

# EASTERN HILLS REDBACK KICKBOXING

STUDENT NAME..... DATE.....

## GRADING ASSESSMENT SHEET

## BLACK SINGLET:2008

<i>REQUIREMENTS</i>	<i>POINTERS</i>	<i>ASSESSMENT</i> /10 <i>COMMENTS</i>
5 x 2 minute rounds skipping	Skipping must show a basic understanding of the correct form at an acceptable speed.	
100 push ups	Full movement. Elbows close to chest/side.	
100 sit ups	Elbow to knee with torso twist.	
Leg stretch 3 minutes		
Aerobic Warm up Calisthenics 4 minutes.		
Techniques –	Punching routine Kicking routine Combination routine	
Shadow Sparring 5 x 1 minute rounds	Shadow sparring should demonstrate use of punches, elbows, kicks, knees and offensive/defensive techniques.	
5 x 3 minute rounds of forearm pad work	Demonstrating boxing techniques. Numbers 1-6. Boxing drills 1,2&3	
5 x 3 minute rounds of forearm pad work	Demonstrating kickboxing techniques. Numbers 1-10 & A-D. Sparring drills 1,2&3.	
10 x 3 minute rounds of touch sparring/kickboxing	Non contact sparring. Show defence and offence.	
Cool down.		

PASS / FAIL