

## Kickboxing Syllabus Aims & Outcomes...

To create an interesting and engaging striking syllabus, which entertains both coaches and students, whilst improving the student in 5 key areas;

1. Fitness
2. Muscle strength and tone
3. Co-ordination
4. Striking technique and power
5. Self-protection & defence

### Definitions

Self-protection – to not get hit / damaged to a large extent...??

Self-defence – to step into a situation and exit it again largely unharmed....??

### Outcome

To provide something aimed at those not that interested in sport, an activity that they can enjoy and develop in. That makes them fitter, stronger, better co-ordinated, more powerful, use their bodies more effectively. Makes them more confident, less stressed, and better able to handle day-to-day life.

Via the rotating syllabus we are able to offer multiple martial arts techniques from a variety of martial arts disciplines (see below).

Modules;

Snake – Boxing / kickboxing

Mantis – Muay Thai

Dragon – Kung fu

Crane - Keysi

Tiger – Self-Defence

Beginners – first 4 belts or 1 year of training

- Basic striking ability with the hands, elbows, head, shoulders, knees & feet, whilst remaining stable on your feet, so good stances.
- Improved level of fitness (How to track that? Bleep test?)
- Self-defence blast – understand the basic level physical encounter and have stamina for 15 secs
- 3 strike / pressure points

Intermediate – Belts 5-8 2<sup>nd</sup> year of training

- Combination striking with stability – hands / arms & legs / feet
- Continued level of fitness with some improvements
- Self-defence blast – understand the soft skills and have stamina for 30 secs
- 10 strike / pressure points

Advanced – Belts 9-12 3<sup>rd</sup> year of training

- Enhanced combinations focussing on power, fluidity, and technique throughout
- Fitness via timed, repeated rounds



## Kickboxing Syllabus Aims & Outcomes...

- The 3-second fight?
- 20 strike / pressure points

Black Belt – Pulling it all together

The 3 second fighter, Geoff Thompson

<https://www.youtube.com/watch?v=ctZtDTnyppw>

- Match fighting or competition fighting
- 3 second fighter
  - o Dialogue, argument, fight – dialogue, distraction → destruction
  - o Use fence, lead hand, verbal dissuasion

3-5 seconds before a fight determines who will win. No honour in this, it's dirty its horrible, it's reality.

If a fight goes beyond 3-5 seconds, then it becomes a match or competition type fight and invariably ends up on the ground.

48 mins 27 – The Fence

The physical fence what does it do?

1. The fence acts as a sensory tentacle. A pre-cursor to attack distance close down. When the attacker moves forward and touches the fence, he is telling you his intentions
2. It also acts as a distance finder allowing you to feel the right range to attack

Martial – The fight

Art – Techniques

Competition – non-compliant

## Kickboxing Syllabus Aims & Outcomes...

### Fitness level 1

1. Can do whole fitness test in x mins (x being that persons recorded baseline / start point)
2. Can perform each technique at level 1

### Fitness level 2

1. Can do whole fitness test in 7-8 mins
2. Can perform at least 3 techniques at level 2

### Fitness level 3

1. Can do whole fitness test in 7-8 mins
2. Can perform ALL techniques at level 2, 1 or more at level 3

### Fitness level 4

1. Can do whole fitness test in 6-7 mins
2. Can perform ALL techniques at level 3, some at level 4

### Fitness level 5

1. Can do whole fitness test in 4-5 mins
2. Can perform most techniques at level 4

### **Press-ups perform 5**

Level 1 – Palms flat on floor, knees on floor, lowering the nose to ground by bending the elbows & back up again to start point

Level 2 – Palms flat on floor & shoulder width apart, knees on floor, body in a square (knees & arms 90 degrees to floor & so parallel to each other) nose to ground by bending the elbows

Level 2 - Palms flat on floor & shoulder width apart, knees on floor, back straight, ankles crossed, chest to ground by bending the elbows

Level 3 – Palms flat on floor & shoulder width apart, toes / balls of feet on floor, back NOT straight, chest to ground by bending the elbows

Level 4 – Palms flat on floor & shoulder width apart, toes / balls of feet on floor, back straight, chest to ground by bending the elbows

Level 5 – Palms flat on floor with index finger and thumbs touching, toes / balls of feet on floor, back straight, nose to ground between hands by bending the elbows

## Kickboxing Syllabus Aims & Outcomes...

### **Sit-ups perform 5**

Level 1 – Feet on floor, knees bent, start with chest against knees and lower themselves back to the floor, get back to start point using arms.

Level 2 - Back & feet on floor, knees bent, raise chest off the floor a little, but NOT all the way up to knees

Level 3 - Back & feet on floor, knees bent, raise chest off the floor, all the way up to knees, but not in a straight line (i.e. has to move from left to right to achieve it)

Level 4 – Back & feet on floor, knees bent, raise chest off the floor, all the way up to knees, in a straight line

Level 5 – Back & feet on floor, knees bent, raise chest off the floor, all the way up to knees, in a straight line – 10 times

### **Squats perform 5**

Level 1 – Bend knees down then straighten – simply achieve the movement!

Level 2 - Bend knees down then straighten – weight on heels

Level 3 - Bend knees down then straighten – at lowest point, the thighs are parallel to the floor, weight on heels

Level 4 - Bend knees down then straighten – at lowest point, the thighs are parallel to the floor, weight still on heels, back and chest as upright as possible and NOT bending forward.

Level 5 – Bend knees down then straighten – at lowest point, the thighs are parallel to the floor, weight still on heels, back and chest as upright as possible and NOT bending forward – 10 times

### **Plank hold position for 30 seconds**

Level 1 – Elbows and knees on the floor only (the back can be arched with the hips the highest part)

Level 2 – Elbows and balls of feet on the floor only (the back can be arched with the hips the highest part)

Level 3 – Elbows and balls of feet on the floor only (the back can still be slightly bent)

Level 4 – Elbows and balls of feet on the floor only – back straight

Level 5 – As level 4 but held for 60 secs