



PODAR ENRICHMENT ACADEMY

Learning for Life

└ **KICK BOXING**

└ **PUNCHES**

- Double Jab, Cross Punch.
- Uppercut (lead and back arm).
- Sliding Back Fist (lead arm).

└ **KICKS**

- Front Kick, Side Kick (front Leg).
- Sliding Front Kick (off front leg).
- Round house Kick (off back leg coming forward).
- Axe Kick (off back leg coming forward).

└ **COMBINATIONS**

- Jab, Reverse Punch, Roundhouse Kick (back leg coming forward).
- Double Hook Punch (lead arm), Sliding Front Kick (front leg).

└ **SELF DEFENCE**

└ **FOCUS MITTS**

- Roundhouse Kicks x20 (each leg).
- Hook Punch, Uppercut x10 (both stances)

└ **BAG WORK**

- 2 x 1 Minute Rounds (score per round).

└ **FITNESS**

- 15 x Press ups. 20 x Sit-ups. 1 minute Star Jumps.

└ **SPARRING**

- Defending
- Attacking





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- **KICK BOXING :-**
- **Target –**
 - Jodan – Upper
 - Chudan – Middle
 - Gedan - Lower
- **Tance (Dachi) – Haico Dachi**
- **Punches – Strata Punch**
- **Kicks –**
 - Mai Giri
 - Axe kicks (Hammer Kick)
 - Round – Back Round kick
 - Back Kick
 - Step side Kick
 - Push kick
- **Ukki – blocks-**
 - Jodan Ukki Upper Blocks
- **Steeping –**
 - foot work
 - Front Stepping
- **Fighting Combination –**
 - Punch Combination
- **Fighting practice –**
 - Without Guards Fighting Style
- **Target**
 - Jodan – Upper
 - Chudan – Middle
 - Gedan – Lower
- **Tance (Dachi) –**
 - Janco dachi
- **Punches –**
 - Upper cut punch



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- └ **Kicks –**
 - Mai giri
 - Axe kicks (Hammer Kick)
 - Round – Back Round Kick
 - Back Kick
 - Step side kick
 - Push Kick
- └ **Ukki-Blocks –**
 - Chudan ukki – Middle Blocks
- └ **Stetapping – footwork**
 - Side stepping
- └ **Fighting Combination**
 - Kick combination
- └ **Fighting Practice-**
 - Without Guards Fighting style
- └ **Target –**
 - Jodan – Upper
 - Middle
 - Gedan- Lower
 - **Tance(Dachi)-** Horuse Dachi
- └ **Kicks –**
 - Ekko giri
 - Mai giri
 - Axe kick (hammer kicks)
 - Round – back round kick
 - Back kick
 - Step side kick
 - Push kick
- └ **Ukki – Blocks-**
 - Gedan Bari – Lower Blocks



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- └ **Stetepping – Foot work**
 - Standing Stepping
- └ **Fight – Events –**
 - 7th to 9th Semi Contact, Musical Form
 - 10th to 12 yrs. Semi Contact, Musical form
 - 13th to 15 yrs. Semi Contact, Light Contact, Musical Form
 - 16th to 18 yrs. Semi – Light contact, Full Contact, Musical Form
 - 19th to 40th yrs. Semi Contact, light contact, full contact, low kick, k-1, musical Form
- └ **Fighting combination –**
 - Kick with punch combination
- └ **Fighting Practice –**
 - Without guards fighting style
- └ **Tance (Dachi)- Fighting Tance**
- └ **Punches –**
 - Round punch
- └ **Kicks –**
 - Nee Mawasi Giri
- └ **Ukki – Blocks –**
 - Ucchuke – Outer block
- └ **Stetepping – foot work**
 - Forward Stepping
- └ **Fight – Events –**
 - 7th to 9th yrs. Semi contact, Musical Form
 - 10th to 12th yrs. Semi contact, Musical Form
 - 13th to 15th yrs. Semi contact, light contact, Musical form
 - 16th to 18th yrs. Semi – Light Contact, Full Contact, Musical Form
 - 19th to 40th yrs. semi contact, Light contact, full contact, Low kick, k-1, Musical form



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- └ **Fighting Combination –**
 - Punch with kick combinations
- └ **Fighting practice –**
 - Without Guards fighting style
- └ **Punches –**
 - Back First Punch
- └ **Kicks –**
 - Hija Giri
- └ **Ukki – Blocks –**
 - Ushiro Ucchuke – Inner Block
- └ **Stestepping - foot work**
 - In fighting style stepping
 - Fight – Events – 7th to 9th yrs. Semi contact, Musical form
 - 10th to 12th yrs. Semi contact, Musical Form
 - 13th to 15th yrs. Semi contact, light contact, musical form
 - 16th to 18th yrs. Semi – light contact, full contact, musical Form
 - 19th to 40th yrs. Semi contact, Light Contact, Full Contact, Low Kick, k-1, Musical form
- └ **Fighting combination –**
 - Swift with kick combinations
- └ **Fighting Practice –**
 - With guards fighting style
- └ **Kicks – Jump Front kick**
- └ **Stestepping Foot work**
 - With punch combination stepping
- └ **Fight – Events –**
 - 7th to 9th yrs. Semi contact, Musical form
 - 10th to 12th yrs. Semi contact, Musical Form
 - 13th to 15th yrs. Semi contact, Light Contact, Musical Form
 - 16th to 18th yrs. Semi – light contact, Full contact, Musical Form



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- 19th to 40th yrs. Semi contact, Light contact, full contact, Low kick, k-1, Musical Form
- └ **Fighting Combination –**
- Punch with jump kicks combinations
- └ **Fighting Practice -**
- With guards fighting style
- └ **Punches –**
- Up Thrust Punch
- └ **Kicks –**
- Flying Kick
- └ **Stestepping - Foot Work**
- With kicks combination stepping
- └ **Fight – Events –**
- 7th to 9th yrs. Semi contact, musical form
- 10th to 12th yrs. Semi contact, Musical form
- 13th to 15th yrs. Semi contact, Light contact, Musical form
- 16th to 18th yrs. Semi – light contact, full contact, Musical form
- 19th to 40th yrs. Semi contacts, light contact, full contact, Low kick, k- 1, Musical Form
- └ **Fighting Combination-**
- Punch with Defence combinations
- └ **Fighting Practice-**
- └ **Kicks –**
- Ushiro giri
- └ **Steeping – foot work**
- In defence combination Stepping
- └ **Fighting Combination –**
- Kick with defence combinations
- └ **Fighting Practice –**
- With Guards fighting style



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- └ **Kicks –**
 - Kuni – Kumi Giri
 - Jump Mawasi Giri
 - └ **Fighting Combination –**
 - Punch, Kicks with Defence combinations
 - └ **Fighting Practice –**
 - With Guards Fighting style
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