

Kickboxing

Techniques

Lead
Straight
Hook
Over Hand Right
Uppercut
Body Lead
Body Straight
Body Hook
Rear Kick
Lead Kick
Foot Lead

Defense

Body Weave (BW)
Parry
Cover
Deflect
Body Cover
Shield
Slip
Bob
Weave
Pull

Combinations

1. Lead/Straight /Hook/Rear Kick
2. (Parry Lead) – Lead/Straight/Hook/ Rear Kick
3. Rear Kick/Hook/Straight/Hook
4. (Shield RK)-Straight/Hook/Straight/Lead Kick
5. (Pull Lead)- Straight/Hook/Straight/Lead Kick
6. Lead/Hook/Rear Kick
7. Straight/Hook/Straight/Lead Kick
8. (Parry Straight)-Straight/Hook/Straight/Lead Kick
9. Lead Kick/ Straight/Hook/Straight
10. (Shield LK)-Straight/Hook/Straight/Lead Kick
11. (Slip Lead)- Straight/Hook/Straight/Lead Kick
12. (Slip Straight)-Hook/Straight/Hook/Rear Kick
13. Foot Lead/Lead/Straight/Hook

14. (Deflect Foot Lead)-Lead/Straight/Hook
15. Hook/Straight/Hook/Rear Kick
16. (Cover Hook)-Hook/Straight/Hook/Rear Kick
17. Lead/Straight/BWr/Straight/Hook/Straight/Lead Kick
18. Double Lead/Straight/Lead Kick
19. Lead/R.Uppercut/Hook/Rear Kick
20. Parry Lead/Deflect R.Uppercut/-Straight/Hook/Straight/Lead Kick
21. Straight/L. Uppercut/ Straight/Lead Kick
22. (Parry Straight/ Deflect L. Uppercut)- Hook/Straight/Hook/Rear Kick
23. Lead/OHR/Uppercut/Rear Kick
24. (Cover OHR)-Straight/Hook/Straight/Lead Kick
25. Lead/Body Straight/Hook/Rear Kick
26. (Deflect Body Punch)-Straight/Hook/Straight/Lead Kick
27. Hook/Straight/Hook/Knee
28. Hook/Straight/BWr/Straight/Hook/Knee
29. Body Lead/OHR/Uppercut/Rear Kick
30. (Deflect Body Lead)-Hook/Straight/Hook/Rear Kick
31. Lead/Straight/BWr/Straight/Hook/Rear Kick
32. Lead Kick/Straight/Hook/BWl/Hook/Straight
33. Lead/Slip Lead/Straight/Hook/Straight
34. Straight/Slip Straight/Hook/Straight/Hook/Rear Kick
35. (Shield Rear Kick)-Cross/L. Uppercut/Straight/Lead Kick
36. Lead Kick/Straight/L. Uppercut/Straight/Lead Kick
37. Lead/R. Uppercut/Hook/Rear Kick
38. (Cover Hook)-Hook/R. Uppercut/Hook/Rear Kick
39. Foot Jab/Straight/Hook/Straight/Lead Kick
40. (Shield Lead Kick)-Body Straight/Hook/Straight/Lead Kick

All Combinations Must Be Performed with Three Different Methods of Training

1. Shadow Boxing
2. With Muay Thai Mitt Set Up (Student must know how to strike and hold mitts for combos.)
3. In Partner Drills