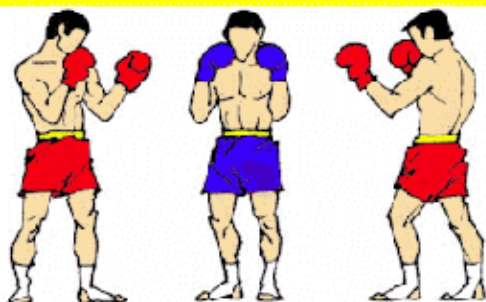




CADETS
SYLLABUS

Fuzion Kickboxing Cadets Syllabus

Yellow Belt



1. Basic stance:

- Feet at twenty past twelve
- Hands up beside face, chin down
- Shoulders slightly raised
- Elbows lightly pressed to sides
- Light on feet and balanced at all times.



2. Jab:

- Straight punch to head or body
- Comes off front hand
- Keep chin down, hands up
- Punch straight in front of your nose
- Raise front shoulder as you punch
- Bring hand back to face after contact



3. Cross

- Straight punch to head or body
- Comes off back hand
- Turn hips & shoulders as you punch
- Rotate on ball of back foot
- Punch straight in front of nose
- Bring hand back to face after contact

4. Defences:

Front head cover

- Bring forearms in front of face
- Make sure hands are on top of head
- Block straight punches on arms

5. Evasion:

Step back

- Keeping hands up, Step back just out of range

6. Fitness Requirements

Press ups in 30 seconds, Sit ups in 30 seconds, Squats in 30 seconds

7. Equipment requirements:

Uniform

Fuzion Kickboxing Cadets Syllabus

Orange Belt



1. Front Kick

- Start from guard position (hands up)
- Bring up knee
- Push partner away with bottom of foot
- Maintain balance and guard
- Bring foot back to ground

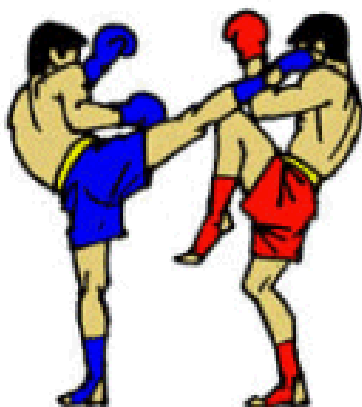
Targets: Thigh or Stomach
Left and right legs



2. Round kick

- Start from guard position
- Turn support foot
- Turn shoulders & hips
- Keeping the leg straight
- Swing shin in to target

Targets: Outer & Inner thigh, lower ribs, or head
Left and right legs



3. Defences

Shin block

- As partner kicks to leg or body, raise shin to side to block kick
- Keep hands up when using the shin check

4. Set combination: Front kick-Jab -Cross

5. Fitness Requirements

Press ups in 30 seconds, Sit ups in 30 seconds, Squats in 30 seconds

6. Equipment requirements

Bag Gloves

Fuzion Kickboxing Cadets Syllabus

Red Belt



1. Hook punch

- Start close to partner
- Rotate on ball of foot & turn shoulders
- Raise elbow and punch across body to side of partners head or body
- Bring hand straight back to guard

**Targets: Side of face, Ribs,
Left and right hands**



2. Uppercut punch

- Start close to partner
- Lower body slightly
- Punch upwards under partners chin as you push up with your legs
- Palm should be facing you as punch lands
- Bring hands straight back to guard

**Targets: Chin, Solar plexus
Left and right hands**

3. Set combination: Front kick-Jab -Cross-Hook-Uppercut

4. Defences

Hook cover

- Move hand behind ear
- Keep arm pressed to side of head
- Keep chin tucked in

Uppercut block

- Point elbow at uppercut
- Let partner punch elbow
- Keep hands near to head at all times

5. Fitness Requirements

Press ups in 30 seconds, Sit ups in 30 seconds, Squats in 30 seconds

6. Equipment requirements:

Sparring equipment pack

7. Sparring:

Boxing sparring to body

Fuzion Kickboxing Cadets Syllabus

Green Belt



1. Long knee

- Lean back and thrust point of knee toward partner's stomach
- Keep one hand up to guard
- Try to push hips forward and push off floor as you knee

**Targets: Thigh or body
Left and right knees**



2. Diagonal knee

- Angle your knee upwards towards body or head
- Keep one hand up to guard
- Try to push hips forward and push off floor as you knee

**Targets: Thigh or body
Left and right knees**



3. Skip knee

- Grab partners head with both hands
- Skip leg back and knee into body,
- Place foot down skip other leg back and knee
- Repeat....

Targets: Body or head

4. Set combination:

Front kick-Jab -Cross-Hook-Uppercut-Long knee

5. Defence:

Use elbow point to block knees

6. Fitness Requirements:

1 mins skipping, Press ups in 45 seconds, Sit ups in 45 seconds, Squats in 45 seconds, 4 direction plank

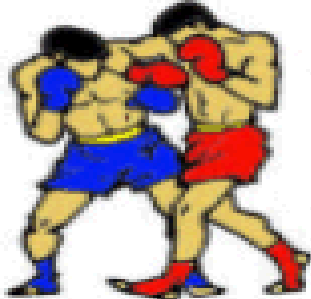
7. Equipment requirements:

Focus mitts

8. Sparring: Boxing sparring to body

Fuzion Kickboxing Cadets Syllabus

Blue Belt



1. Straight elbow

- Turn shoulders, hips and feet
- Try to snap elbow across body
- Strike with the tip of your elbow
- Keep guard hand up
-

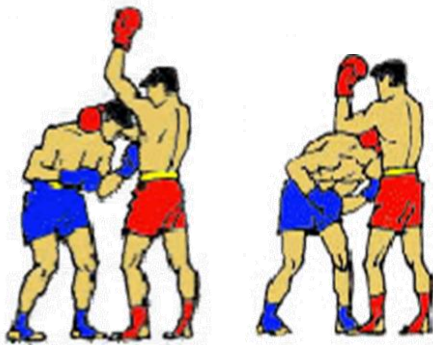
Targets: Body or head
Left and right elbow



2. Upward elbow

- Start from guard
- Snap elbow upwards under partners chin
- Try to strike with tip of elbow

Targets: Chin
Left & right elbow



3. Downward spike elbow

- Raise elbow above head
- Strike vertically downwards with tip of elbow

Targets: Head or Body

4. Defence:

Use forearm to block different elbows

5. Set combination:

Front kick-Jab -Cross-Hook-Uppercut-Long knee-Elbow L&R

6. Fitness Requirements:

2 minutes skipping, Press ups in 45 seconds, Sit ups in 45 seconds, Squats in 45 seconds, 4 direction plank

7. Sparring:

Boxing sparring to body

Fuzion Kickboxing Cadets Syllabus

Purple Belt



1. Lead leg side kick (using your lead leg)

- Turn body sideways to partner
- Lift knee (chamber position)
- Extend leg and strike with bottom of the foot (See picture)
- Bring leg back to chamber position
- Place foot back on ground
- Keep hands up at all times



2. Lead leg round kick (using your lead leg)

- Turn body sideways
- Lift knee (chamber position)
- Extend lower half of leg from knee & strike with the instep (see picture)
- Bring leg back to chamber position
- Place foot back on ground
- Keep hands up at all times

3. Lead leg kick defences

Block kicks with front knee

4. Set combination:

Front kick-Jab -Cross-Hook-Uppercut-Long knee-Elbow L&R- push partner away and round kick left & right

5. Fitness Requirements

3 minutes skipping, Press ups in 45 seconds, Sit ups in 45 seconds, Squats in 45 seconds, 4 direction plank

6. Sparring:

Boxing and leg kick sparring

Fuzion Kickboxing Cadets Syllabus

Brown Belt



1. Jump front kick

- Lift one knee
- Jump up
- Switch legs and front kick with support leg
- Land on balance with hands up

Targets: Body or head
Left & Right legs



2. Jump round kick

- Lift one knee
- Jump up and turn body
- Switch legs and round kick with support leg
- Land on balance with hands up

Targets: Body & Head
Left & Right legs

3. Set combination:

Front kick-Jab -Cross-Hook-Uppercut-Long knee-Elbow L&R- push partner away and round kick left & right-Skip knee

4. Fitness Requirements

4 minutes skipping, Press ups in 60 seconds, Sit ups in 60 seconds, Squats in 60 seconds, 4 direction plank,

5. Sparring:

Boxing and leg kick sparring

6. Coaching: Assisting instructor teaching classes (Optional)

Fuzion Kickboxing Cadets Syllabus

Brown Belt, Black Stripe



1. Spin heel kick

- Turn front leg
- Look over rear shoulder
- Bring rear leg round in arc striking with heel
- Return to guard position



2. Spin side kick

- Turn front leg
- Look over rear shoulder
- Chamber rear leg for side kick
- Extend leg
- Return to guard position



3. Spin crescent kick

- Turn front leg
- Look over rear shoulder
- Bring leg around in an arc
- Keep kicking leg straight throughout
- Return to guard position

4. Set combination:

Front kick-Jab -Cross-Hook-Uppercut-Long knee-Elbow L&R- push partner away and round kick left & right-Skip knee—Spin back fist

5. Fitness Requirements

5 minutes skipping, Press ups in 60 seconds, Sit ups in 60 seconds, Squats in 60 seconds, 4 direction plank

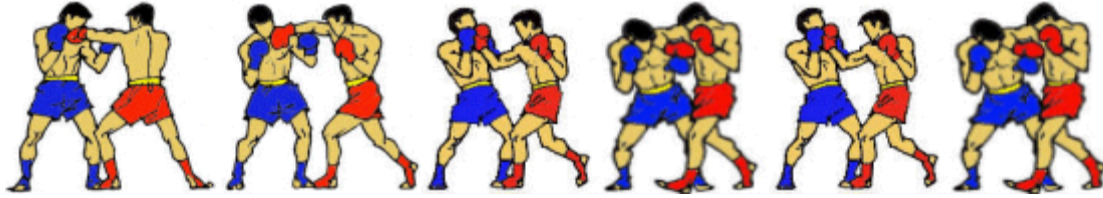
6. Sparring:

Boxing and body kick sparring

7. Coaching: Assisting instructor teaching classes (Optional)

Fuzion Kickboxing Cadets Syllabus

Black Belt



YOUR INSTRUCTOR WILL LET YOU KNOW WHEN YOU ARE READY TO TAKE YOUR BLACK BELT EXAM

1. Advanced pad work

- Block head punches - 3 punch follow up
- Block head & body punches - 3 punch follow up
- Block head & body punches and basic kicks - 3 punch follow up

2. Leg boxing

(multiple kick combinations without putting foot down)

3. Jump 720 round kick

4. Corner survival drill:

- Head punches
- Head & body punches

5. Set combination:

Front kick-Jab -Cross-Hook-Uppercut-Long knee-Elbow L&R- push partner away and round kick left & right-Skip knee- Spin back fist-Jump 720 degree round kick

6. Fitness Requirements

6 minutes skipping, Press ups in 90 seconds, Sit ups in 90 seconds, Squats in 90 seconds, 5 direction plank, (250 kicks on punch bag)

7. Sparring:

(Full light contact sparring against instructor)

8. Demonstrate previous grading techniques to black belt level

9. Coaching: Assisting instructor teaching classes (Optional)

10. Interview to assess understanding and attitude

Fuzion Kickboxing Cadets Syllabus

Black Belt 2nd Dan

YOUR INSTRUCTOR WILL LET YOU KNOW WHEN YOU ARE READY TO TAKE YOUR BLACK BELT EXAM

Module 1: 6 Months

1. Full Numbering System

Full numbering system 1-9
Boxing combos 1-8

2. Set combination

Front kick-Jab -Cross-Hook-Uppercut-Long knee-Elbow L&R- push partner away and round kick left & right-Skip knee -Turn partner away - Spin back fist - Jump 720 degree round kick -Spin side kick

3. Double Jump Kicks

Front kick—jump round kick
Round kick –jump round kick
Side kick –jump round kick

Module 2: 12 Months

4. Advanced kicking

Jump 720 round kick – Spin side kick

5. Advanced boxing

Holding & hitting, shoulder bump, knee bump, hinge punch, hammer fist, over shoulder punch, rabbit chop, elbow lift, elbow pass,

6. Sparring skills

Demonstrating 3 ways of attack during full sparring

SDA, ABC, FTA

7. Fitness Requirements

7 minutes skipping

Plyometric press ups in 60 seconds, Jack sits / V-sits in 60 seconds, Burpees in 60 seconds

500 round kicks on punch bag

8. Coaching

Assisting instructors in class (optional)

Fuzion Kickboxing Cadets Syllabus

Black Belt 3rd Dan

YOUR INSTRUCTOR WILL LET YOU KNOW WHEN YOU ARE READY TO TAKE YOUR BLACK BELT EXAM

Module 1: 6 Months

1. Full Numbering System

Full numbering system 1-9
Boxing combos 1-8
Fakes 1-8

2. Set combination:

Front kick-Jab -Cross-Hook-Uppercut-Long knee-Elbow L&R- push partner away and round kick left & right-Skip knee -Turn partner away - Spin back fist - Jump 720 degree round kick -Spin side kick - Jump Cross

3. Corner Survival Drill with belly pad counters and corner escapes

Module 2: 12 Months

4. Advanced Boxing: Boxing combos with rolls

5. Advanced kicking: Jump 720° – Spin heel kick

6. Trapping: Lop Sau

Module 3: 18 Months

7. Catches: A B & C

8. Jump Kicks:

Jump spin side kick
Jump spin back kick

9. Trapping: Pak Sau

Module 4: 24 Months

10. Jump Kicks:

Jump spin crescent kick
Jump spin hook kick

11. Sparring: To be able to use half beats and broken rhythm while sparring

12. Fitness Requirements: (Maximum Repetitions)

10 minutes skipping, Plyometric press ups in 90 seconds, Jack sits to V-sits in 90 seconds, Full Burpees in 90 seconds, (sit up, stand up, drop to press up, squat thrust, jumping jack or van halen)

13. Power Rounds

1000 Kicks