



# **SYLLABUS**

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## **Introduction**

The following is a comprehensive list of required techniques for each assessed grade in the kickboxing syllabus as set out by the IKA Technical Committee.

A minimum amount of instructor led training must be carried out before candidates can be put forward for examination in that grade.

Beginners - 10 hours before first belt

Red & White belts - 12 hours before each belt

Yellow, Orange, Green & Purple belts - 15 hours before each belt

Blue belt - 25 hours before Brown belt

Brown belt - 30 hours before Black Stripe

Grading examinations last between 30 and 120 minutes (depending on difficulty of the belt).

An independent examiner must be present at each grading to assess each candidate.

The candidate starts with 50 points and is asked to perform various techniques and tasks from their specific grade. Each technical error will result in the deduction of 1 point.

Scoring is as follows:

A+ 47 to 50 points

A 43 to 46 points

A- 40 to 42 points

B+ 36 to 39 points

B 32 to 35 points

B- 29 to 31 points

C+ 25 to 28 points

C 21 to 24 points

C- 17 to 20 points  
Fail Below 17 points

Candidates under the age of 8 years old will enter for their red stripe before moving on to the full syllabus.

## **Code of Conduct**

Students must arrive at their training centre prior to commencement of the lesson. In the event that a student arrives late, they must seek the permission of the instructor to join the class. Permission is granted at the instructor's discretion.

On Kickboxing classes, regulation uniform must be worn. The uniform should fit correctly, be clean and in a good state of repair. Non-members should attend wearing suitable sportswear.

Students are encouraged to participate in light/ moderate mobility work prior to class. They are not permitted to play, run or perform any dangerous techniques.

At the instructor's command, students assemble 'Into Line' in straight lines, a safe distance from the next participant, in ascending belt order.

Students assemble stood in 'Ready Position' and await the Instructor's command to bow.

Students must only perform exercises/ techniques taught to them by a competent instructor.

Any equipment used on class must be returned/ tidied away after use. Jewellery must not be worn for any classes, nails must be kept short.

Food, fizzy drinks and chewing gum are not permitted on class. Students will be required to wear gloves on every class. These gloves must be purchased from the Instructor to be compliant with the ICOSA's insurance policy.

Full protective equipment must be worn for any sparring activity. Only protective equipment approved/supplied by the ICOSA/ IKA Instructor can be worn.

Class participants must never act in a manner that may be detrimental to the health, safety, comfort or physical condition of the other participants, spectators or Instructors.

The ICOSA is proud to be a 'family friendly' association. All members should act responsibly at all times and must never use inappropriate or offensive language.

All ICOSA members are equal- irrespective of race, gender or religion.

Failure to comply with these regulations will result in immediate action being taken.

Our Health & Safety and Safeguarding policies are available on request.

*The International Kickboxing Academy are members of the World Association of Kickboxing Organisations (WAKO) and the International Combat Sports Association (ICOSA)*

## **RED STRIPE**

### **Stances**

1. Ready position
2. Bow
3. Left and right side forward fighting stance
4. Movement drill

### **Arm Techniques**

1. Jab
2. Cross

### **Leg Techniques**

1. Front snap kick (front leg)
2. Roundhouse kick (rear leg)

### **Combinations**

1. Jab, Cross
2. Front snap kick (front leg), roundhouse kick (rear leg)

### **Shadow Boxing**

## **RED BELT**

### **Stances**

1. Ready position
2. Bow
3. Left and right side forward fighting stance
4. Movement drill

### **Arm Techniques**

1. Jab
2. Cross

### **Leg Techniques**

1. Front snap kick (front and rear leg)
2. One step front snap kick
3. Roundhouse kick (rear leg)

### **Defence Techniques**

1. Parry (rear arm)
2. Push away
3. Downward evasion

### **Combinations**

1. Jab, Cross, front snap kick (front leg)
2. Jab, front snap kick (front leg), roundhouse kick (rear leg)
3. Front snap kick (front leg), jab, cross, jab, roundhouse kick (rear leg)

### **Pad Work**

Jab, cross

## **Partner Drills**

1. A: Jab

B: Parry (rear arm), jab, roundhouse kick (rear leg)

2. A: Front snap kick (front leg)

B: Push away, jab, cross

## **Shadow Boxing**



## **WHITE BELT**

### **Arm Techniques**

1. Hook punch (front and rear arm)
2. Sliding jab
3. Double jab (to head)

### **Leg Techniques**

1. Side kick (front and rear leg)
2. One step side kick
3. Roundhouse kick (front leg)
4. Push front kick (front and rear leg)

### **Defence Techniques**

1. Cover block (front and rear arm)
2. Body block (front and rear arm)

### **Combinations**

1. Side kick (front leg), sliding jab, cross
2. Cover block (front arm), cross, hook punch (front arm), roundhouse kick (rear leg)
3. Push front kick (rear leg), double jab, cross, roundhouse kick (front leg)

### **Pad Work**

Jab, cross, roundhouse kick (front leg)

### **Partner Drills**

1. A: Hook punch (front arm)  
  
B: Cover block (rear arm), hook punch (front arm), roundhouse kick (rear leg)

2. A: Roundhouse kick (rear leg)

B: Body block (front arm), cross, roundhouse kick (front leg)

## **Shadow Boxing**

## **YELLOW BELT**

### **Arm Techniques**

1. Uppercut (front and rear arm)
2. Jab (to body)
3. Cross (to body)
4. Slipping jab

### **Leg Techniques**

1. Back kick
2. Axe kick (front and rear leg)
3. Inside foot sweep (front and rear leg)
4. One step roundhouse kick
5. Front knee strike (front and rear leg)

### **Defence Techniques**

1. Slip evasion (left and right)
2. Inside knee block (front and rear leg)
3. Side step evasion (spin off)
4. Downward hook deflection (front and rear arm)

### **Combinations**

1. Axe kick (front leg), jab, slip evasion, cross
2. Jab, cross, hook punch (front arm), side step evasion (spin off), roundhouse kick (rear leg), inside foot sweep (front leg)
3. Jab, cross, inside knee block, back kick
4. Double jab, uppercut (rear arm), hook punch (front arm), cross, one step roundhouse kick

## **Pad Work**

Jab (to head), cross (to body), hook punch (front arm), roundhouse kick (rear leg)

## **Partner Drills**

1. A: Jab

B: Slipping jab to body, cross (to head), roundhouse kick (front leg)

2. A: Cross (to head)

B: Slip evasion, hook punch (to head), roundhouse kick (rear leg)

## **Shadow Boxing**

## **Sparring**

Light controlled conditioned sparring

## **ORANGE BELT**

### **Arm Techniques**

1. Roundhouse elbow strike (front and rear arm)
2. Turning backfist
3. Hook punch to body (front and rear arm)
4. Double jab (head/ body)

### **Leg Techniques**

1. Hook Kick (front and rear leg)
2. Spinning hook kick
3. Straight leg roundhouse kick (font and rear leg)
4. Sliding front kick
5. 3 directional kicking

### **Defence Techniques**

1. Single long guard
2. Side step evasion (step over)
3. Rolling evasion (left and right)
4. Outside Knee block (front and rear leg)

### **Combinations**

1. Jab, slip, hook punch (lead arm to body), side step evasion (step over), cross, straight leg roundhouse kick (front leg)
2. Jab, cross, hook punch (front arm to head), spinning hook kick, sliding front kick (front leg)
3. Double jab, hook punch (rear arm to head), side step evasion (step over)/ single long guard, cross, front knee strike (front leg)

### **Partner Drills**

1. A: Push front kick (front leg)

B: Downward hook deflection (front arm), cross, hook punch (front arm), straight leg roundhouse kick (rear leg)

2. A: Straight leg roundhouse kick (front leg)

B: Outside knee block (rear leg), push front kick (front leg), straight leg roundhouse kick (rear leg)

## **Shadow Boxing**

## **Sparring**

Light controlled conditioned sparring

## **GREEN BELT**

### **Arm Techniques**

1. Side stepping jab
2. Rotating jab
3. Rotating cross

### **Leg Techniques**

1. Jump scissor front kick (front and rear leg)
2. Spinning back kick
3. Chop Kick (front leg)
4. Sliding side kick
5. 4 directional kicking

### **Defence Techniques**

1. Double cover block (front and side)
2. Cross arm double cover block (head and body)
3. Lay back
4. Double slip

### **Combinations**

1. Chop kick (front leg), jab, cross, jab, spinning back kick
2. Slip evasion, cross (to body), hook punch (front arm), straight leg roundhouse kick (rear leg)
3. Sliding side kick, jab, side stepping jab, rotating cross, inside foot sweep (front leg)

### **Shadow Boxing**

### **Sparring**

Light controlled technical sparring

## **PURPLE BELT**

### **Arm techniques**

1. Spinning backfist
2. Turning elbow strike
3. Overhand cross (rear arm)
4. Bolo uppercut (front and rear arm)

### **Leg techniques**

1. Whipping roundhouse kick (front and rear leg)
2. Jump back kick
3. Inside axe kick (front and rear leg)
4. One step hook kick
5. Roundhouse knee strike (front and rear leg)

### **Defence techniques**

1. Double long guard
2. Upward hook deflection (front and rear arm)
3. Clinching

### **Combinations**

1. Body block (front arm), overhand cross, jab, spinning backfist
2. Jab, whipping roundhouse kick (rear leg), jump back kick
3. Double slip, hook punch (front arm to body), bolo uppercut (rear arm), hook punch (front arm to head), jump back kick
4. Rolling evasion, hook punch (front arm to head), clinch, roundhouse knee strike (rear leg), front knee strike (front leg)



**Shadow Boxing**

**Sparring**

Light controlled technical sparring

## **BLUE BELT**

### **Arm Techniques**

1. Jump spinning backfist
2. Screw shot (front and rear arm)
3. Rising elbow strike (front and rear arm)

### **Leg Techniques**

1. Reverse foot sweep
2. Jump knee strike (rear leg)
3. Turning side kick
4. Ball of the foot roundhouse kick (front and rear leg)
5. Step front knee strike
6. Jump spinning back kick

### **Defence techniques**

1. Upward hook deflection/ redirect kick
2. Upward hook deflection/ sweep
3. Slip/roll

### **Combinations**

1. Jab, screw shot (front arm), cross, forward spinning hook kick, jump knee strike (rear leg)
2. Cross arm double cover block, ball of the foot roundhouse kick (front leg), turning side kick, axe kick (rear leg)
3. Jab, cover block (rear arm), jab, cross, bolo uppercut (front arm), slip evasion, hook punch (front arm), jump spinning back kick

### **Shadow Boxing**

### **Sparring**

Light controlled K1 sparring

## **BROWN BELT**

### **Arm Techniques**

1. Spiked elbow strike (front and rear arm)
2. Spinning elbow strike

### **Leg Techniques**

1. Forward spinning roundhouse kick
2. Step jump knee strike
3. Forward turning side kick
4. Roundhouse heel kick (front and rear leg)
5. One step axe kick

### **Combinations**

1. Jab, slip evasion, hook punch (front arm to head), spiked elbow strike (rear arm), step jump knee strike
2. Push front kick (front leg), forward spinning roundhouse kick, jump back kick
3. One step axe kick, cross (to head), hook punch (lead arm to body), roundhouse kick (to body), straight leg roundhouse kick (to head)
4. Side kick (front leg to body), roundhouse kick (front leg to head), double jab, cross, forward turning side kick

### **Shadow Boxing**

#### **Pad Work**

Open rounds. Hit and hold

#### **Sparring**

Light controlled K1 sparring

## **Teaching Practice**

Single techniques

## **BLACK STRIPE**

### **Arm Techniques**

1. Arcing hook (front and rear arm)
2. Whipping roundhouse elbow strike (front and rear arm)
3. Cobra reverse punch

### **Leg Techniques**

1. Jump turning side kick
2. Jump scissor axe kick
3. Jump front kick (front and rear leg)
4. Shuffle straight leg roundhouse kick
5. Front turning stamp kick (front and rear leg)

### **Combinations**

1. Front turning stamp kick (front leg), hook punch (front arm), arcing hook (rear arm), whipping roundhouse elbow strike (front arm), clinch, inside foot sweep (front leg)
2. Front turning stamp kick (rear leg), cobra reverse punch, jump turning side kick
3. Double long guard/ outside knee block (rear leg), shuffle straight leg roundhouse kick (front leg)
4. Rolling evasion, bolo uppercut (rear arm), hook punch (front arm)/side step evasion (spin off), shuffle straight leg roundhouse kick (to leg), inside axe kick (rear leg)

### **Shadow Boxing**

#### **Pad Work**

Open rounds. Hit and hold

#### **Sparring**

Light controlled K1 sparring

Light controlled continuous sparring

**Teaching Practice**

Combinations