

WHITE BELT TO YELLOW BELT (1-5 MONTHS)

ATHLETIC PREPARATION

- Muscle stretching, body movement, general fitness.

GUARD POSITIONS

- Front guard right and left. Side guard right and left stance

MOVEMENTS

- Semi movements forward and backward
- Movement forward and backward
- Going forward with back leg (stepping forward with back leg throwing a technique of the programme)

FUNDAMENTALS: blocks-punches-kicks-knees

- Blocking high inward and outward (deviation towards inwards or outwards with the palm or wrist of hand)
- Blocking body inwards and outwards (deviation towards inwards or outwards with the arm)
- Blocking low (pushing towards the floor with the palm of the hand)
- Straight right and left;
- Strike with the back elbow (side stance) right and left stance
- How to do a leg strike towards the ankle: front knee strike, front and left and right stance
- Front kick right and left stance;
- Roundhouse knee strike right and left stance
- Roundhouse kick strike right and left stance – various levels-

PLEASEN NOTE:

All the above fundamentals have to be done while static and in forward motion in right and left stance.

COMBINATIONS

- IN SIDE STANCE
Palm strike off backhand and straight punch (passing from back guard to front guard) Roundhouse kick off front leg with palm strike
- FRONT STANCE GUARD
Jab + straight + hook (static and forward movement)
High block outward and inward + straight punch off back hand
Medium block outward and inward + straight punch off back hand
Low block + direct off back hand

Jab + straight punch + front kick off back leg (static and forward movement)
Front kick then stepping through + jab and straight punch off back hand
Roundhouse kick off back leg (one step) + direct off back hand + hook front hand

OTHER STUDIES

- Tactics:
study of the fighting distances: short, medium, long.

YELLOW BELT TO ORANGE (6-12 MONTHS)

ATHLETIC PREPARATION

- Skipping Rope
- Running preparations:
Sprints repeats

GUARD POSITIONS

- Passing from front guard to lateral and vice versa

MOVEMENTS

- Semi movements lateral right and left
- Lateral movements right and left stance
- Slide movements from the back foot
- Passing from the front guard to the lateral and vice versa (with relative changes of the guard)

FUNDAMENTALS: punches-kicks-knees-elbows – clinch

- Low block with deviation inward and outward
- Block with the shin
- Deviations
- Inwards chop right and left hand; outwards chop right and left hand
- Front elbow strike from the bottom going upwards
- How to control your opponent in a clinch – the Thai hold
- Sidekick right and left leg. Low kick right and left leg striking on the outside of the opponent's calf
- Sweeping followed by the heel of the foot from the back leg.

PLEASE NOTE

All the fundamentals have to be done static and in advancing movements in right and left stances.

COMBINATIONS

IN SIDE STNCE GUARD

- Sweeping with heel followed by palm strike and Blitz
- Strike with backhand palm and direct punch both in advancing sliding movements.
- Side kick with movement + palm strike and direct punch
- Hook kick followed by roundhouse kick off same leg + opposite punch
- Side kick followed by roundhouse kick off same leg + opposite punch

IN FRONT STANCE GUARD

- Front kick off back leg + opposite punch + axe kick off back leg
- Semi side movement to the right + round house kick off left leg + opposite punch and vice versa
- Deviation to the right + opposite punch + roundhouse kick front leg
- Deviation to the left + hook punch front hand + axe kick back leg
- Low kick outside of calf + opposite punch
- Be able to do all the above combinations with a partner

OTHER STUDIES

- Comprehensive knowledge of the History and development of kickboxing
- Shadow work in front of mirror
- Introduction To bag work
- Tactics: study the fighting aspects of an area and the semi movements of going forward and backwards, demonstrate it.
- Tactics: attacking/defending

ORANGE BELT TO GREEN BELT (13-18 MONTHS)

ATHLETIC PREPARATION

- Interval training introduction

MOVEMENTS

- Switching guard and stance positions
- Semi movements in a circle

FUNDAMENTALS: blocks-punches-kicks

- Deviations to the left and right
- Arm blocks against punches and kicks to the face and side of body
- Direct combinations punches + inward chop off back hand
- Inward front hand chop + inward chop back hand
- Switch (stance) + jab + opposite
- Axe kick right and left
- Sweep followed by axe kick
- Heel usage in kicks
- Usage of shins in kicks
- Low kicks strike to inside of calf
- Back front kick going forward
- Inward axe kick off back leg and then front leg
- Outside axe kick off back leg and then front leg
- Side and hook kick
- Jumping front knee strike
- Jumping kicks (all previous kicks)
- Roundhouse kicks static (at least 5)
- Shadow fighting

PLEASE NOTE

- The ability to execute all the above techniques learned

COMBINATIONS

IN SIDE STANCE GUARD

- Roundhouse kick front leg + palm strike + opposite punch
- Hook kick followed by sidekick
- Roundhouse kick front leg followed by hook kick + opposite punch
- Roundhouse kick front leg followed by turning hook kick + opposite punch
- Side kick front leg followed by turning front kick + opposite punch

IN FRONT GUARD STANCE

- Jab + opposite + axe kick inward and outward
- Sweep + opposite punch
- Front kick front leg + axe kick inward/outward off back leg going forward
- Fake low kick + opposite punch
- Sweep with front leg + axe kick plus hook punch

OTHER STUDIES

TACTICS

- The fakes and strategies
- Tactical situations: pre emptying an attack, a clash, a counterattack
- Bag work and introduction of the speedball
- Knowledge of the various specialties of kickboxing (Semi-Light-Full-Low Kick-Thai)

NOTES

- For the passing of this grade the student must participate in at least at one Regional/National squad session
- For those that do not participate in competitions it is suggested to introduce a musical form and be tested on it.

GREEN BELT TO BLUE BELT (19 – 24 MONTHS)

ATHLETIC PREPARATION

- Power Training introduction

MOVEMENTS

- Direction changing

FUNDAMENTALS: blocks – punches – kicks

- Palm strike (static and advancing)
- Outward chop
- Elbow strike in front of you
- Elbow strike to side of you
- Elbow strike to the back of you
- Roundhouse kick with leg bent
- 360 jump turning sidekick
- 360 jump turning hook kick
- Front knee strike advancing and static
- Switch + all the hand and leg techniques acquired
- Roundhouse kicks sliding forward with every kick (at least 5)
- Study the different body to body combats (kickboxing and Thai)

COMBINATIONS

IN SIDE STANCE

- Fake front punch + elbow strike
- Elbow strike direct punch + retreating backwards + side kick sliding
- Combinations of double and triple kicks thrown while sliding forward
- Fake hook kick + side kick same leg + palm strike
- Front hook kick + side kick same leg with sliding movement
- Hook kick roundhouse kick same front leg + side kick sliding moving forward
- Side movement followed by returning to position and opposite punch
- Diagonal semi movement with change of direction followed by sidekick

IN FRONT GUARD

- Front kick front leg + side kick back leg + opposite punch + hook punch front hand
- Jab + opposite punch + axe kick (thrown while side movement) inward and outward
- Low kick used as defense to high roundhouse kick
- Sweep used as defense to high roundhouse kick

- Switch Low kick front leg + jump turning side kick + roundhouse kick front leg
- Roundhouse kick side kick to the face from front leg while moving forward + turning side kick to the body + low kick off back leg
- Jab + opposite punch + hook punch front hand + jump turning axe kick + low kick with opposite leg
- Semi side lateral movement + grabbing the head+ knee strike to the head

OTHER STUDIES

- All the techniques learned up to this point to be done with a partner.
- It is also required to practice interval training on the bag and conditioning for sparring with a partner.

NOTES

- For this grade it is obligatory to attend one stage training camp with national team with any form of kickboxing
- You have to participate at least one national tournament. For those that do not compete. The study of one musical form is required along with its theory.

BLUE BELT TO BROWN BELT (25-50 MONTHS)

ATHLETIC PREPARATION

- Circuit training introduction

FUNDAMENTALS: blocks – punches – kicks

- Outside chop
- All turning kicks going forward 180 degrees and static 360 degrees
- Body to bodywork, in particular:
- How to get the score and how to exit your opponent
- Jumping kicks and Jump turning kicks: all from the back leg where applicable for the turning kicks
- Shadow fighting: 1 minute hands only, 1 minute legs only, 1 minute hands and legs
- Free fighting: 1-minute semi contact, 1-minute light/full, and 1-minute low kick

COMBINATIONS

IN SIDE STANCE

- Blitz + backward movement + opposite punch going forward
- Roundhouse kick Hook kick + palm strike front hand + opposite punch back hand
- Hook kick going back wards + opposite punch back hand
- Turning hook kick advancing + roundhouse kick same leg
- Side kick sliding forward + hook kick / roundhouse kick to the face off same leg + inward chop off back hand
- Series of side/roundhouse kicks to the face sliding forward (at least 3)

IN FRONT GUARD

- Hook front hand + opposite punch back hand + low kick front leg
- Axe kick front leg + opposite punch back hand+ low kick off back leg to the calf
- Straight punch front hand along with low kick + hook back hand + low kick
- Low block with deviation (with semi movement going backwards) + circular movement going forward + low kick off back leg
- Going forward while sweeping leg while sparring
- Series of 3 kicks from the back leg while jumping and turning (butterfly kicks)

OTHER STUDIES

- Be able to control the punches thrown and hit the target.

TACTICS

- Study of the fighting area of the mats, the ring and what are the best movements to use and how/when to get out of a difficult situation.
- Present the musical form studied (for those that do not compete)
- **NOTES**
At least two participations of squad sessions.

BROWN BELT TO BLACK BELT 1ST DAN (31-36 MONTHS)

Minimum age 14 years allowed

ATHLETIC PREPARATION

- Velocity resistance training

FUNDAMENTALS; blocks – punches- kicks

- Variations of hook kicks
- Variation of axe kicks
- Blocks to all the known kicks and techniques
- Semi movements to all the techniques
- All the previous techniques in the programe

COMBINATIONS

IN SIDE GUARD

- Stamping of foot after throwing a fake kick or throwing any type of kick. The use of the stamp of foot is used as a trampoline for the blitz + blitz
- Fake body strike + side kick to body moving off then roundhouse kick to the face
- Jumping roundhouse kick + jump turning front kick
- Series roundhouse kicks while sliding forward using different targets (at least 3) + blitz
- Turning side kick as defense + back kick with opposite leg
- Stepping back hook kick as defense + back kick off opposite leg

IN FRONT GUARD STANCE

- Opposite punch + axe kick front leg + low kick back leg
- Jab + straight punch + switch/low kick front leg + turning back kick
- Deviation to the right hook punch off front hand to the body + opposite punch to the face + low kick front leg to inside of calf + straight punch
- Sliding front kick + low kick back leg + low kick front leg + straight punch to face
- Roundhouse kick leg bent + turning roundhouse kick
- Sliding forward roundhouse kick + jump turning roundhouse kick

OTHER STUDIES

Been able to use all the techniques learned as a self-defense and demonstrate it:

- Defense to punches to the face
- Defense to kicks to the body
- Defense to strangle holds to the neck

- Good knowledge to the rules of the different specialties in kickboxing even those that do not compete.

NOTES

- Referee at least one regional competition

BLACK BELT 1st DAN to BLACK BELT 2nd DAN

At least 2 years have to have passed since last exam

- Perfection of the entire previous program including national squad training sessions

TACTICS and TECHNIQUES

- Be able to demonstrate all punches, techniques, combinations perfectly in both stances going forward and backwards, jumping, turning jump turning.
- Be able to demonstrate the qualities of kickboxing, what are the organic qualities, what are the muscular qualities?
- What are the cinematic qualities?
- What are the physical qualities?
- Explanation of all these questions. In writing and Theory

Nutrition explanations

BLACK BELT 2ND TIP TO BLACK BELT 3RD DAN

At least 3 years have to have passed since the previous grade

- Go through the whole program in perfection + athletic preparation of period training, the preparation of period training, fighting period, resting period. Know the nutrition capability of a competitive kick boxer, how to improve a kick boxer, what one must eat before, during and after.
- Small thesis on any aspect of kickboxing
- Nutrition: how a kick boxer can keep his weight for his fighting division
- Write up a nutrition plan for a novice kick boxer
- A thesis on a requested topic on kickboxing

FROM THE 4TH DAN UPWARDS, THE EXAMS WILL BE ALL ORAL ON TOPICS SPECIFIED AND A PRESENTATION OF A THESIS OF AT LEAST 40 PAGES.

THE PRESIDENT CAN ALSO GIVE THESE GRADES FOR PARTICULAR MERIT OR PROMOTIONS WITHIN THE ORGANISATION OF KICKBOXING.