

# MASTERS KICKBOXING

## 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.
- Rear heel up



### 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. Optional bolt on: Backfist

### 5. Defences:

Front head cover

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

### 6. Fitness Requirements: (Maximum Repetitions)

Press ups in 45 seconds, Sit ups in 45 seconds, Squats in 45 seconds, 10 calf raises each leg

### 7. Equipment requirements:

Boxing Gloves

# MASTERS KICKBOXING

## ORANGE BELT



### 1. Front Kick L&R:

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



### 2. Round kick L&R:

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



### 3. Defences:

Shin block

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

### 4. Optional bolt on: Stomp kick

### 5. Set combination:

Front Kick-Jab -Cross

### 6.Boxing Combo 1: Double jab - cross

### 7. Fitness Requirements: (Maximum Repetitions)

Skipping drill 1 (double foot jump) Press ups in 45 seconds, Sit ups in 45 seconds, Squats in 45 seconds, 20 calf raises each leg

### 8. Equipment Requirements

Focus Mitts

# MASTERS KICKBOXING

## 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
- Keep other hand up throughout



### 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 hand straight back to guard
- Keep other hand up throughout

### 3. Optional bolt on: Overhand

### 4. Set Combination:

Front kick-Jab -Cross-Hook-Uppercut

### 5. Numbering System:

- 1 - Jab
- 2 - Cross
- 3 - Left Hook

### 6. Defences:

Hook cover  
Uppercut cover

### 7. Two counts 1-4 (Opposite Side)

### 8. Boxing combo 2: Jab-Cross-Hook

### 9. Fitness Requirements: (Maximum Repetitions)

Skipping drill 2 (leg switches) Press ups in 45 seconds, Sit ups in 45 seconds, Squats in 45 seconds, 30 calf raises each leg

### 10. Sparring:

To be able to touch your opponent

### 11. Equipment Requirements:

Sparring equipment (shin guards, groin guard & gum shield)

# MASTERS KICKBOXING

## GREEN BELT



### 1. Long & Short Knees:

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



### 2. Straight Elbow:

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



### 3. Skip Knee:

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



### 4. Upward & Down Elbow:

- Start from guard
- Snap elbow upwards under partners chin
- Try to strike with tip of elbow
- Keep guard hand up
- Reverse motion for down elbow

### 5. Optional bolt on: Spin back elbow

6. Set Combination: Front kick-Jab -Cross-Hook-Uppercut-Long knee

### 7. Numbering system:

- 1 - 3
- 4 - Right overhand
- 5 - Left uppercut
- 6 - Right uppercut
- 7- Long or short knee

### 8. Two counts 1-4 (Same side)

9. Boxing combo 3: Cross-Hook-Cross

### 10. Sparring:

To be able to anticipate the attack and choose the most appropriate defence (block, parry, side-step etc.)

### 11. Fitness Requirements: (Maximum Repetitions)

Skipping drill 3 (heel kicks), Press ups in 60 seconds, Sit ups in 60 seconds, Squats in 60 seconds, 40 calf raises each leg, 4 direction plank

### 12. Equipment Requirements:

Thai Pads

# MASTERS KICKBOXING

## BLUE BELT



### 1. Lead Leg Side Kick:

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



### 2. Lead Leg Round Kick:

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



### 3. Lead Leg Crescent Kick:

- Keep body facing forward
- Straighten leg and strike with side of foot, moving from outside– inside in a crescent shape
- Place foot back on ground immediately
- Keep hands up at all times

### 4. Optional belt on: Hook Kick

#### 5. Numbering System:

- 1 - 6
- 7 - Knee off either leg
- 8 - Front kick or side kick

#### 6. Defences:

Crash or Block with front knee/elbow

#### 7. Boxing Combo 4: Hook-Cross-Hook

#### 8. Four count (Basic & Half beat)

#### 9. Set Combination: Front kick-Jab -Cross-Hook-Uppercut-Long knee-Elbow L&R

#### 10. Fitness Requirements:

Skipping drill 4 (star jump) , Press ups in 60 seconds, Sit ups in 60 seconds, Squats in 60 seconds, 50 calf raises each leg, 4 direction plank

#### 11. Sparring:

To be able to touch an opponent after blocking an attack.

#### 12. Equipment Requirements:

Kick paddle

# MASTERS KICKBOXING

## PURPLE BELT



### 1. Jump Front Kick L&R:

- Start from guard position (hands up)
- Bring up knee
- Jump and front kick with support leg.
- Maintain balance and land in stance



### 2. Jump Round kick L&R:

- Start from guard position
- Bring up knee
- Jump and round kick with support leg.
- Maintain balance and land in stance



### 3. Jump Knee L&R:

- Start from guard position
- Bring up knee
- Jump and knee with support leg
- Try to push hips forward and push off floor as you knee
- Maintain balance and land in stance

### 4. Optional bolt on: Double Jump Knee

#### 5. Numbering System:

1 - 8

9 - Round kick off either leg

10 - Favourite or grading technique

#### 6. Set Combination:

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

#### 7. Boxing combo 5: Overhand-Uppercut-Overhand

#### 8. 6 count

#### 9. Fitness Requirements: (Maximum Repetitions):

Skipping drill 5 (high knees) Press ups in 60 seconds, Sit ups in 60 seconds, Squats in 60 seconds , 50 calf raises each leg, 4 direction plank

#### 10. Sparring:

To be able to touch an open target before being touched.

To be able to anticipate an attack, block and counter before opponent has completed his / her attack

# MASTERS KICKBOXING

## BROWN BELT



### 1. Leaping Lead Hook

- Start far away from your partner
- Drop Rear shoulder and coil body
- Leap forward into the hook punch
- Land in a balanced stance
- Bring hand straight back to guard
- Keep other hand up throughout



### 2. Spin Back Fist:

- Turn front foot inwards
- Bring rear elbow around in an arc
- Striking with elbow tip
- If target is out of distance extend arm and back fist
- Rotate back the same way to guard position



### 3. Jump Cross (Superman punch):

- Step forward with front foot
- Lift rear knee
- Throw cross and kick leg backward at the same time
- Land on balance with hands up

### 4. Optional bolt on: Bolo Punch

#### 5. Numbering System

##### **With body covers:**

If punch comes to left side of body: cover and 4 punch follow up

If punch comes to right side of body: cover and 4 punch follow up

##### **With head covers:**

If punch comes to left side of head: cover and 3 punch follow up

If punch comes to right side of head: cover and 3 punch follow up

Sometimes fade back follow with 3 punch follow up

#### 6. Set combination:

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

#### 7. Boxing combo 6: Triple hook

#### 8 Rebound six count

#### 9. Fitness Requirements: (Maximum Repetitions)

Skipping drill 6 (can can) Press ups in 90 seconds, Sit ups in 90 seconds, Squats in 90 seconds, 50 calf raises each leg, 4 direction plank

#### 10. Sparring:

To be able to create an open target and touch it before being touched, To be able to stop hit defensively

# MASTERS KICKBOXING

## 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
- Hit with outside edge of foot
- Keep kicking leg straight throughout
- Return to guard position

### 4. Optional bolt on: Meia lua de compasso

### 5. Numbering System with Evasions

With Snap back/ Slip or Parry off Pad Holders Jab or Cross: 3 punch follow up.  
With Roll/ Duck off Pad Holders Hook: 3 punch follow up

### 6. 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

### 7. Boxing combo 7: Rear uppercut-Lead hook-Cross

### 8. Spinning 6 count

### 9. Fitness Requirements: (Maximum Repetitions)

Skipping drill 7 (cross skip) , Press ups in 120 seconds, Sit ups in 120 seconds, Squats in 120 seconds, 50 calf raises each leg, 4 direction plank

### 10. Sparring:

To be able to create an unprotected target by using a fake or feint and then to touch that target, with an appropriate technique, without being countered.

*Interested in becoming an instructor? Speak to Matt or James about our Instructor Training Programme.*



# MASTERS KICKBOXING

## BLACK BELT

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

### 1. Numbering System

- Numbers
- Plus blocks
- Plus evasions
- Plus boxing combos 1-8

### 2. The 25 Punches

### 3. Leg Boxing

(Multiple kick combinations without putting foot down) 2,3 & 4 kicks

### 4. Jump 720 Degree Round Kick

### 5. Optional bolt on: Tornado Kick

### 6. Corner survival drill: (Punching)

- Boxing guard
- Thai-Pillar method
- Half guard
- Catching & Clinching
- Crazy Monkey for MMA

### 7. 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

### 8. Jab- Catch- Jab Drills 1-8

### 9. Fitness Requirements:

Masters Academy Fitness Challenge (5, 4,3,2, 1 drill)

### 10. 2,4,6 counts + switching lead 6

### 11. Sparring:

To be able to create open targets on an opponent and to touch those unprotected targets using advanced techniques, before being touched or countered.

To be able to 'flow' in all ranges with a partner in sparring

### 12. Demonstrate previous grading techniques to black belt level

### 13. Coaching: Instructor training programme (Optional)

### 14. Interview to assess understanding and attitude

# MASTERS KICKBOXING

## 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. Numbering System

- Full numbering system:
- Boxing combos 1-8 with rolls
- Sectoring 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- Spin back fist - Jump 720 degree round kick –Spin Side kick

#### 3. Corner survival drill with belly pad

- Return body punches
- Knees
- Front kicks & Side Kicks

### MODULE 2: 12 Months

#### 4. Jump 720 – Spin Side kick

#### 5. Dirty Boxing

Head pull and uppercut, shoulder bump, knee bump, hinge punch, hammer fist, over shoulder punch 1&2, elbow lift, elbow scoop

#### 6. Sparring skills:

To be able to demonstrate the 5 ways of attack during sparring

SDA, ABC, FTA, TTA, ABD

#### 8. Fitness Requirements:

Masters Academy Fitness Challenge (beat previous time)

#### 9. Thai Pad Drills

Masters 12 Count Thai Pad Drill

#### 8. Coaching ability (Optional)

Leading part of a class

# MASTERS KICKBOXING

## 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. Numbering System:

- Full numbering system
- Sectors 1-8
- Sub Sectors 1-4
- Hand Fakes 1-4

#### 2. 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 -Spin side kick - Jump Cross

#### 3. Corner Survival Drill

With belly pad counters and corner escapes 1-4 (Footwork, Hip pull, Thai Clinch, Shin across)

### MODULE 2: 12 Months

4. Advanced Boxing: Shoulder roll series: 1-6

5. Advanced Kicking: 720- Spin heel -Flick round kick

6. Trapping: Lop sau 1,2,3

### MODULE 3: 18 Months

#### 7. Round kick catches

Catches a,b,c

- A. Over hook
- B. Under hook (punch, elbow, knee follow up)
- C. Heel catch

#### 8. Double jump kicks

Front kick - Jump round kick  
Round kick - Jump round kick  
Side kick - Jump round kick

9. Trapping: Pak Sau 1,2,3

### MODULE 4: 24 Months

10 Round kick catch A & cut kicks: 1-5

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

#### 12. Fitness Requirements:

Masters Academy Fitness Challenge (beat previous time)

#### 13. Thai Pad Drills

12 Count Thai Pad Drills plus Knee 1,2, & 3

# MASTERS BLACK BELT 4th DAN

## MODULE 1: 6 months

### 1. Numbering System:

- Full numbering system
- Sectors 1-8
- Sub sectors 1-8
- Hand Fakes 5-8
- Kick fakes 1-4

### 2. Set Combination:

Front kick-Jab -Cross-Hook-Upper-cut-Long knee-Elbow L&R- Push partner away and round kick left & right-Skip knee- Spin back fist - Jump 720 degree round kick -Spin side kick - Jump Cross - Dlb Jump Kick

### 3. Corner Survival Drill

Belly pad counters, escapes & clinches 1-4 (single arm wrap, double arm wrap, underhooks & bicep cont)

## MODULE 2: 12 Months

4. Hammer series: 1 (Vertical Hammers)

5. Kick sectors: 1-4

6. Trapping: Gum Sau 1,2,3

## MODULE 3: 18 Months

7. Hammer series: 2 (Diagonal Hammers)

8. Jump spin kicks: Jump spin hook kick, Jump spin side kick, Jump spin crescent kick

9. Trapping: Jut Sau 1,2,3

## MODULE 4: 24 Months

10. Hammer series: 3 (Horizontal Hammers)

11. Kick sectors: 5-8

12. Compound traps

## MODULE 5: 30 Months

13. Destructions: 1-8

14. Counter traps to: Lop Sau 1-3

15. Round kick catches: Escapes 1-5

## MODULE 6: 36 Months

16. Step through jump: Spin side kick, Spin back kick, Spin hook kick

17. Counter traps to: Pak Sau 1-3

18. Sparring: Applying the 8 styles to sparring

19. Random Selection & Fitness Challenge

# MASTERS BLACK BELT 5th DAN

## MODULE 1: 12 months

### 1. Numbering System:

- Full numbering system
- Sectors 1-8
- Sub sectors 1-8
- Hand Fakes 1-8
- Kick Fakes 5-8

### 2. Set Combination:

Front kick-Jab -Cross-Hook-Uppercut-Long knee-Elbow L&R- Push partner away and round kick left & right-Skip knee- Spin back fist - Jump 720 degree round kick -Spin side kick - Jump Cross - Dlb Jump Kick- Hammer Series 3

3. Corner Survival Drill: Clinch to throws 1-3 (Thai twist down, Machida push & trip, Osoto gari sweep)

### 4. Design your own challenge

## MODULE 2: 24 months

6. Stalls 1-5

7. Counter traps: Gum Sau 1-3

8. Kicking matrix; 1

### 9. Design your own challenge

## MODULE 3: 36 months

10. Baits 1-5

11. Counter traps: Jut Sau 1-3

12. Kicking matrix; 2

### 13. Design your own challenge

## MODULE 4: 48 months

14. Jedi mind tricks: 1-8

15. Kicking matrix; 3

16. Counter Sectors 1-4

### 17. Design your own challenge

## MODULE 5: 60 months

### 18. Run through EVERYTHING

19. Counter Sectors 5-8

20. Kicking matrix: 4

18. Back to the start.....