

# Kickboxing

# Manual

(Intermediate - Advanced)



## Green –Black & Above

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# **Disclaimer/Waiver**

The writer has no control over the use of these manuals by other persons, parties and institutions and will not accept liability and denies any liability to any person, party or institution using, relying or in any manner whatsoever dealing with these manuals or any part thereof.

## **WARNING.**

These manuals cannot be used in the absence of direct face to face instruction with an experienced and qualified trainer.

# *PART 2*

## *Green to Brown Singlet*

### **“Inner Awareness”**

#### **INTRODUCTION**

*“This is **green singlet** and is the “first sign of strength”. The strength mentioned is the physical awareness that techniques practiced in the dojo are developing to a point where perhaps the student could make them work in a practical situation. This in turn builds a psychological awareness of confidence.*

*At this level you are introduced to circular movements and begin to fight with an awareness of your surroundings*

## *Brown to Black Singlet*

### **“Gathering of Knowledge”**

#### **INTRODUCTION**

***Brown singlet** is known as “the stepping off point”.  
‘Will you have what it takes to be a black singlet?’  
is the question brown singlets learn to live with.*

*Although already started earlier, the brown singlet accelerates the gathering of knowledge. This will serve as your database in coping with the many “what if” situations that will endlessly present themselves in the years ahead.*

*Your sparring is brought to the “in-close” range (often testing your desire to be a Black singlet).*

# *PART 3*

*Dan Levels*

**“Development of Doctrine”**

# Part 2,3

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*“The journey of a thousand miles begins with a single step.”*  
*Lao-tzu, Chinese Philosopher*

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# Singlet System

The Singlet is more than just letting people know what level you are. It is a reminder to you every time you put on your singlet, of what you have achieved and where you are heading. One does not compete against another to gain ranks; you compete against yourself. Do not chase for ranks, instead seek to improve your knowledge as well as your technique and the rest will fall into place.

## Colour of singlets and their meanings

### Brown singlet

This level is known as the stepping off point. Will you have what it takes to be a black singlet? The question brown singlets learn to live with. The brown singlet continues to gather knowledge, to serve as your data base in coping with the what if situations that constantly are raised. Awareness of in-close fighting and the principles of ring sparring.

### Black singlet and above

Your black singlet represents coming full circle, you start at white and get to black but over time your black singlet fades to white again. Signifying coming full circle. At the second dan level you see red writing on your singlet signifying the blood grade, you have gone the distance to prove yourself as a warrior in battle to say the least.

## Crosses

**Bushido** meaning " way of the warrior " - square

**Ishoa** meaning " self enlightenment " - circle

**Kyunnin** meaning " business advisor " - triangle

Crosses are of Finland descent. The original square cross is the Finish cross of bravery. We present this highly prestigious and honoured award to students (irrespective of age, sex or rank) when it is felt that student, as an individual person is of good character and understands and follows the way of the warrior. Once presented you now belong to this elite family of warriors following the code of bushido. Note that while this is a prized and much sought after honour it is still very much a subjective opinion from the club instructor. If you feel that you should have been presented with a cross but have not yet been, the fault may be at either end.

In Japanese terms "ISHOA" does not exist (!). I think the Chief took this directly from Peter Urban's book, where it reads "Zen-Ken-Ishoa = Mind-Fist-Oneness". This is just Urban Sensei's poor Japanese translation (he calls Tensho, TENSHOA). The 'O' sound in both should be pronounced long and are usually written as an 'o' with a horizontal line on the top (which you may or may not have seen before, on Karate-Do for example), or spelt 'ou' (as in Toudi or 'China Hand', the old Okinawan pronunciation of Karate). Urban's use of Ishoa comes from the term 'issho-ni', which means 'all together', as in "Issho-ni itte kudasai" or

"Please say it together". So, at the very outside, it should be spelt 'Issho' or 'Isshou' (yes, 2  
esses).

The *Kyunnin (Administrators) Cross*, triangular in shape and seen held by the Red Dragon is a recent addition to the cross family. It remains a rare award today and stands for exemplary business acumen demonstrated in pursuit of advancing the standing of Bob Jones Martial Arts and its ideals. No one to this date has earned the right to wear one. In many ways, this cross represents the ultimate ambition and success as person, as an individual and as a member of society.

# Teaching Title Guidelines

## Archarn or Kru Muay (Teacher)

1. When all of the following are achieved the Kru title can be presented by a Master or higher (or be nominated by his instructor to the upline Master)

### **Demonstrated that**

- a. Can run a club or have actively participated to run, organise classes under a Kru.
- b. Has good understanding of class layout, gradings requirements, tournaments procedures.
- c. Has good understanding of club paper work from memberships to money banking, rents advertising.
- d. Have some knowledge of style and club history, ranks, titles, uniforms, crosses.
- e. Has first aid certificate plus basic knowledge of how the body works and warm up.

**Note:** The upline of the prospective Kru should be aware of the strengths and weaknesses of the person to be able to assist in their development.

## Grand Master

2. Normally to become a Grand Master, the title is given to you after you die. If you want to make money, all right, you can put yourself to be a Grand Master. If you think you will sell Muay Thai for a business, than you can call yourself a Grand Master. When all of the following are achieved, the title of Grand Master will be presented by a Supreme Master

### **Demonstrated that:**

- a. Is ready and willing to be in the thick of things, eg tournaments, promotions, demos, advertising etc not only on club level but also on family area level. Have enthusiasm to involve others.
- b. Is the right hand person to their upline and instructor, able to second them, being the link between the Grand Master or Supreme Master.

## **Supreme Master**

3. When all the above are achieved, the title of Supreme Master will be presented the title by a Supreme Master.

### **Demonstrated that:**

- a. Has a deep understanding of each specific aspects of training and related subjects, warm up body work, first aid, self defence, tournaments, gradings.
- b. Has skills to work out problems during classes, gradings, demos, tournaments, in an intelligent and well informed manner.
- c. Is able to organise others identifying strengths and weaknesses of all concerned.
- d. Is seeking knowledge on all aspects of training and related subjects.
- e. Is developing interpersonal, organisation, administration, communication skills etc.

# Anatomy

## The respiratory system

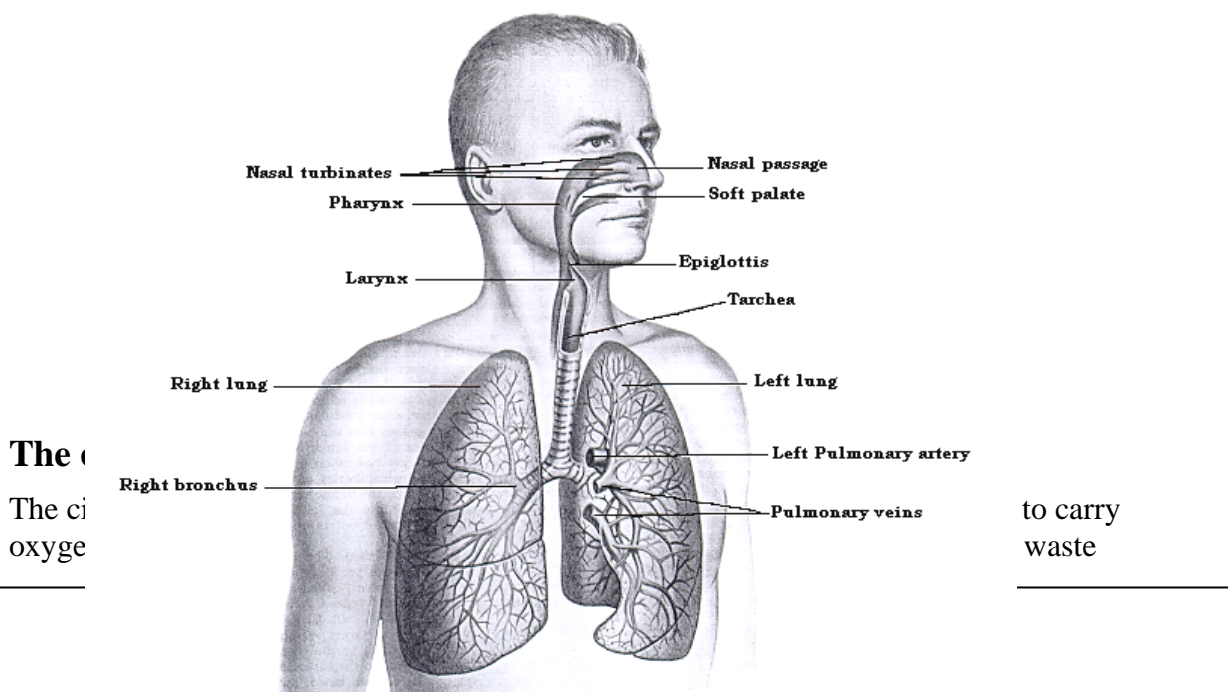
The act of breathing in, removing oxygen from the air, and breathing out air containing increased amounts of carbon dioxide, is called respiration. Every time a breath is taken in, air is drawn through the mouth or nose and down the windpipe into the lungs. The windpipe branches into two main tubes before it enters the lungs, where it divides into many smaller tubes that branch out through the lung tissue. At the end of each tube is a tiny air sac, which is surrounded by blood vessels. The blood in these vessels takes up oxygen, a gas contained in the air, and gives off a gas called carbon dioxide, which is a waste product of the process that converts food into energy. In breathing out, the air passes back through the same passages.

The major components in the respiratory system include the:

- Mouth and nose
- Larynx (voice box)
- Trachea (windpipe)
- Bronchi (tubes that divide from the windpipe)
- Alveoli (air sacs)
- Rib cage
- Diaphragm.

For air to enter the air passages and the air sacs, the pressure in the lung tissue must be lower than the air pressure outside the body. To enable this to happen, the diaphragm moves down, a little like a plunger in a syringe, and at the same time, the ribs and chest wall move out. The result is an increase in space inside the chest and a lowering of the pressure in the lung. Since this pressure is now lower than air pressure, air flows through the air passages (inspiration). To exhale (expiration), the pressure must rise. This is brought about by the diaphragm moving up and the ribs and chest wall moving in. The action of breathing in and out resembles the action of a set of bellows.

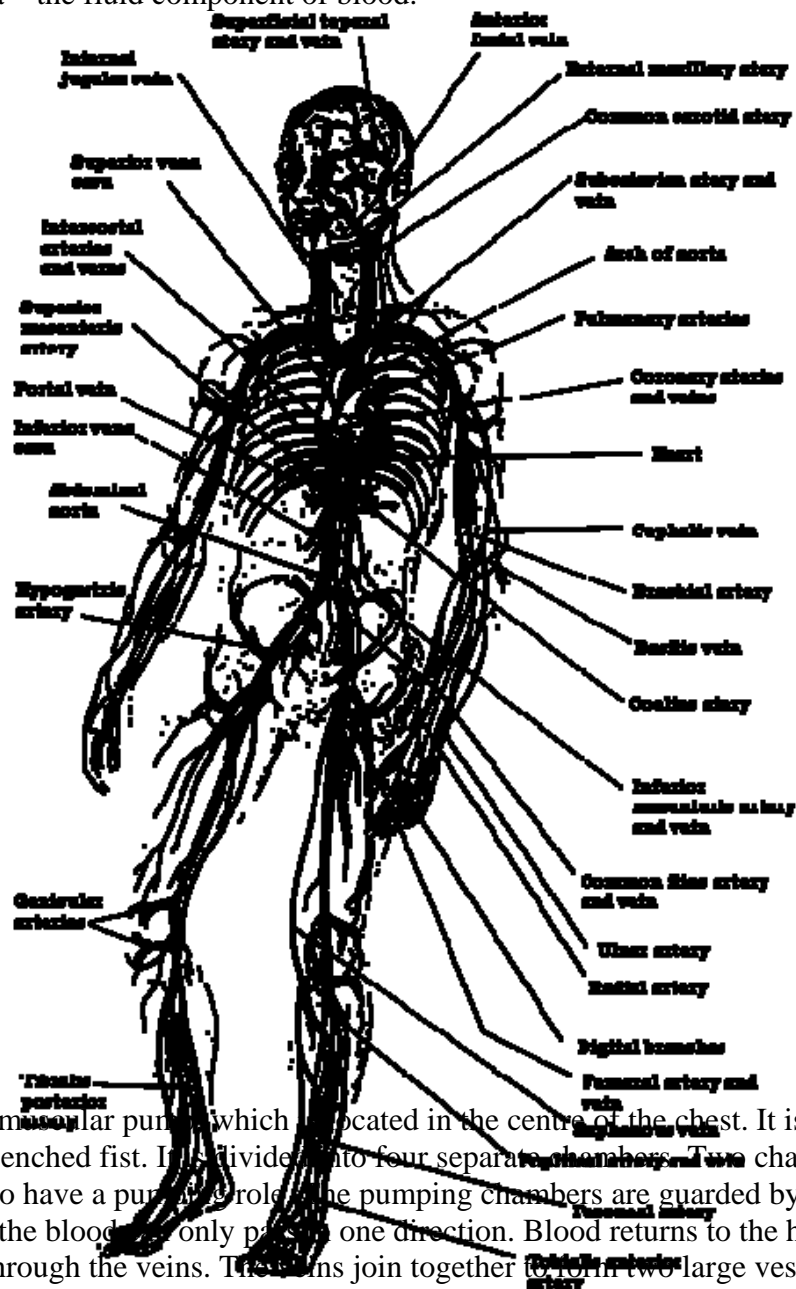
### RESPIRATORY SYSTEM



products. It also plays an important function in maintaining a constant body temperature. The driving force for this transport system is the heart. The transporting medium is the blood and the arteries. Veins and capillaries provide the pipes through which the blood can circulate.

Apart from its transport function, the blood contains many components that prevent and fight infection. Its main components are:

- Red cells which carry oxygen and carbon dioxide
- White cells which combat infection. The number of white blood cells increases whenever the body is under attack from infection
- Platelets which are involved in the clotting process—this is vital in the control of bleeding
- Plasma—the fluid component of blood.



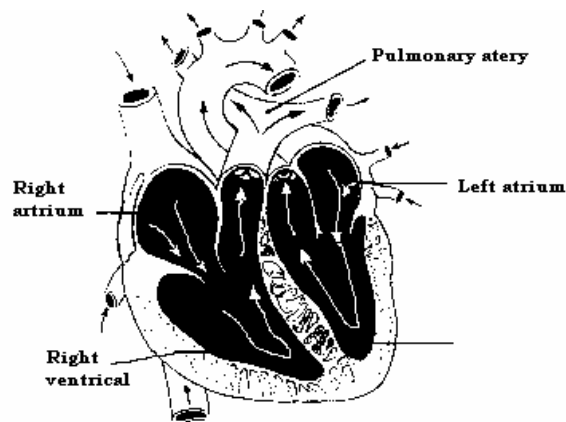
### The heart

The heart is a muscular pump which is located in the centre of the chest. It is approximately the size of a clenched fist. It is divided into four separate chambers. Two chambers act as reservoirs and two have a pumping role. The pumping chambers are guarded by non-return valves so that the blood can only pass in one direction. Blood returns to the heart from the body tissues through the veins. The veins join together to form two large vessels, one from

the upper and the other from the lower part of the body.

The blood from these vessels drains into the upper chamber (right atrium) of the heart. It then flows into the lower chamber on the right side (right ventricle) and is pumped into the pulmonary artery and to the lungs. This is a vital step in the circulation as the passage of blood through the lungs allows carbon dioxide to be exchanged for oxygen. The blood returns to the heart in veins which drain into the upper chamber on the left (left atrium). From there it passes into the pumping chamber on the left (left ventricle). It is pumped into the major artery of the body, which has many branches distributing blood to all parts of the body.

The heart pumps by contracting and squeezing blood out through the blood vessels. It then relaxes and fills with more blood. The pumping action of the heart is felt as a pulse in various locations. The heart or pulse rate is influenced by the volume of fluid in the circulatory system, by chemical changes in the blood and by nervous reactions. Veins carry blood toward the heart while arteries carry it away from the heart. No exchange of gases, food or waste products occurs through the walls of arteries or veins. The exchange of these substances between the circulatory system and the walls of the body can only occur across the wall of capillaries. Capillaries are tiny vessels whose walls are only one cell thick. They provide the connection between the arteries and veins, thus completing the circulatory system.



**The heart (showing the direction of blood circulation)**

## **The nervous system**

The nervous system controls every conscious and unconscious action of the body. It may be compared to a sophisticated computer that is able to program itself. There are three major components in the system: the brain, the spinal cord and the nerves.

The brain receives messages through incoming or sensory nerves and the special nerves connected with sight, hearing, smell, touch, pain, temperature and balance. It then decides on

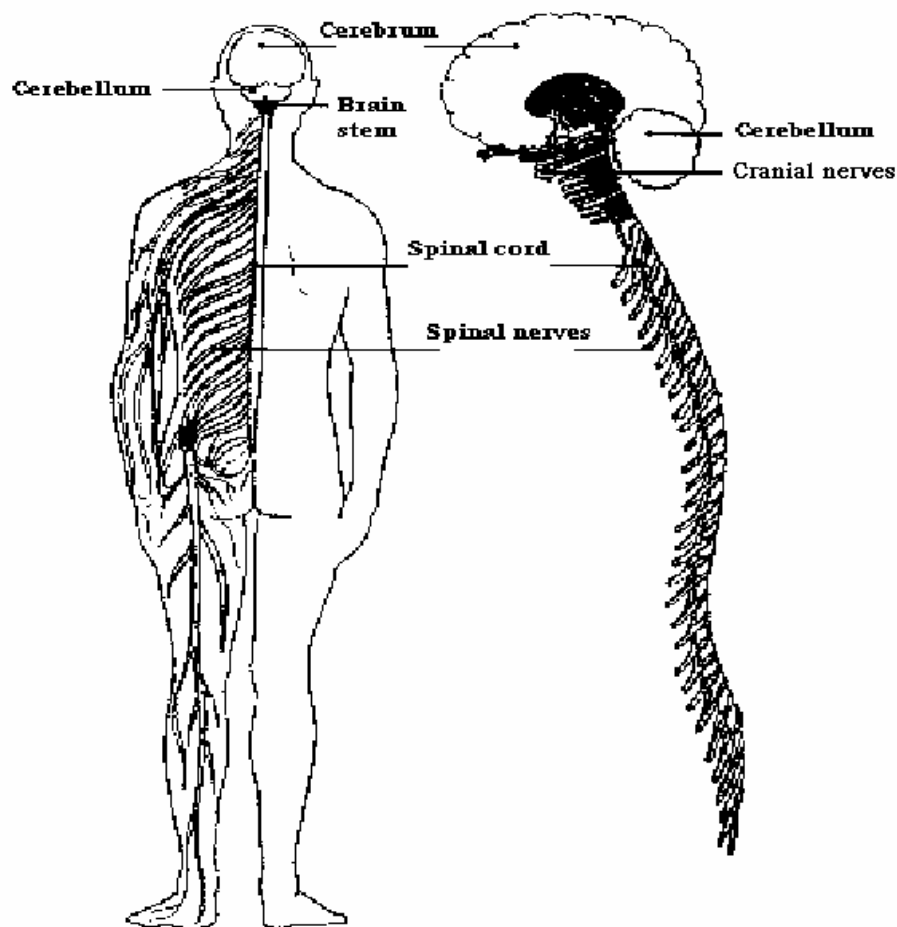
a course of action and sends commands to various parts of the body through outgoing or motor nerves.

Some body functions continue without conscious effort on our part. The autonomic nervous system controls these through the involuntary muscles of:

- Breathing
- The heart and blood vessels
- The bowel
- The glands
- Other organs.

The spinal cord is composed of tissue similar to that in the brain. It leaves the under surface of the brain through an opening in the base of the skull. The signals which make contact with the muscles, skin and other organs travel along the nerve tracts which are contained in the spinal cord. These tracts carry information (sensory) to the brain and messages (motor) to the muscles and other tissues of the body.

Whenever the passage of information is interrupted, e.g. if the spinal cord is damaged or a nerve is cut, there is no access for messages to or from that part of the body to the brain. If this damage is in the neck region, the casualty can be paralysed from the injury site down.



### The skeleton

The skeleton provides strength with bones is built

The skeleton

- Gives shape to the body
- Allows movement (muscles pull against bones)
- Protects vital organs (ribs and skull)

le  
Inside

- Makes blood cells (bone marrow).

The skeleton can be divided into three sections: the skull, the trunk and the limbs.

## **The skull**

The skull consists of:

- The cranium
- The bones of the face.

The cranium is made up of a number of bones that have fused together to hold and protect the brain. There are several openings in the skull through which blood vessels and nerves enter and emerge. A large opening at the base of the skull permits the spinal cord to connect with the brain. The bones of the face are the upper and lower jaw and two cheekbones. These support the muscles that are used in chewing, swallowing and speaking.

## **The trunk**

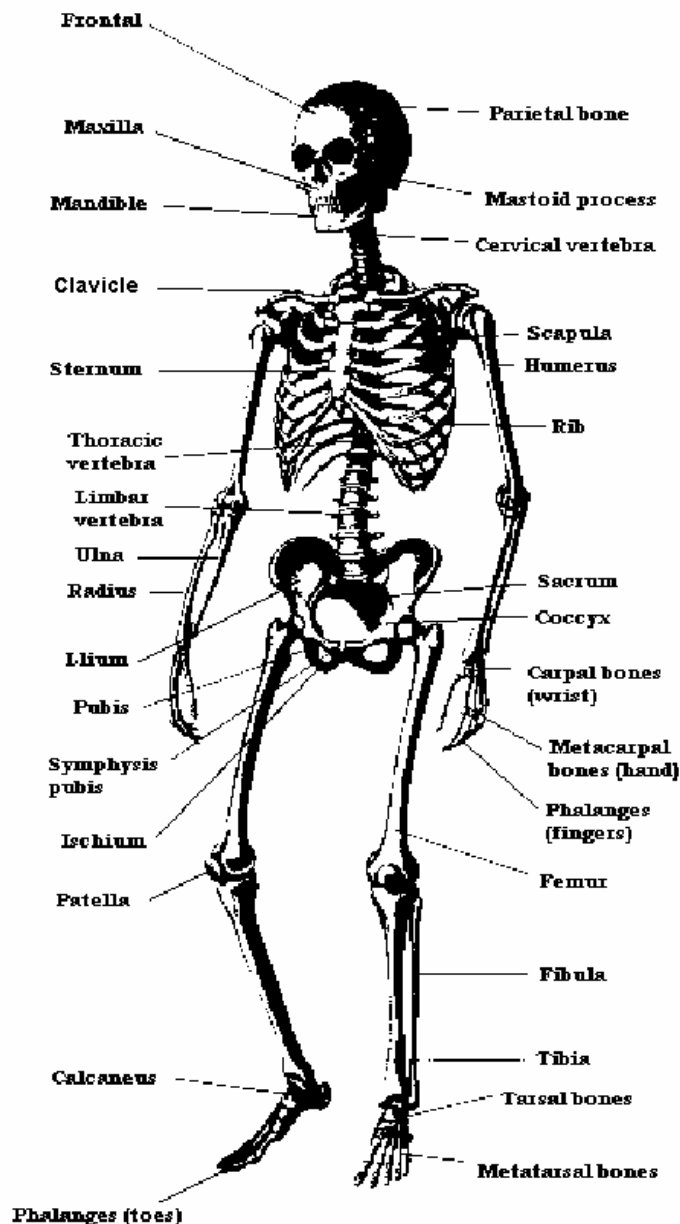
The spine is a strong, flexible pillar, which supports a number of structures of the body. It also carries the nerves, which branch out to every part of the body. There are 33 bones (vertebrae) in the spinal column. Flexible discs between the vertebrae absorb sudden shocks. The chest is formed by the backbone and 12 pairs of ribs, which curve from the backbone round toward the centre of the chest. At the front of the chest is the breastbone, to which the upper ten ribs are attached on each side. The other two pairs of ribs, which do not join the breastbone, are called floating ribs. The rib cage protects the heart and lungs and helps in the process of breathing.

The abdominal and pelvic cavities are enclosed by the lower spine behind, the diaphragm above and abdominal muscles and the pelvis on the sides and front. They contain the major digestive organs, the spleen, the reproductive organs in the female, and the urinary system.

## The limbs

The skeletal framework of the limbs has several parts. The shoulder blade has a socket into which the upper arm is fitted. This ball socket arrangement allows for maximum mobility but with no loss of stability. As a result this joint is prone to dislocation. The elbow and wrist are hinge joints. They can only move in one plane and are very stable. The hand is composed of a series of small bones, which have only a small amount of movement between them and serve to widen the area of grip.

The fingers each have a series of joints, which allow the fingers to curl and secure the grip. The thumb can also roll round to oppose the fingers, to encircle the object grasped. The pelvis is a series of large flat bones fused together with sockets on either side for the ball of the thighbone. The hip joint is a ball and socket joint similar to the shoulder but is more stable because of a deeper socket and stronger muscles. The lower leg consists of two bones to give attachment to large strong muscles that move the knee and ankle joints. These are hinge joints. The foot is made up of a series of small bones firmly bound together for stability and set at right angles to the ankle to give a long, broad weight-bearing surface. The toes each have a number of small joints, which allow them to curl and give added grip



# Sparring Drill List

## Green singlet to brown singlet

- *Drill for a left hook*
- Weave under their left hook, throwing a left leg inside thigh kick and then a straight right left head punch
- *Drill for stright right hand*
- Deflect their right hand across your face with your left hand, then throw a right hand spinning back fist landing towards them
- *Drill for right leg front kick*
- Deflect their right leg front kick across your body with your left hand, then throw a right body rip to their body and then a left hook to the side of their face
- *Drill for a right leg thigh kick and a high left leg round house kick*
- Step away left leg thigh check, then a left leg high cross check landing forward throwing a straight right hand

## Brown singlet to black singlet

- *Drill for a straight right hand*
- Weave under their right hand and single hand grapple to the back of their neck then throw a right knee to stomach, left circular elbow to jaw
- *Drill for a left jab*
- Step in and deflect at same time their left jab with your right hand across to your left hand side, slip and close in on opponents left arm pit, left knee to inside thigh, roll under and over to left side with a reverse left back elbow then right circular elbow to side of jaw, right knee to outside of their left thigh
- *Drill for right leg front kick*
- Side step and deflect their right leg front kick with your left hand across body towards your right hand side, single hand grapple to the back of neck with your right hand, right knee to their stomach, left circular elbow to the side of their face
- *Drill for right leg round house kick*
- Step away and in to your right hand side left hand up to block their right leg round house kick, then spin off to your right hand side pivoting on your right foot throwing a right circular elbow to their jaw

## **Black singlet to black singlet with red writing**

- *Drill for a straight right hand*
- Weave under their right hand, step in and close and grapple around neck seizing the right arm and neck in your grab, applying pressure to the side of their neck with your right forearm, throw right and left knee to stomach.
- *Drill for left jab*
- Step in slip and close and grapple around neck seizing their left arm and neck in your grab, applying pressure to the side of their neck with your left forearm, throw left and right knee.
- *Drill for right leg front kick*
- Deflect their right leg front kick across your body with your left leg doing a roll check outwards, throw a right straight knee left straight elbow or rising elbow.
- *Drill for right leg round house kick*
- Step away catch on left side doing a plough technique, then throw two right knees as I land, driving my opponent back.

## **Black singlet with red writing to red singlet with white writing**

- *Drill for a straight right hand*
- Weave under their right hand, throwing a right leg shin kick to their right leg.
- *Drill for left jab*
- Slip step in and close shoulder to shoulder, bump and throw right leg shin kick to their rear leg.
- *Drill for right leg front kick*
- Deflect their right leg front kick across your body with your left hand, stepping back as you do this doing a back slide then throw a left leg thigh kick to the outside of their right leg.
- *Drill for a right leg thigh kick*
- Step away left leg thigh check, then a left leg inside thigh kick to their left leg as I step in

# Combination Sequences

## LEVEL 1

- 1 L/LEG THIGH CHECK
- 2 REPEAT, ADD L/LEG FRONT KICK
- 3 REPEAT ABOVE, ADD L/JAB
- 4 REPEAT ABOVE,ADD L/R JAB
- 5 REPEAT ABOVE,ADD L/HOOK
- 6 REPEAT ABOVE,ADD R/LEG THIGH KICK

## LEVEL 2

- 1 SWITH INSIDE THIGH KICK
- 2 REPEAT,ADD R/HAND
- 3 REPEAT ABOVE,ADD L/BODY RIP
- 4 REPEAT ABOVE,ADD L/HOOK
- 5 REPEAT ABOVE,ADD R/HAND
- 6 REPEAT ABOVE,ADD R/LEG THIGH KICK

## LEVEL 3

- 1 R/LEG FRONT KICK
- 2 REPEAT,ADD L/LEG SPINNING SIDE KICK
- 3 REPEAT ABOVE,ADD 2R/KNEES
- 4 REPEAT ABOVE,ADD L/R/ ELBOW
- 5 REPEAT ABOVE,ADD SWITCH 2 INSIDE THIGH KICKS
- 6 REPEAT ABOVE,ADD R/HAND SPINNING BACK FIST

## LEVEL 4

- 1 L/JAB AND SLIP OPPONENTS L/JAB
- 2 REPEAT,ADD WEAVE R/LEG THIGH KICK,R/HAND
- 3 REPEAT,ADD SLIP/WEAVE L/INSIDE THIGH KICK
- 4 REPEAT,ADD WEAVE OPPONENTS R/HAND,L/RIP L/HOOK
- 5 REPEAT,ADD R/L UPPERCUT R/OVERTOP
- 6 REPEAT,ADD L/R/L JAB L/LEG ROUNHOUSE KICK

# Running Program

Running forms one of the major components to achieving your desired level of fitness and weight loss. It can also be achieved through regular walks and watching what you eat.

Another good habit is to get into a routine of recording your running times and distances as well as what you eat each day of the week. This will be your best indicator of how you are doing and the best way your training can see what you are doing to assist you better in achieving your goals.

An eg. Of a standard running program that was given to me some years ago, which of course you can modify to suit yourself. Please note before each run you must first warm up on 1-2km then stretch then begin your workout.

**Monday** -Hill work 5-10 hill sprints or stair sprints. Find a local park with a hill or stairs and do this once a week.

**Tuesday** -Easy medium 5-6km run

**Wednesday** -Hard medium- 4 fast laps then jog a lap,  
-2 laps then jog a lap,  
-1 lap then jog a lap

**Thursday** -Long easy run for 45 minutes to 1 hour

**Friday** -Fast - sprint 100 metres jog a lap repeat 5-10 times

**Saturday** -Recovery -run 2 laps hard then jog 1 lap easy repeat 5-10 times.

**Sunday** -rest

This running program is designed to increase your overall fitness and stamina eg. endurance without losing strength, while developing explosive speed and power in your legs. So as to be able to go the distance in your grading that requires much fitness and endurance ie black singlet or red singlet grades.

# Nutrition

That means eating at the right number of times per day, approximately 5-6 times per day as advised by dieticians to either lose weight or put weight on. This also means eating the right type and amount of foods and not eating too late at night. The aim is to speed up your metabolism not slow it down, it does that naturally as we get older. So activity and a good diet, is the key to maintaining good health and long life.

The information below has been on nutrition has been provided by the good food chart or healthy diet pyramid from the Heart Foundation. The “eat least” foods are those high in fat, sugar and salt and alcohol too. These foods should only be consumed in small amounts as they provide lots of energy (kilojoules) but very few nutrients. Salt we need is found in the foods we eat so there is no need to add salt to food.

The ‘eat moderate’ foods are high in protein, vitamins and minerals need to be eaten each day to assist with body growth and repair. These foods include meat, chicken, fish, eggs, dairy products (eg. milk, cheese and yoghurt), nuts and seeds. Choose the lower fat versions of these products like skim milk and lean meat, to avoid hidden kilojoules.

The “eat most” are foods such as breads, cereals, fruit, vegetables, rice, pasta and legumes (dried peas, beans and lentils) should make up a major part of each of your meals. These foods are low in fat, salt and sugar and high in fibre, complex carbohydrates, vitamins and minerals. These are excellent source of energy and nutrients essential to health, they also satisfy hunger without adding to your waistline.

There are “fats and fats”, which include solid fats such as butter and fat on meat, as well as liquid fat known as oil.

*Saturated fats* are mostly of animal origin. They include butter, fat on meat, cheese, cream and milk fat. Some vegetable oils are used in the manufacture of biscuits, pastry and cakes.

*Polyunsaturated fats* are usually liquid oils extracted from plant seeds. Polyunsaturated fat is also found in fish, ie tuna, salmon and sardines, lean meats. *Monounsaturated fats* are predominant in olives, olive oil, avocados, peanuts, peanut oil and also in eggs, lean meat and chicken, some fish and macadamia and hazel nuts.

Both of these types of fats can help lower blood cholesterol levels when used instead of saturated fats.

- for a normal blood cholesterol level (less than 5.5mmol/l) and good health,
- polyunsaturated and monounsaturated fats when used sparingly can help lower blood cholesterol levels
- eat cholesterol rich foods infrequently, especially if blood cholesterol is raised
- remember all types of fats and oils have the same amount of energy (kilojoules) and are high kilojoules foods. All types of foods eaten in excess may contribute to overweight and obesity
- eat a variety of foods each day
- eat more fruits, vegetables, wholegrain cereals and legumes.

Consider that heart disease is a major killer of Australians (46% die of heart disease each year) and that a healthy diet plays a major role in preventing heart disease.

## **Weight loss**

The main reason people join kickboxing is the benefit of weight loss through high aerobic activity during class. This means through regular training of 3-4 times per week with a balanced diet, you should be able to achieve the realistic results you want. Working harder for long periods of time during class will assist in weight reduction. But it must be realistic and it must be balance with regular training, diet, and enough rest. Those who over train by doing too much in a week or too many classes in one night run the risk of over training and injuring themselves, so ask for advise from your trainer as too how much and how long should you train at any one time for.

Another factor is the alcohol or sugar we eat, if your body is burning kilojoules from alcohol and/ or carbohydrates, it won't burn those from fat. This means that any fat you eat is likely to be added to your body fat and if you are trying to lose weight, consuming too much alcohol and sugar will make things much harder, maybe even impossible. If you eat more kilojoules than your body is burning, you can't lose weight, only gain it. Don't try to change everything at once, make small changes at a time.

## **Toning and fitness**

This is achieved through watching what we eat and high activity in a class, a balance of aerobic (occurring over long periods of activity - uses oxygen to produce the energy required) and anaerobic activity (ability to produce multiple repetitions of movement without fatigue - Short duration, usually under 90 seconds, does require oxygen to produce energy, depends on the bodies own system for energy to the muscles.) One is fat burning and the other is weight reducing so train carefully. Aerobic activity is anything over 2minutes and anaerobic activity is anything under 2minutes duration. Aerobic activity is the best for weight reduction, or anaerobic activity is best for fat burning or toning.

## **Strength**

During kickboxing we developed strength by various exercises such as push ups, sit ups, squats, dips, leg work, upper body work. Training for strength also improves speed, but endurance not at all. Repetitions of 5-10 would be a good starting point then building it up to your desired target you want to achieve. But start slow and gradually increase your repetitions. Movements must also be performed slowly to maximise your effort in muscle development of slow twitch fibres. A strong muscle is a more flexible muscle so incorporating stretching into your routine is a great benefit.

## **Speed**

This is achieved by good technique and then speed. Working slow twitch and fast twitch muscle fibres, so over time, with stretching and strengthening our body and muscles we can then work and develop speed through a vast variety of exercises in class. Training for speed gives good all round results, (sprinters score moderately well on strength and endurance tests).

## **Endurance**

Most students want to get fit for various reasons, generally it is for overall well being. Fitness is broken into different types, ie aerobic or anaerobic activity, one is short distance and the other is long distance or more endurance or stamina work. Training for endurance provides very little improvement of strength or speed. This means training for periods of 20 minutes 3-4 times per week will help build endurance fitness. All aerobic activities have one thing in common; by making you work hard, they depend on plenty of oxygen. That's what makes them aerobic.

## **Conditioning**

Conditioning exercise include thigh conditioning, body conditioning, forearm conditioning. This could also include conditioning of lower body through various exercises, upper body as well. These exercises are designed to develop resistance to pain and injury through toughening or conditioning the muscles to the impacting sustained during competition, and for endurance of a long grading requiring certain fitness to carry you through the grade.

## **Statistics**

In a recent study by the DASET found that

- 97% of adults agree that exercise is vital to their physical and mental health.
- 98% agreed exercise is essential for fitness.
- Fewer than 10% belong to health and fitness centre's.
- Less than 30% of Australians exercise sufficiently to gain health benefits.
- Attrition rates at fitness centres often exceeds 40%
- 50% of Australians are over weight
- 8 in 10 people will suffer from lower back pain before the age of 45
- 1 in 4 children have high cholesterol

To succeed with your new healthy diet and training routine, make gradual changes to your current routine. Make changes which suit your way of life and above all, enjoy it!

In relation to any exercise or diet please consult your family doctor or your local dietician for advice, as some people may have special dietary needs or health issues that may have to be considered, for your overall well being and in achieving your goals.

# Ring Craft

Ring craft is the skill inside the ring needed for the progress from student to Fighter or competitor. Techniques or strategies to work inside the ring may vary from trainer to trainer depending on their level of experience and knowledge inside the ring and how to use every inch of the ring.

Various techniques used include; shoulder bump and spin off, push pull (switch aroo), grappling / holding, inside knees, holding centre, holding outside, work the corners of ring, off the ropes with a side step off.

## Shoulder Bump

This technique is performed firstly with the understanding of a persons centre. We must first drop our body weight down below our opponents centre, to do this we bend our knees and sink our shoulder below our opponents shoulder while leaning against each other, so to be able to perform the bump with little or no effort. The other factors are the use of our left arm across our body in an upward and outward motion, with the right hand also pushing away too.

A variation also includes the spin off or step off after you have bumped your opponent away, stepping either to your left or right opening the gate. This technique can also be performed off the ropes.

## Switcharoo

A simple but yet complex technique, this is applied in a close range situation where each of you are tending to hold on to each other. All we do is hold, pull and push, pending on which direction or side we want to end up on, so holding our opponent we then pull with our right hand while holding onto their left elbow or arm, and push with our left hand while holding onto their right elbow or arm. Then all we have to do is co ordinate our feet to work in the direction we are pushing, to perform a switch aroo. This technique is often executed from the corners as a way of getting out of your opponent corner.

## Holding centre

Holding the centre of the ring and try cutting off the corners to trap your opponent in corner. The person inside the small circle or centre uses small steps and a lot of angles to control opponent and the centre of ring. Generally the centre is the strongest position to be in if you're the stronger fighter physically. The aim is to corner opponent, slow them up, stop them from moving so much, keep them in one spot to crush them with multiple scoring shots to head, body and legs. From centre we are also able to bump, switcharoo, grapple/hold, work corners, work off the ropes too.

## **Holding outside**

Holding the outside circle is very typical of a fighter who likes to stick and move. This is achieved with great circular footwork and defensive moves with the body. A lot of emphasis is put on the ability to control the ring from here, by making your opponent miss and frustrating them. Picking your shots carefully and not getting into a clinch if possible, only for safety, but then to break clean and keep your distance.

From the outside we are able to work bump, switcharoo, grapple/hold, work corners, work off the ropes also.

Basically both are interchangeable with each other, all basics can be utilised from either position depending on fighting style or ability. Some fighters like to fight on the outside, some like to fight on the inside, most should be able to do both depending on the strategies to be used against opponent. This is generally worked out by watching prior tapes on opponent if any or your trainer studying your opponent during each round, and at the end of each round giving you instructions as to best beat or combat them.

## **Working the corners**

This term is used for when you are unable to get a clean shot up the middle so we work the corners of the body or the outside face or edges of the body. Eg. Outside thighs, ribs, shoulders, face etc. We try to work one side only so as to get our opponent defending more on that side then we switch and pound the other side of the body This can be done either on the ropes or in the corners.

*‘To win one hundred victories in one hundred battles is not the greatest skill. To subdue the enemy without fighting is the highest skill.’*

*Chinese proverb*

# **Fighters Strategies**

**Stick and move (hit then move away)**

**Crush (crush your opponent)**

**Play Possum (fake weakness)**

**Corners (strike to the outside of his body)**

**Combination (use all of the above to win)**

## Grading (how to)

As a green singlet you would have (should have) taken the opportunity to sit with a higher grade and watch, and asked questions, as they graded. (As well as learning grading etiquette). As a brown singlet you are now required to sit on a grading panel and grade (probably white and blue singlets).

When grading the following steps should be taken:

- Step 1. If you have not done so already, you should firstly familiarise yourself with the grading format, grade requirements, calls and the grading sheet.
- Step 2. Next you should refresh your mind on the Hon (fundamental principles) and how these are to be tested
- Step 3. You should then take notice of exactly who you are grading ie, age range and injuries.

# Grading Requirements

## Green – 1 Brown stripe Kickboxing

### Demonstrate the following

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (40)
- 3x2 minute rounds of skipping

### Footwork demonstrated moving

- lunge forward and backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward, stamp on either side

### Blocks demonstrated moving in pairs;

- inside deflection off either arm, lower deflection off either arm, jamming of a jab off either arm, downward deflection on either arm

### Checks demonstrated moving in pairs;

- half leg check off either leg, full check or high check off either leg, cross check off either leg

### Weaving / slipping / bobbing demonstrated in pairs

- weaving/slipping /bobbing a left punch, weaving /slipping/bobbing a right cross

### Strikes demonstrated moving on pads;

- left jab, straight right punch, left hook , body rips off either arm, back fist off either arm, circular elbows

### Basic kicks demonstrated moving on pads;

- straight front kick off either leg, thigh kick, inside or outside off either leg, roundhouse kick off either leg, push front kick off either leg, straight knees

### Shield work demonstrated moving

- 3x2 minute round of legs only

### Focus pad work demonstrated moving

- 2x2 minute round of hands only

### Forearm pad work demonstrated moving

- 2x1 minute round of hands and legs

### Sparring drills demonstrated

Blue –green singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

Green –brown singlet  
-defence against a left hook  
-defence against a right cross

**Sparring optional**

-1x2 minute round of attacking sparring only  
-1x2 minute round of defending sparring only

**Shadow sparring**

-1x1 minute round of fighting in with hands,  
-1x1 minute round of fighting out with hands and legs only

## **Brown singlet Kickboxing**

Full gradings fee for brown singlet is \$60.

### **Demonstrate the following**

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (50)
- 3x2 minute rounds of skipping

### **Footwork demonstrated moving**

- lunge forward and backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward, stamp on either side

### **Blocks demonstrated moving in pairs;**

- inside deflection off either arm, lower deflection off either arm, jamming of a jab off either arm, downward deflection on either arm

### **Checks demonstrated moving in pairs;**

- half leg check off either leg, full check or high check off either leg, cross check off either leg

### **Weaving / slipping / bobbing demonstrated in pairs**

- weaving/slipping /bobbing a left punch, weaving /slipping/bobbing a right cross

### **Strikes demonstrated moving on pads;**

- left jab, straight right punch, left hook, body rips off either arm, back fist off either arm, circular & straight elbows

### **Basic kicks demonstrated moving on pads;**

- straight front kick off either leg, thigh kick, inside or outside off either leg, roundhouse kick off either leg, push front kick off either leg, straight & circular knees

### **Shield work demonstrated moving**

- 3x2 minute round of legs only

### **Focus pad work demonstrated moving**

- 3x2 minute round of hands only

### **Forearm pad work demonstrated moving**

- 3x1 minute round of hands and legs

### **Sparring drills demonstrated**

Blue –green singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

Green –brown singlet

-defence against a left hook

-defence against a right cross

-defence against a right leg front kick

-defence against a right leg thigh kick, left leg round house kick

### **Sparring optional**

-1x2 minute round of attacking sparring only

-1x2 minute round of defending sparring only

-1x2 minute round of mixed sparring

### **Shadow sparring**

-1x2 minute round of fighting in with hands,

-1x2 minute round of fighting out with hands and legs only

-1x2 minute round of circle work with hands, legs,

## **Brown – 1 Black stripe Kickboxing**

### **Demonstrate the following**

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (75)
- 3x2 minute rounds of skipping

### **Footwork demonstrated moving**

- lunge forward and backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward, stamp on either side, blitz on either side

### **Blocks demonstrated moving in pairs;**

- inside deflection off either arm, lower deflection off either arm, jamming of a jab off either arm, downward deflection on either arm

### **Checks demonstrated moving in pairs;**

- half leg check off either leg, full check or high check off either leg, cross check off either leg

### **Weaving / slipping / bobbing demonstrated in pairs**

- weaving/slipping /bobbing a left punch, weaving /slipping/bobbing a right cross

### **Strikes demonstrated moving on pads;**

- left jab, straight right punch, left hook, body rips off either arm, back fist off either arm, circular & straight elbows

### **Basic kicks demonstrated moving on pads;**

- straight front kick off either leg, thigh kick, inside or outside off either leg, roundhouse kick off either leg, push front kick off either leg, straight & circular knees

### **Shield work demonstrated moving**

- 3x2 minute round of legs only,

### **Focus pad work demonstrated moving**

- 3x2 minute round of hands only

### **Forearm pad work demonstrated moving**

- 2x2 minute round of hands and legs

### **Sparring drills demonstrated**

Blue –green singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

Green –brown singlet

- defence against a left hook
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick, left leg round house kick

Brown- black singlet

- defence against a left jab
- defence against a right cross

### **Sparring optional**

- 1x2 minute round of attacking sparring only
- 1x2 minute round of defending sparring only
- 1x2 minute round of hands only sparring

- 1x2 minute round of legs, s sparring only
- 1x2 minute round of mixed only sparring

### **Shadow sparring**

- 1x2 minute round of fighting in with hands,
- 1x2 minute round of fighting out with hands and legs only
- 1x2 minute round of circle work with hands, legs,

## **Black singlet Kickboxing**

Full gradings fee for brown singlet is \$100.

Medical certificate no older than 7 days

### **Demonstrate the following**

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (100)
- 3x2 minute rounds of skipping

### **Conditioning demonstrated**

- 10 thigh conditioning
- 10 shin conditioning
- 10 forearm conditioning
- 10 stomach conditioning
- 5 floor sprints, across and back
- 1x1 minute round of hand sprints(push pull)

### **Footwork demonstrated moving**

- lunge forward and backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward, stamp on either side
- blitz on either side

### **Blocks demonstrated moving in pairs;**

- inside deflection off either arm, lower deflection off either arm, jamming of a jab off either arm, downward deflection on either arm

### **Checks demonstrated moving in pairs;**

- half leg check off either leg, full check or high check off either leg, cross check off either leg

### **Weaving / slipping / bobbing demonstrated in pairs**

- weaving/slipping /bobbing a left punch, weaving /slipping/bobbing a right cross

### **Strikes demonstrated moving on pads;**

- left jab, straight right punch, left hook , body rips off either arm, back fist off either arm, circular & straight spinning elbows

### **Basic kicks demonstrated moving on pads;**

- straight front kick off either leg, thigh kick, inside or outside off either leg, roundhouse kick off either leg, push front kick off either leg, straight & circular & jumping knees

### **Shield work demonstrated moving**

- 3x2 minute round of legs only

### **Focus pad work demonstrated moving**

- 3x2 minute round of hands only

### **Forearm pad work demonstrated moving**

-3x2 minute round of hands and legs

### **Sparring drills demonstrated**

Blue –green singlet

-defence against a left jab, right cross

-defence against a right cross

-defence against a right leg front kick

-defence against a right leg thigh kick

Green –brown singlet

-defence against a left hook

-defence against a right cross

-defence against a right leg front kick

-defence against a right leg thigh kick, left leg round house kick

Brown- black singlet

-defence against a left jab

-defence against a right cross

-defence against a right leg front kick

-defence against a right leg thigh kick, left leg round house kick

### **Sparring optional**

-1x2 minute round of attacking sparring only

-1x2 minute round of defending sparring only

-1x2 minute round of hands only sparring

-1x2 minute round of legs, sparring only

-2x2 minute round of mixed only sparring

### **Shadow sparring**

-1x2 minute round of fighting in with hands,

-1x2 minute round of fighting out with hands and legs only

-1x2 minute round of circle work with hands, legs,

## **Black/Red singlet Kickboxing**

Full gradings fee for black / red singlet is \$50.  
Medical certificate required no older than 7 days

### **Demonstrate the following**

- Basic understanding of warm up
- 3x2 minute rounds of skipping

### **Conditioning demonstrated**

- 10 thigh conditioning
- 10 shin conditioning
- 10 forearm conditioning
- 10 stomach conditioning
- 10 floor sprints, across and back
- 1x2 minute round of hand sprints(push pull)

### **Shield work demonstrated moving**

- 3x2 minute round of legs only

### **Focus pad work demonstrated moving**

- 3x2 minute round of hands only

### **Forearm pad work demonstrated moving**

- 3x2 minute round of hands and legs

### **Sparring drills demonstrated**

Blue –green singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

Green –brown singlet

- defence against a left hook
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick, left leg round house kick

Brown- black singlet

- defence against a left jab
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg round house kick

Black-black/red singlet

- defence against a left jab
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg round house kick

### **Sparring**

- 1x2 minute round attacking only
- 1x2 minute round of defending only
- 1x2 minute round of hand sparring only
- 1x2 minute round of leg sparring only
- 1x2 minute round of hands and legs sparring
- 1x2 minute round of hands, legs, sparring
- 1x2 minute round of hands, legs, sparring
- 3x2 minute rounds of mixed sparring

### **Shadow sparring demonstrated**

- 1x2minute round of hands
- 1x2 minute round of legs
- 1x2 minute round of hands and legs

# Grading Requirements

## Green – 1 Brown stripe Muay Thai Kickboxing

### **Demonstrate the following**

- Uniform is on correctly, including hand wraps.
- Bow in procedures
- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (40)
- 3x2 minute rounds of skipping

### **Footwork demonstrated moving**

- lunge forward and backward sideways
- change over coming forward and going backward
- switch on the spot or coming forward or backward
- stamp on either side

### **Blocks demonstrated moving;**

- inside deflection off either arm
- lower deflection off either arm
- jamming of a jab off either arm
- downward deflection on either arm

### **Checks demonstrated moving;**

- half leg check off either leg
- full check or high check off either leg
- cross check off either leg

### **Weaving / slipping / bobbing demonstrated**

- weaving/slipping /bobbing a left punch
- weaving /slipping/bobbing a right cross

### **Strikes demonstrated moving;**

- left jab
- straight right punch
- left hook
- body rips off either arm
- back fist off either arm

### **Elbows demonstrated moving**

- circular elbows off either arm
- straight elbows off either arm

### **Knees demonstrated moving**

- straight knees off either leg
- circular knees off either leg

### **Basic kicks demonstrated moving;**

- straight front kick off either leg
- thigh kick, inside or outside off either leg
- roundhouse kick off either leg
- push front kick off either leg

### **Shield work demonstrated moving**

- 1x2 minute round of legs only
- 1x2 minute round of knees only
- 1x2 minute round of legs and knees only

### **Focus pad work demonstrated moving**

- 1x2 minute round of hands only
- 1x2 minute round of elbows only

### **Forearm pad work demonstrated moving**

- 1x1 minute round of hands and legs
- 1x1 minute round of elbows and knees

### **Grappling demonstrated**

- 1x1 minute round of grappling around neck defending
- 1x1 minute round of grappling around neck attacking
- 1x1 minute round of grappling around neck defending/attacking

### **Sparring drills demonstrated**

Blue –green singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

Green –brown singlet

- defence against a left hook
- defence against a right cross

### **Sparring**

- 1x2 minute round of attacking sparring only
- 1x2 minute round of defending sparring only

### **Shadow sparring**

- 1x1 minute round of fighting in with hands, elbows,knees
- 1x1 minute round of fighting out with hands and legs only

## **Brown singlet Kickboxing Muay Thai Kickboxing**

Full gradings fee for brown singlet is \$60.

### **Demonstrate the following**

- Uniform is on correctly, including hand wraps.
- Bow in procedures
- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (50)
- 3x2 minute rounds of skipping

### **Footwork demonstrated moving**

- lunge forward and backward sideways
- change over coming forward and going backward
- switch on the spot or coming forward or backward
- stamp on either side

### **Blocks demonstrated moving;**

- inside deflection off either arm
- lower deflection off either arm
- jamming of a jab off either arm
- downward deflection on either arm

### **Checks demonstrated moving;**

- half leg check off either leg
- full check or high check off either leg
- cross check off either leg

### **Weaving / slipping / bobbing demonstrated**

- weaving/slipping /bobbing a left punch
- weaving /slipping/bobbing a right cross

### **Strikes demonstrated moving;**

- left jab
- straight right punch
- left hook
- body rips off either arm
- back fist off either arm

### **Elbows demonstrated moving**

- circular elbows off either arm
- straight elbows off either arm

### **Knees demonstrated moving**

- straight knees off either leg
- circular knees off either leg

**Basic kicks demonstrated moving;**

- straight front kick off either leg
- thigh kick, inside or outside off either leg
- roundhouse kick off either leg
- push front kick off either leg

**Shield work demonstrated moving**

- 1x2 minute round of legs only
- 1x2 minute round of knees only
- 1x2 minute round of legs and knees only

**Focus pad work demonstrated moving**

- 1x2 minute round of hands only
- 1x2 minuter round of elbows only
- 1x2 minuter round of hands and elbows only

**Forearm pad work demonstrated moving**

- 1x1 minute round of hands and legs
- 1x1 minute round of elbows and knees
- 1x1 minute round of hands, legs, elbows and knees

**Grappling demonstrated**

- 1x2 minute round of grappling around neck defending
- 1x2 minute round of grappling around neck attacking
- 1x1 minute round of grappling round kicks attacking
- 1x1 minute round of grappling round kicks defending

**Sparring drills demonstrated**

Blue –green singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

Green –brown singlet

- defence against a left hook
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick, left leg round house kick

**Sparring**

- 1x2 minute round of attacking sparring only
- 1x2 minute round of defending sparring only
- 1x2 minute round of mixed sparring

**Shadow sparring**

- 1x2 minute round of fighting in with hands, elbows,knees
- 1x2 minute round of fighting out with hands and legs only
- 1x2 minute round of circle work with hands, legs, elbows, knees

## **Brown – 1 Black stripe Muay Thai Kickboxing**

### **Demonstrate the following**

- Uniform is on correctly, including hand wraps.
- Bow in procedures
- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (75)
- 3x2 minute rounds of skipping

### **Footwork demonstrated moving**

- lunge forward and backward sideways
- change over coming forward and going backward
- switch on the spot or coming forward or backward
- stamp on either side
- blitz on either side

### **Blocks demonstrated moving;**

- inside deflection off either arm
- lower deflection off either arm
- jamming of a jab off either arm
- downward deflection off either arm

### **Checks demonstrated moving;**

- half leg check off either leg
- full check or high check off either leg
- cross check off either leg

### **Weaving / slipping / bobbing demonstrated**

- weaving/slipping/bobbing a left punch
- weaving/slipping/bobbing a right cross

### **Strikes demonstrated moving;**

- left jab
- straight right punch
- left hook
- body rips off either arm
- back fist off either arm

### **Elbows demonstrated moving**

- circular elbows off either arm
- straight elbows off either arm

### **Knees demonstrated moving**

- straight knees off either leg
- circular knees off either leg

**Basic kicks demonstrated moving;**

- straight front kick off either leg
- thigh kick, inside or outside off either leg
- roundhouse kick off either leg
- push front kick off either leg

**Shield work demonstrated moving**

- 1x2 minute round of legs only
- 1x2 minute round of knees only
- 1x2 minute round of legs and knees only

**Focus pad work demonstrated moving**

- 1x2 minute round of hands only
- 1x2 minuter round of elbows only
- 1x2 minuter round of hands and elbows only

**Forearm pad work demonstrated moving**

- 1x2 minute round of hands and legs
- 1x2 minute round of elbows and knees

**Grappling demonstrated**

- 1x2 minute round of grappling around neck defending
- 1x2 minute round of grappling around neck attacking
- 1x2 minute round of grappling around neck attacking/defending
- 1x2 minute round of grappling round kicks attacking
- 1x2 minute round of grappling round kicks defending
- 1x1 minute round of grappling knees attacking
- 1x1 minute round of grappling knees defending

**Sparring drills demonstrated**

Blue –green singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

Green –brown singlet

- defence against a left hook
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick, left leg round house kick

Brown- black singlet

- defence against a left jab
- defence against a right cross

**Sparring**

- 1x2 minute round of attacking sparring only
- 1x2 minute round of defending sparring only
- 1x2 minute round of hands only sparring

- 1x2 minute round of legs, knees sparring only
- 1x2 minute round of mixed only sparring

**Shadow sparring**

- 1x2 minute round of fighting in with hands, elbows, knees
- 1x2 minute round of fighting out with hands and legs only
- 1x2 minute round of circle work with hands, legs, elbows, knees

## **Black singlet Kickboxing Muay Thai Kickboxing**

Full gradings fee for brown singlet is \$100.

Medical certificate no older than 7 days

### **Demonstrate the following**

- Uniform is on correctly, including hand wraps.
- Bow in procedures
- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (100)
- 3x2 minute rounds of skipping

### **Conditioning demonstrated**

- 10 thigh conditioning
- 10 shin conditioning
- 10 forearm conditioning
- 10 stomach conditioning
- 5 floor sprints, across and back
- 1x1 minute round of hand sprints(push pull)

### **Footwork demonstrated moving**

- lunge forward and backward sideways
- change over coming forward and going backward
- switch on the spot or coming forward or backward
- stamp on either side
- blitz on either side

### **Blocks demonstrated moving;**

- inside deflection off either arm
- lower deflection off either arm
- jamming of a jab off either arm
- downward deflection off either arm

### **Checks demonstrated moving;**

- half leg check off either leg
- full check or high check off either leg
- cross check off either leg

### **Weaving / slipping / bobbing demonstrated**

- weaving/slipping/bobbing a left punch
- weaving/slipping/bobbing a right cross

### **Strikes demonstrated moving;**

- left jab
- straight right punch
- left hook
- body ribs off either arm
- back fist off either arm

**Elbows demonstrated moving**

- circular elbows off either arm
- straight elbows off either arm

**Knees demonstrated moving**

- straight knees off either leg
- circular knees off either leg

**Basic kicks demonstrated moving;**

- straight front kick off either leg
- thigh kick, inside or outside off either leg
- roundhouse kick off either leg
- push front kick off either leg

**Shield work demonstrated moving**

- 1x2 minute round of legs only
- 1x2 minute round of knees only
- 1x2 minute round of legs and knees only

**Focus pad work demonstrated moving**

- 1x2 minute round of hands only
- 1x2 minuter round of elbows only
- 1x2 minuter round of hands and elbows only

**Forearm pad work demonstrated moving**

- 1x2 minute round of hands and legs
- 1x2 minute round of elbows and knees
- 1x2 minuter round of hands and elbows only

**Grappling demonstrated**

- 1x2 minute round of grappling around neck defending
- 1x2 minute round of grappling around neck attacking
- 1x2 minute round of grappling around neck attacking/defending
- 1x2 minute round of grappling round kicks attacking
- 1x2 minute round of grappling round kicks defending
- 1x2 minute round of grappling round kicks attacking/defending
- 1x1 minute round of grappling knees attacking
- 1x1 minute round of grappling knees defending
- 1x1 minute round of grappling knees attacking/defending

**Sparring drills demonstrated**

Blue –green singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

Green –brown singlet

- defence against a left hook
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick, left leg round house kick

Brown- black singlet

- defence against a left jab
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick, left leg round house kick

### **Sparring**

- 1x2 minute round of attacking sparring only
- 1x2 minute round of defending sparring only
- 1x2 minute round of hands only sparring
- 1x2 minute round of legs, knees sparring only
- 2x2 minute round of mixed only sparring

### **Shadow sparring**

- 1x2 minute round of fighting in with hands, elbows,knees
- 1x2 minute round of fighting out with hands and legs only
- 1x2 minute round of circle work with hands, legs, elbows, knees

## **Black/Red singlet Muay Thai Kickboxing**

Full gradings fee for black / red singlet is \$50.  
Medical certificate required no older than 7 days

### **Demonstrate the following**

- Basic understanding of warm up
- 3x2 minute rounds of skipping

### **Conditioning demonstrated**

- 10 thigh conditioning
- 10 shin conditioning
- 10 forearm conditioning
- 10 stomach conditioning
- 10 floor sprints, across and back
- 1x2 minute round of hand sprints(push pull)

### **Shield work demonstrated moving**

- 1x2 minute round of legs only
- 1x2 minute round of knees only
- 1x2 minute round of kicks and knees

### **Focus pad work demonstrated moving**

- 1x2 minute round of hands only
- 1x2 minuter round of elbows only
- 1x2 minute round of hands and elbows

### **Forearm pad work demonstrated moving**

- 1x2 minute round of hands and legs
- 1x2 minute round of elbows and knees
- 1x2 minute round of hands, legs, elbows, knees

### **Grappling demonstrated**

- 1x2 minute round of grappling around neck defending
- 1x2 minute round of grappling around neck attacking
- 1x2 minute round of grappling around neck attacking/defending
- 1x2 minute round of grappling round kicks attacking
- 1x2 minute round of grappling round kicks defending
- 1x2 minute round of grappling round kicks attacking/defending
- 1x2 minute round of grappling knees attacking
- 1x2 minute round of grappling knees defending
- 1x2 minute round of grappling knees attacking/defending

### **Sparring drills demonstrated**

Blue –green singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

Green –brown singlet

- defence against a left hook
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick, left leg round house kick

Brown- black singlet

- defence against a left jab
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg round house kick

Black-black/red singlet

- defence against a left jab
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg round house kick

### **Sparring**

- 1x2 minute round attacking only
- 1x2 minute round of defending only
- 1x2 minute round of hand sparring only
- 1x2 minute round of leg sparring only
- 1x2 minute round of hands and legs sparring
- 1x2 minute round of hands, legs, knees sparring
- 1x2 minute round of hands, legs, knees and grappling sparring
- 3x2 minute rounds of mixed sparring

### **Shadow sparring demonstrated**

- 1x2minute round of hands
- 1x2 minute round of legs
- 1x2 minute round of hands and legs

# Competition

Each club often run semi contact inter club tournaments for students to test their skills against other students of the same level in a friendly bout held either in a make shift ring or just an open floor area.

## Kickboxing Rules

1. Defend yourself at all times
2. You must supply your own equipment
3. Abusive behaviour by fighters will not be tolerated and result in disqualification
4. Semi contact only
5. No pushing or shoving
6. No headbutts
7. No spinning back fists
8. No elbows
9. No grappling on ground
10. No takedowns
11. No locks or holds
12. No punching to neck or throat
13. Excessive contact will not be tolerated.
14. The fighter will be given 2 warning and disqualified on the third.  
Both competitors can be disqualified for ignoring the instructions of referee.  
A referee may decide to disqualify a competitor without warning if they feel the foul is serious enough

## Weight Divisions

### Males:

Heavyweight	.....	182 lbs+	/ 83 kgs+
Cruiserweight	.....	182 – 168 lbs	/ 83 – 76 kgs
Middleweight	.....	168 – 154 lbs	/ 76 – 70 kgs
Welterweight	.....	154 – 140 lbs	/ 70 – 63 kgs
Lightweight	.....	under 140 lbs	/ under 63

### Females:

Heavyweight	.....	154 lbs+	/ 70 kgs+
Cruiserweight	.....	154 – 140 lbs	/ 70 – 63 kgs
Middleweight	.....	140 – 126 lbs	/ 63 – 57 kgs
Welterweight	.....	126 – 112 lbs	/ 57 – 50 kgs
Lightweight	.....	under 112 lbs	/ under 50

## General notes

1. Please make sure toe and hand nails have been cut.
2. Kicks to the head, legs are permitted if great control is shown and knees to body.
3. Spectators abusive behaviour will result in a warning being given followed by the offender being asked to leave the venue.
4. All competitors must be over 18yrs, wear approved gloves, shin/instep protectors, groin guards under uniform, mouth guards and chest guards for the girls. Head guards and body guards supplied by promoter.
5. All bouts 3 x 1.1/2 minutes
6. Earrings and rings must be removed or taped up
7. In some circumstances divisions will be combined if contestants agree. All divisions are by weight and rank, with separate male / females.
8. Trophies to 1<sup>st</sup> place, runners up

Referees are looking for the best defensive and offensive fighters. Referees look for fighters who show good sportsmanship, follow the rules and instruction given by referee.

*“A fighter motto, devotion, dedication, determination, desperation.  
A fighter never quits and a quitter never wins.”*