



# Amateur Martial Associations & WAKO

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## **SAMPLE KICKBOXING SYLLABUS**

### **K-500 Kickboxing (W.A.K.O.GB) - 1<sup>st</sup> Dan Black Belt Syllabus**

To last approximately 5 hours

To hold for a minimum of Two years

#### **FITNESS**

Warm Up, Circuit Training, Full Body Stretch and Manipulation

#### **FIGHTING STANCES**

Full Guard Fighting Stance (left and right)

Half Guard Fighting Stance (left and right)

Cross Guard Fighting Stance (left and right)

#### **PUNCHING TECHNIQUES**

##### **Full guard, both sides**

Jab

Cross

Straight

Short

Overhand

Hook Punch (Body & Head)

Upper-cut

Bolo Punch

Overhand Bolo Punch

Wing Punch

Spinning Back Fist

Shovel Punch

#### **KICKING TECHNIQUES**

##### **Full guard, both sides, lead and rear legs (unless stated)**

Snap Kick

Push Kick

Round Kick

Round-house Kick

Axe Kick

Hook Kick

Descending Round-house

(Lead Only)

(Rear Only)

(Rear Only)

Side Kick

Outer Crescent Kick

Inner Crescent Kick

Spinning Hook Kick (Rear Only)

Spinning Back Kick (Rear Only)

Spinning Side Kick (Rear Only)

Spinning Outer Crescent (Rear Only)

##### **Ariel Techniques/ Full guard, both sides**

Jumping Snap Kick

Jumping Push Kick

Jumping Round-house Kick

Jumping Spinning Outer Crescent

Jumping Spinning Hook Kick

Jumping Spinning Back Kick

Jumping Spinning Side Kick

Lead Leg

Rear Leg

Rear Leg

Rear Leg

Rear Leg

Rear Leg

360 Round-house Kick

Scissor Kick

**Low Kicking Techniques**  
**Sweeping Techniques**

Outer Thigh, Inner Thigh  
Outer Ankle, Dropping Leg, Dragon Sweep

**BLOCKING & EVASION**

**Blocking Punches**

Rising forearm  
The “catch”  
Parry Block  
Rising Elbow  
Dropping Elbow  
“X” Block

**Blocking Kicks**

Sweeping Parry Block  
Dropping Elbow  
Rising Elbow  
Outer Shin  
Inner Shin  
Full Body Cover  
Cross Guard  
“X” Block

**Evasion**

Slipping (inside & outside)  
Ducking  
Weaving  
Layback

**COUNTER TECHNIQUES**

Counter to	Jab Punch	Counter to	Snap Kick
Counter to	Cross Punch	Counter to	Round Kick
Counter to	Hook Punch	Counter to	Spinning Back Kick
Counter to	Uppercut	Counter to	Hook Kick

**FEINTING TECHNIQUES**

Individual Decision Five Of Your Own Choice (Fighting Style)

**COMBINATION WORK**

1	1	Jab – Round Kick – Cross – Round House
2	2	Jab – Cross - Round House
3	3	Jab – Push Kick – Round House
4	4	Side Kick – Jumping Spinning Back Kick
5	5	Jab – Spinning Backfist – Roundhouse
6	6	Jab – Cross – L/Hook – Backfist – Short Cross – Shovel Hook – R/Uppercut – L/Uppercut
7	7	L/Push Kick – Round House – Spinning Hook Kick
8	8	L/Snap Kick – R/Axe Kick – R/Axe Kick – Round House – Jab – Cross

**KUMITE**

Two	2:00 Minuet Rounds	Controlled Shadow Sparring	(Technical)
	or	Controlled Bag Work	(Technical)
Five	3:00 Minuet Rounds	Sparring - Light Contact	– Continuous

**FEINTING TECHNIQUES**

1	1	Fake Jab Punch – Short Cross - Jab Punch
2	2	Fake Snap Kick – Side Kick
3	3	Fake Jab Punch – Side Kick – Jumping Spinning Back Kick
4	4	Fake R/Snap Kick – Round House
5	5	Fake Low – High Round House