technique. Under such rules, gradings and fights are held on the Tatami, presenting the belts to classify the fighters in order of experience and ability.

This syllabus contains all techniques from Yellow Belt through to 3rd Degree Black Belt. Progressive advanced Black Belt Degrees may then be undertaken by application only, please consult Chief Instructor Jamie Shepherd.



## **MARTIAL FITNESS KICKBOXING**

Please note:

Our Kickboxing syllabus is suitable for students aged 4 1/2 years, however the Yellow and Orange belt content differs for Junior and Adult/Teen students - but are identical from Red belt onwards.

If students are unsure which Yellow or Orange belt syllabus they should follow please consult with your Instructor.



**YELLOW BELT (JUNIOR) 8TH GRADE**

**Basic Techniques**

**On the spot**

- 1. Forefist strike.
- 2. Forefist strike, reverse snap punch.
- 3. Backfist strike.
- 4. Backfist strike, reverse snap punch.

**Movement**

- 5. Front snap kick (body).
- 6. Low side kick (knee).
- 7. Low roundhouse kick (thigh).

**Combat**

2 x 1.5 Minute Fights.

**Special attention to pivot and stance.**

*All gradings start and end with ready stance and respects.*

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_



**Basic Techniques**

1. Half step forefist strike, reverse snap punch.
2. Half step forefist strike, reverse swing punch.
3. Half step forefist strike, reverse snap punch with front snap kick.
4. Leg block, forefist strike, reverse snap punch with front snap kick.
5. Roundhouse kick.
6. Side kick.
7. Front thrust kick.
8. Knee strike.
9. Front snap kick, roundhouse kick.

**Combat**

3 x 1.5 Minute Fights.

**Special attention to pivot and stance.**

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_



**YELLOW BELT** **8TH GRADE**

**Basic Techniques**

- 1. Half step forefist strike, reverse snap punch.
- 2. Half step backfist strike, reverse snap punch.
- 3. Front snap kick (body).
- 4. Low side kick (knee).
- 5. Low roundhouse kick (thigh).

**Combat**

3 x 2 Minute Fights.

**Special attention to pivot and stance.**

*All gradings start and end with ready stance and respects.*

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_



**Basic Techniques**

1. Half step forefist strike with half step forefist strike, reverse snap punch.
2. Half step forefist strike, reverse swing punch.
3. Leg block with forefist strike, reverse snap punch with front snap kick.
4. Half step forefist strike, reverse snap punch with front snap kick.
5. Roundhouse kick.
6. Front thrust kick.
7. Knee strike.
8. Side kick.
9. Front snap kick, roundhouse kick.

**Combat**

4 x 2 Minute Fights.

**Special attention to pivot and stance.**

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_

**Basic Techniques**

1. Half step forefist strike with half step backfist strike, reverse snap punch.
2. Half step forefist strike, reverse swing punch, forefist strike.
3. Leg block with forefist strike, reverse snap punch with low roundhouse kick.
4. Half step forefist strike, reverse snap punch with low roundhouse kick.
5. Knee strike, knee strike.
6. Half step forefist strike, reverse snap punch with knee strike.
7. Half step forefist strike, reverse elbow strike.
8. Half step forefist strike, reverse snap punch with side kick.
9. One step front snap kick.
10. One step high roundhouse kick.
11. One step front thrust kick.
12. One step side kick.
13. Low roundhouse kick, high roundhouse kick.

**Combat**

5 x 2 Minute Fights.

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_

**Basic Techniques**

1. Half step forefist strike with half step backfist strike, reverse swing punch, forefist strike.
2. Half step forefist strike, uppercut, hook punch.
3. Half step forefist strike, spinning backfist strike.
4. Half step backfist strike, upper elbow strike.
5. Leg block with forefist strike, reverse snap punch with high roundhouse kick.
6. Half step forefist strike, reverse snap punch with high roundhouse kick.
7. Low roundhouse kick with high roundhouse kick.
8. Back kick (body).
9. Half step forefist strike, reverse elbow strike, knee strike.
10. Front footed front snap kick, roundhouse kick.
11. Front footed roundhouse kick, roundhouse kick.
12. Front footed front thrust kick, roundhouse kick.
13. Front footed side kick, roundhouse kick.

**Combat**

6 x 2 Minute Fights.

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_

**Basic Techniques**

1. Half step forefist strike with half step forefist strike, reverse swing punch.
2. Half step forefist strike with half step forefist strike, uppercut, hook punch.
3. Half step forefist strike, spinning backfist strike, reverse snap punch.
4. Half step forefist strike, reverse elbow strike, elbow strike.
5. Half step hook punch, upper elbow strike, knee strike.
6. Hook kick.
7. Reverse roundhouse kick.
8. Chop kick.
9. Back roundhouse kick.
10. Front footed side kick, back kick.
11. One step hook kick.
12. One step reverse roundhouse kick.
13. One step chop kick.

**Combat**

7 x 2 Minute Fights.

**Green Belts going for Blue Belt must wait 3 months before grading, depending on your grade in Green Belt.**

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_

**Basic Techniques****On the spot (8 times each side)**

1. Front footed outer crescent kick.
2. Front footed reverse roundhouse kick.
3. Front footed hook kick, step down side kick.
4. Jumping side kick.

**Movement**

5. Half step hook punch with backfist strike, reverse snap punch, forefist strike.
6. Half step forefist strike, reverse snap punch with low roundhouse kick with high roundhouse kick, roundhouse kick.
7. Step up side kick, step down high roundhouse kick.
8. Step up high roundhouse kick, forefist strike, reverse snap punch, forefist strike with front footed low roundhouse kick.
9. One step double high roundhouse kick.

**You will be tested on basic techniques picked at random from Yellow to Red Belt (2 from each belt).**

**Combat**

6 x 2 Minute Fights.

**Blue Belts going for Brown and White Belt must wait 3 months before grading, depending on your grade in Blue Belt.**

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_

**Basic Techniques**

1. Half step forefist strike with half step hook punch, reverse swing punch.
2. Half step forefist strike, spinning backfist strike, reverse snap punch, forefist strike.
3. Half step forefist strike, reverse snap punch with reverse roundhouse kick.
4. Half step forefist strike, upper elbow strike, knee strike, elbow strike.
5. Half step forefist strike, back kick.
6. Front footed reverse roundhouse kick, high roundhouse kick.
7. Front footed roundhouse kick, back roundhouse kick.
8. Outer crescent kick, high roundhouse kick.
9. Inner crescent kick, high roundhouse kick.
10. Back hook kick.
11. One step high roundhouse kick with low side kick, knee strike.
12. One step chop kick, reverse snap punch, forefist strike.
13. Half step forefist strike, reverse snap punch with low roundhouse kick, back roundhouse kick.

**You will be tested on basic techniques picked at random from previous grades (2 from each belt).**

**Combat**

8 x 2 Minute Fights.

**Brown and White Belts going for Brown Belt must wait 3 to 6 months before grading, depending on your grade in Brown and White Belt.**

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_

**Basic Techniques****On the spot (8 times each side)**

1. Spinning back roundhouse kick.
2. Leg block with roundhouse kick.
3. Leg block with reverse roundhouse kick.
4. Front footed reverse roundhouse kick with high roundhouse kick.
5. Jumping back kick.

**Movement**

6. Half step elbow strike, upper elbow strike, elbow strike with front footed low roundhouse kick.
7. Outer crescent kick, inner crescent kick.
8. Step up roundhouse kick, step down reverse roundhouse kick.
9. Half step forefist strike, spinning backfist strike, reverse snap punch, low roundhouse kick, back kick.

**You will be tested on basic techniques picked at random from previous grades (2 from each belt).**

**Combat**

6 x 2 Minute Fights.

**Brown Belts going for Brown and Back Belt must wait 3 to 6 months before grading, depending on your grade in Brown Belt.**

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_

**Basic Techniques**

1. Half step backfist strike, reverse snap punch, hook punch.
2. Half step forefist strike, uppercut, hook punch with backfist strike, reverse snap punch, forefist strike.
3. Half step forefist strike with half step forefist strike, spinning backfist strike, reverse snap punch with high roundhouse kick.
4. Half step forefist strike with half step elbow strike, reverse elbow strike with knee strike, knee strike.
5. Half step forefist strike, back roundhouse kick.
6. Leg block with reverse roundhouse kick, high roundhouse kick.
7. One step front snap kick, high roundhouse kick, back kick.
8. One step side kick with high side kick.
9. Front footed outer crescent kick, back kick.
10. High roundhouse kick with low roundhouse kick, backfist strike, reverse snap punch.
11. One step high roundhouse kick, jumping back kick.
12. Front footed reverse roundhouse kick with high roundhouse kick, back roundhouse kick.
13. One step roundhouse kick - high, low and middle.

**You will be tested on basic techniques picked at random from previous grades (2 from each belt).**

**Combat**

10 x 2 Minute Fights.

**Brown and Black Belts going for Black Belt must wait 6 to 12 months before grading, depending on your grade in Brown and Black Belt.**

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_

**Basic Techniques**

1. Half step forefist strike, reverse snap punch with front snap kick with high roundhouse kick.
2. Half step forefist strike with half step forefist strike, spinning backfist strike, reverse snap punch with side kick.
3. Half step forefist strike with half step backfist strike, reverse swing punch, side kick, back hook kick.
4. One step front sweep kick with outer crescent kick with side kick.
5. Half step backfist strike with half step uppercut, reverse snap punch with reverse roundhouse kick with side kick.
6. One step side kick with high side kick, back kick.
7. One step side kick, high roundhouse kick, knee strike, knee strike, reverse elbow strike.
8. Half step hook punch with backfist strike, reverse snap punch, low roundhouse kick with reverse roundhouse kick with high roundhouse kick.
9. One step reverse roundhouse kick with high roundhouse kick, jumping back kick.
10. One step hook kick with high roundhouse kick, back roundhouse kick with high roundhouse kick.
11. Half step forefist strike, reverse snap punch with low roundhouse kick, butterfly kick.
12. Half step reverse swing punch with reverse backfist strike, forefist strike, spinning back kick.

**You will be tested on basic techniques picked at random from previous grades (2 from each belt).**

**Demonstration: 2 Technique Sets**

(Must be a minimum of 5 moves and no more than 10 moves per technique).

**Form: Form using techniques and padwork of your choice**

(Maximum 2 minute display at least 50 moves).

**Combat**

10 x 2 Minute Fights.

**Black Belts going for 2nd Dan Black Belt must wait a minimum of 18 months.**

**(Your choice of 2 new technique sets and form must be submitted in writing your at least a month before grading).**

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_

**Basic Techniques****Movement**

1. Half step forefist strike, half step uppercut, reverse snap punch, hook punch, upper elbow strike, knee strike, elbow strike, uppercut, hook punch.
2. Half step forefist strike, half step forefist strike, step up front footed reverse roundhouse kick with side kick, jumping back kick.
3. Half step hook punch with backfist strike, uppercut, front footed front snap kick, step to the outside with high roundhouse kick, back roundhouse kick.
4. Half step forefist strike, reverse snap punch, hook punch, step to the inside with front footed side kick, front footed high roundhouse kick, front snap kick with high roundhouse kick.
5. Hopping forefist strike with front footed outer crescent kick, front footed side kick, step to the outside with side kick, back kick, chop kick.
6. Flying front footed inner crescent kick, butterfly kick.
7. Half step elbow strike, upper elbow strike, elbow strike, spinning elbow strike, spinning elbow strike, uppercut, hook punch.
8. Half step forefist strike, spinning backfist strike, spinning backfist strike, reverse snap punch, forefist strike, front footed low roundhouse kick, back kick.

**On the spot (5 times each side)**

9. Spinning back kick, spinning back hook kick, jumping back kick.
10. Spinning back roundhouse kick into back sweep.

**You will be tested on basic techniques picked at random from previous grades (2 from each belt).**

**Demonstration: 5 Technique Sets**

(Must be a minimum of 5 moves and no more than 10 moves per technique)

**Form: Using techniques and padwork of your choice**

(Maximum 2 minute display at least 70 moves).

**Combat**

10 x 2 Minute Fights.

**2nd Dan Black Belts going for 3rd Dan Black Belt must wait a minimum of 24 months.**

**(Your choice of 5 new technique sets and form must be submitted in writing at least a month before grading).**

**Grading Date:** \_\_\_\_\_

**Result:** \_\_\_\_\_



## NOTES



**STUDENTS NAME & MEMBERSHIP NO.:**

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