

**Steve Anderson Kick Boxing World Training Centres**

**Basic Kick Boxing Curriculum**

Mandatory Basics for 1<sup>st</sup> and 2<sup>nd</sup> Rank Kick Boxers

***Hand Techniques***

1. Jab
2. Cross
3. Hook (Lead Hand)
4. Hook (Rear Hand)

***Foot Techniques***

1. Front Kick (Lead Leg)
  2. Front Kick (Rear Leg)
  3. Round House Kick (Lead Leg)
  4. Round House Kick (Rear Leg)
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***Basic Kick Boxing Training Block #1***

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**Techniques:**

1. Side Kick (Lead Leg)
2. Elbow Strikes (Both Arms)
3. Knee Strikes (Both Legs)

**Bag Work:**

1. Jab/Cross
2. (Lead Leg) Round Kick/Jab/Cross
3. (Rear Leg) Round Kick

**Partner Focus Pad Drills:**

1. Jab/Cross
2. Double Jab/Cross
3. (Lead Leg) Round Kick/Jab/Cross
4. Jab/Cross/(Rear Leg) Round Kick

**Combinations:**

1. Jab/Cross/Hook (Lead Hand)
2. Jab/Cross/Hook (Lead Hand)/Cross
3. Front Kick (Lead Leg)/Double Jab/Cross
4. Front Kick (Lead Leg)/Double Jab/Cross/Round Kick (Rear Leg)
5. Round Kick (Lead Leg)/Jab/Cross/Hook/Front Kick (Rear Leg)

**Conditioning:**

1. Push-Ups (Sets of 20)
2. Wall Round Kicks (30 Seconds Each Leg)
3. Shadow Boxing (3 Rounds)

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***Hand Techniques***

1. Jab
2. Cross
3. Hook (Lead Hand)
4. Hook (Rear Hand)

***Foot Techniques***

1. Front Kick (Lead Leg)
  2. Front Kick (Rear Leg)
  3. Round House Kick (Lead Leg)
  4. Round House Kick (Rear Leg)
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***Basic Kick Boxing Training Block #2***

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**Techniques:**

1. (Rear Leg) Side Kick
2. Rear Kick
3. Body Hooks (Front and Back Hands)

**Bag Work:**

1. Cross/Hook
2. (Lead Leg) Round Kick/Cross/Hook/(Rear Leg) Round Kick
3. Jab/Cross/(Rear Leg) Round Kick

**Partner Focus Pad Drills:**

1. Hook/Cross
2. Double Jab/Cross/Hook
3. (Lead Leg) Round Kick/Jab/Cross/Hook
4. Round Kick (Lead Leg)/Cross/Hook/ Round Kick (Rear Leg)

**Combinations:**

1. Jab/Cross/Hook/Cross/Front Kick (Rear Leg)
2. Jab/Cross/Hook (Lead Hand)/Cross/Front Kick (Rear Leg)/Round Kick (Rear Leg)
3. Front Kick (Lead Leg)/Triple Jab/Cross/Hook/Cross
4. Front Kick (Lead Leg)/Double Jab/Cross/Hook/Cross/Round Kick (Rear Leg)
5. Double Round Kick (Lead Leg)/Jab/Cross/Round Kick (Rear Leg)

**Conditioning:**

1. Crunchies (Sets of 40)
2. Running Lines (Sets of 60 Seconds)
3. Shadow Kick Boxing (3 Rounds)

**Steve Anderson Kick Boxing World Training Centres**

**Intermediate Kick Boxing Curriculum**

Mandatory Basics for 3<sup>rd</sup> and 4<sup>th</sup> Rank Kick Boxers

***Hand Techniques***

1. Jab
2. Cross
3. Body Hooks
4. Head Hooks
5. Upper Cuts

***Foot Techniques***

1. Front Kick (Lead Leg)
2. Front Kick (Rear Leg)
3. Round Kicks (Front and Rear)
4. Side Kicks (Front and Rear)
5. Rear Kick

***Conditioning***

1. Shadow Boxing
  2. Shadow Kick Boxing
  3. Push Ups and Crunchies
  4. 2 Minute Wall Kicks
  5. 2 Minute Sprint Rounds
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***Intermediate Kick Boxing Training Block #1***

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**Techniques:**

1. Up Jab
2. Hook Kick
3. Front Thrust Kick
4. Rear Leg Front Thrust Kick

**Bag Work:**

1. Up Jab/Cross/Left Hook/Right Body Hook
2. Side Kick/Jab/Cross/Hook Kick
3. Front Thrust Kick/Jab/Cross/Rear Leg Round Kick
4. Jab/Hook/Cross/Rear Leg Round/Lead Leg Round Kick

**Partner Focus Pad Drills:**

1. Double Jab/Cross/Hook/Bob and Weave/Cross/Hook
2. Double Jab/Cross/Lead Uppercut/Cross/Rear Leg Round Kick
3. Double Round Kick/Jab/Cross/Rear Leg Front Thrust Kick
4. Hook Kick/Round Kick/Jab/Cross/Hook/Cross/Rear Leg Round Kick
5. Double Jab/Cross/Hook/Rear Uppercut/Hook

**Combinations:**

1. Jab/Cross/Hook/Cross/Front Kick (Rear Leg)/Round Kick (Lead Leg)/Jab/Cross
2. Double Jab/Cross/Hook/Rear Uppercut/Hook/Cross
3. Hook Kick/Round Kick/Jab/Cross/Lead Uppercut/Rear Uppercut/Hook/Cross
4. Up Jab/Cross/Rear Leg Front Thrust Kick/Round Kick/Jab/Rear Uppercut/Hook/Rear Leg Round Kick
5. Jab/Cross/Hook/Bob and Weave/Cross/Hook/Rear Uppercut/Hook/Cross

**Conditioning:**

1. Line Drill (20 Fronts/20 Push-Ups/20 Jabs/10 Rounds Left and Right) (5 Spots)
2. 10 Abdominal Exercises @50 per
3. Skipping 3 Rounds
4. Round Kicks on Focus Pads 60 Seconds Continuous

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**Intermediate Kick Boxing Curriculum**

Mandatory Basics for 3<sup>rd</sup> and 4<sup>th</sup> Rank Kick Boxers

***Hand Techniques***

1. Jab
2. Cross
3. Body Hooks
4. Head Hooks
5. Upper Cuts

***Foot Techniques***

1. Front Kick (Lead Leg)
2. Front Kick (Rear Leg)
3. Round Kicks (Front and Rear)
4. Side Kicks (Front and Rear)
5. Rear Kick

***Conditioning***

1. Shadow Boxing
  2. Shadow Kick Boxing
  3. Push Ups and Crunchies
  4. 2 Minute Wall Kicks
  5. 2 Minute Sprint Rounds
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***Intermediate Kick Boxing Training Block #2***

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**Techniques:**

1. **Spinning Back Kick**
2. Spinning Hook Kick
3. Skip Side Kick
4. Jump Rear Leg Round Kick
5. Skip Round House Kick

**Bag Work:**

1. **Spinning Back Kick**
2. Skip Side Kick/Rear Arm Elbow
3. Jab/Cross/2X Body Hook/2X Alternating Round Kick
4. Double Jab/Cross/Jump Rear Leg Round Kick
5. Skip Round House Kick/Jab/Cross

**Partner Focus Pad Drills:**

1. Double Jab/Cross/Hook/Bob and Weave/Cross/Hook/Spinning Hook Kick
2. Double Jab/Cross/Hook/Rear Uppercut/Rear Leg Round Kick/Spinning Hook Kick
3. Skip Side Kick/Round/Jab/Cross/Rear Leg Front Thrust Kick
4. Jab/Cross/Hook/Cross/Lead Uppercut/Rear Uppercut/Hook
5. Triple Jab/Cross/Hook/Rear Uppercut/Hook
6. Pad Flashing Drill (1 Jab 2 Cross 3 Hook 4 Rear Upper Cut 5 Lead Upper Cut)

**Combinations:**

1. Double Jab/Cross/Front Kick (Rear Leg)/Round Kick (Lead Leg)/Jab/Cross
2. Double Jab/Cross/Hook/Rear Leg Round Kick/Spinning Hook Kick
3. Skip Side/Round Kick/Jab/Cross/Lead Uppercut/Rear Uppercut/Hook/Cross
4. Round Kick/Jump Rear Leg Round Kick/Spinning Back Kick
5. Jab/Double Hook/Rear Hook/Bob and Weave/Hook/Cross

**Conditioning:**

1. 200 Speed Jabs 200 Speed Uppercuts
2. 10 Abdominal Exercises @50 per
3. Skip Round Kicks (4 Lengths)
4. 100 Speed Round Kicks per leg on focus pads