



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 ICSA's insurance policy.

Full protective equipment must be worn for any sparring activity. Only protective equipment approved/supplied by the ICSA/ 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 ICSA 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 ICSA 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 (ICSA)

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)
3. Outside Knee block (front and rear leg)

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

Partner Drills

A: Roundhouse kick (rear leg)

B: Outside Knee block (front leg), jab, cross

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. 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: Cross (to head)

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

2. A: Push front kick (front leg)

B: Downward hook deflection (front arm), follow up combination

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. Shuffle straight leg roundhouse kick

Defence Techniques

1. Single long guard
2. Step over
3. Double cover block (front and side)

Combinations

1. Jab, cross, jab/ step over, rear leg roundhouse kick
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)

Pad Work

Jab, cross, slip, cross, lead roundhouse kick (to leg)

Partner Drills

1. A: Straight leg roundhouse kick (rear leg)

B: Double cover block, follow up combination

2. A: Shuffle 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. Cross arm double cover block (head and body)
2. Lay back
3. Double slip
4. Rolling evasion

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)

Pad Work

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

Partner Drills

A- Jab, lead leg roundhouse kick, cross. Hook punch (front arm), cross

B- Slip evasion, hook punch (front arm to body), hook punch (front arm to head), rear leg roundhouse kick

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)

Partner Drills

A-Jab, lead leg roundhouse kick, cross. Hook punch (front arm), cross

B-Slip evasion, hook punch (front arm to body), hook punch (front arm to head), rear leg roundhouse kick

A-Outside knee block (front leg), jab, uppercut (rear arm), hook punch (front arm) front knee strike

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
4. Jab, slip, hook punch (lead arm to body), side step evasion (step over), cross, straight leg roundhouse kick (front leg)

Partner Drills

A-Hook punch (front arm), roundhouse kick (rear leg)

B-Outside knee block (front leg), jab, cross, roundhouse kick (lead leg to body)

A-Double cover block, cross, hook punch (front arm), jump back kick

Shadow Boxing

Sparring

Light controlled technical 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

Partner Drills

A-Jab

B-Parry, hook punch (front arm), cross, shuffle straight leg roundhouse kick

A-Double cover block, roundhouse kick (rear leg)

B-Outside knee block (front leg), hook punch (front arm), roundhouse kick (rear leg)

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. 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)

Partner Drills

A-Jab, cross

B-Double slip, hook punch (front arm), cross, shuffle lead leg roundhouse kick

A-Double cover block, rear leg roundhouse kick

B-Double cover block, hook punch (front arm, uppercut (rear arm), clinch, front knee strike

Shadow Boxing

Pad Work

Open rounds. Hit and hold

Sparring

Light controlled K1 sparring

Teaching Practice

Combinations

1st DAN BLACK BELT

Candidates must demonstrate a mastery of the syllabus-performing techniques, combinations and partner drills from every grade of the syllabus from Red Belt to Black Stripe.

These will be graded consecutively. Candidate to make NO MORE than 5 technical errors.

Shadow Boxing

3-5 rounds

Pad Work

Open rounds. Hit and hold. Minimum 5 rounds each

Sparring

K1 sparring. Minimum 10 rounds each

Teaching Practice

Any technique, combination or partner drill from Red Belt to Black Stripe

2nd DAN BLACK BELT

Candidates complete the 1st Dan Black belt grading followed by:

Arm Techniques

1. Jab, parry, jab
2. Downward elbow strike (front and rear arm)
3. Check hook (front arm)
4. Jump spinning elbow strike
5. Switch jab
6. Double hook punch (body/ head)

Leg Techniques

1. Jumping side kick (rear leg)
2. Jump scissor roundhouse kick (front and rear leg)
3. Jumping roundhouse kick (rear leg)
4. Shuffle roundhouse knee strike
5. Double roundhouse kick (low/ high)

Combinations

1. Outside knee block (front leg), push front kick (front leg), jumping roundhouse kick (rear leg)
2. Jab, cross, hook punch (front arm), rolling evasion, hook punch (front arm), shuffle roundhouse knee strike
3. Jab, switch jab, hook punch (front arm), inside axe kick (rear leg)
4. Jab, parry, jab, cross, uppercut (front arm), slip evasion, hook punch (front arm), inside foot sweep (front leg), straight leg roundhouse kick (front leg to leg), arcing hook (rear arm)
5. Roundhouse kick (rear leg to leg), jump scissor roundhouse kick (front leg to body), straight leg roundhouse kick (rear leg to head)

Pad Work

A: Striker

B: Pad holder

1. B: Jab

A: Slip evasion, cross, shuffle straight leg roundhouse kick

B: Straight leg roundhouse kick (rear leg)

A: Lay back, straight leg roundhouse kick (rear leg), cross, hook punch (front arm), straight leg roundhouse kick (rear leg)

2. B: Straight leg roundhouse kick (rear leg)

A: Catch/ redirect kick, straight leg roundhouse kick (rear leg), cross, hook punch (front arm), cross, shuffle straight leg roundhouse kick

Partner Drills

1. A: Jab, cross

B: Double cover block (front), hook punch (front arm), straight leg roundhouse kick (rear leg), cross, double hook punch (front arm body/head), cross, shuffle straight leg roundhouse kick

2. A: Jab, cross, hook punch (front arm), straight leg roundhouse kick (rear leg)

B: Cover block, outside knee block (front leg), front kick (front leg)

A: Downward hook deflection (front arm), cross, shuffle
straight leg roundhouse kick

Coaching Practice

Corner novice competitor

3rd DAN BLACK BELT

Candidates complete the 1st and 2nd dan gradings, followed by:

Pad Work

A: Striker

B: Pad holder

1. A: Jab

B: Jab

A: Slip jab (to body)

B: Front snap kick (front leg)

A: Push away, cross, check hook, straight leg roundhouse kick (rear leg), spinning hook kick

2. A: Jab

B: Parry, jab

A: Slip evasion, cross, hook punch (front arm to body), uppercut (rear arm)

B: Hook punch (front arm)

A: Cover block (rear arm), hook punch (front arm), roundhouse kick (rear leg), forward spinning roundhouse kick

Partner Drills

1. Hook punch (front arm), straight leg roundhouse kick (rear leg low), cross, straight leg roundhouse kick (front leg to body), cross, hook punch (front arm), cross, straight leg roundhouse kick (front leg to head)

2. A: Jab, cross

B: Lay back, cross, hook punch (front arm)

A: Cover block, jab

B: Slip evasion, cross, hook punch (front arm), uppercut (rear arm), hook punch (front arm to body), hook punch (rear arm to body), uppercut (rear arm), hook punch (front arm), cross, double roundhouse kick (front leg low/ high)

Coaching Practice

Corner advanced competitor