



## Rondeau's Kickboxing

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# Student Handbook

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*Curriculum for All Levels 1-6,  
Golden Glove Club Members  
Red Belt & Black Belts*

[www.RKBLIVE.com](http://www.RKBLIVE.com)

**Student Log**

Name: \_\_\_\_\_

Date Training Commenced: \_\_\_\_\_

Date Passed Level 1 (white belt): \_\_\_\_\_

Date Passed Level 2 (yellow belt): \_\_\_\_\_

Date Passed Level 3 (orange belt): \_\_\_\_\_

Date Passed Level 4 (purple belt): \_\_\_\_\_

Date Passed Level 5 (blue belt): \_\_\_\_\_

Date Passed Level 6 (green belt): \_\_\_\_\_

Date Passed Level 7 (brown belt): \_\_\_\_\_

Date Passed Red Belt: \_\_\_\_\_

\* You must pass level 7 and have attended six (6) Level 7 classes and passed assistant instructor training classes to be eligible for your Red Belt.

**Adult Black Belt Test:** (3 yrs. plus- Trainer Certified)

Date Passed Black Belt Test: \_\_\_\_\_

**Adult Continued Education Tests & Classes**

Every Month there is one Level 7 members only class offered. The class offers you self defense techniques and more advanced strikes to learn. These classes will keep you motivated and keeps your mind, body and spirit sharp with new challenges!

\*Through out the year as a Level 7 member you will have the opportunity to continue being challenged with testing. New goals will be set, you will stay focused and motivated as you continue your journey.

**Spend more time looking to  
your future goals.**

**Get close to people who have success and  
know more than you do.**

**Stay committed to your future.**

**Expect to WIN. Expect to Succeed.**

**Understand how powerful your thoughts are!**

**If it's worth doing, then it's worth doing to the  
best of your ability.**

**Gratitude is the most important  
emotion in the universe.**

## **The ULTIMATE GOAL LEVEL—BLACK BELT**

**12 TASKS  
12 MONTHS**

**Becoming a Black Belt** is kind of like spending a year training for your own personal Olympic Games. The events are:

your own life; your community; your thinking and ambitions; the way you inspire others; the way you teach the martial arts/kickboxing and train others.

To become a black belt you have to commit to an hour or two of activities a day, Physically training, a few minutes of meditation, some reading—all the things that make for a rich, full life. One of the things about testing for an entire 12 month period, is that HUGE accomplishments can be achieved with the smallest daily effort. As a teacher, this is exactly what I want my students to recognize!

In your 12 month training to become a BLACK BELT you will find yourself learning how to think like a black belt and how to live like a Black Belt. A martial arts warrior is a spiritual warrior, not one who uses their strength to win battles but one who is wise and makes choices as a spiritual warrior.

- Test journaling
- Environmental self-defense
- Nutritional Education (obesity, diabetes epidemic, etc)
- Psychological training
- Acts of kindness program
- Project-based leadership training
- MUCH, MUCH, MORE!!!!

**If you are the rank of RED BELT you are eligible  
for your BLACK BELT JOURNEY!**

**Talk to us today to Begin....**

### **The History of Rondeau's Kickboxing**

Rondeau's Kickboxing began in 1993 when Christina Rondeau received her Black Belt in Kenpo Karate. Several karate students wanted more of a workout and a quicker way to learn techniques. Christina decided to have a Fitness Kickboxing class. A class where no karate uniform had to be worn and you would learn the basic strikes and basic moves to protect yourself. Since that first class there has been a constant flow of dedicated students.

Upon receiving her Black Belt she competed in several Karate Tournaments winning many Sport Karate Championships. Christina Rondeau made a name for herself in the Karate world and was looking for a new challenge. By 1995 she was a member of the USA Kickboxing Team and traveled to Poland and Italy where she competed. As an Amateur she was undefeated and decided it was time to turn Professional. While training hard for fights Christina was busy running "Rondeau's Kickboxing" with over 400 students attending classes.

Her Professional career as a Kickboxer was exciting and made her the top New England contender and the best women Kickboxer on the East Coast. She won the USA National title and US Pro Krane Title. She was the main women's event on Pay Per View and several of her fights were aired around the country. During her Pro career PUMA sports endorsed Christina and supplied her with all her sports attire. While Kickboxing was successful she decided to take it a step higher and entered the Pro Boxing World. She has fought as a Professional Boxer since 1999.

Her last Boxing fight in May of 2002 at the Roxy in Boston was the most exciting with over 100 fans attending. The fight ended with a spectacular 3rd round KO of her opponent. As of December 2005 Christina was chosen as a member of Chuck Norris's World Combat League, Team New England Member. Christina has been seen fighting in this amazing new league that was aired on national television channels worldwide.

Christina is always busy training in fighting, self defense, weights, whatever it may be she is always learning new skills and techniques to pass on to her assistant instructors and students. There is no end to the learning process.

A great teacher makes a great student and with this saying you have....."Rondeau's Kickboxing."

[www.christinarondeau.com](http://www.christinarondeau.com)

**What is testing?**

Testing is optional to all students. Testing is a program that keeps you motivated and challenged. Whether you are working out for Fitness or Self Defense. Tests are privately held with other members that are testing only. Upon passing a test you receive a momentum and certificate. Tests are a lot more serious than class, further instructions and information will be given out to you at test time. Good Luck !

**Level Advancement Time Line**

The following time lines are only approximates and are based upon students training an average of two times per week. Please be mindful that students often progress through the system at different paces.

If you haven't been asked and would like to test please call or talk to Christina Rondeau. After your first test you will receive a test slip in the mail. Testing is a challenge and when you receive the slip it is because we are challenging you. **Please don't tell an instructor you don't think you are ready. If you get a slip it is because we believe you are ready.** If you can not make a test date let us know and we will make arrangements for you.

- Level 1 (white belt): 1-2 months
- Level 2 (yellow belt): 2-3 months
- Level 3 (orange belt): 3-4 months
- Level 4 (purple belt): 4-5 months
- Level 5:(blue belt) 5-6 months
- Level 6 (green belt): 10-12 months
- Level 7(brown belt): 1 year plus
- Adult Instructor / Trainer (red belt): 1.5—2 yrs plus
- Adult, Children & Teen Black Belt: 3 yrs. plus

**Adult Level 7 Classes & Testing**

Each month one level 7 class will be offered to all students of that rank. In these classes you will learn advanced punches, kicks, techniques, self defense and much more that is not offered in everyday class. This is for you to stay motivated and to continue your education!

Testing will be offered through the year. Each test will challenge you mentally and physically. **The tests are for your own personal empowerment !**

**LEVEL—RED BELT**

WELCOME TO YOUR RED BELT TEST REQUIRMENTS

**UNDERSTANDING RED BELT RANK**

The Element of the color Red is the Earth, Red's symbol is a Square and on our body it is the 1st chakra: Base of Spine — Grounding and Survival.

The meaning of the color red is: Energy—Passion— Vitality— Determination—Courage— Confidence—Action & Speed!

Red is the color of physical energy, passion and desire. It symbolizes action, confidence and courage. The color RED is powerfully linked to our most primitive physical, financial and emotional needs of survival and self preservation.

**It is in this test and in your training and goal setting that you will use the power of the color red!**

**Basic Requirements:**

- 3 miles
- Heavy Bag work 10 Rounds
- Speed Bag 3 rounds
- Weight Training—FULL BODY— 3 set of 15 reps for each Body Part (chest, triceps, back, biceps, shoulder, legs)
- All Techniques level 1—7
- \*Goal Setting with a LEVEL 1 Student
- \*1 Community Action

**You will EARN - THE JOY OF A GREAT ACCOMPLISHMENT  
And YOUR CERTIFICATE, RED CANDLE, OFFICIAL RED TRAINERS HAT and RED TRAINERS T-SHIRT!**

\*You will get personal details of goal setting and community action when your test date is given to you.

Leadership Program continued....

Once you pass the Trainer evaluation you are able to teach a class on your own and will be certified as a RKB Trainer.

This certification allows you to be eligible in teaching classes and doing personal training at RKB. You are also eligible to purchase a RKB License and open up your very own RKB. If you want more information on how to buy a license contact us today!

This opportunity not only is a great achievement for you but it opens up a way for you to make extra income as a trainer. RKB Trainers make great extra income from Personal Training and teaching 6 or 10 week series of classes.

The leadership program fee covers the basic expense of the course but what you will be getting out of this is valued much higher. This is offered to RKB chosen members only because we want you to be a part of our team!

This is not available for anyone not involved in RKB.

Your Personal Leadership Training will include all the leadership classes, one on one coaching, your official instructors manual, instructors training DVD, Official trainers certification test, 6 class critiques and official Trainers Certificate!

**LEADERSHIP TRAINING is On-GOING  
So GET STARTED TODAY BY CALLING  
CHRISTINA RONDEAU AT 401.996.5425**

\*Please Note: Rondeau's Kickboxing, Christina Rondeau, has the right to deny anyone participation in the leadership program and you must be invited to take the trainer exam at the conclusion of your leadership training program. There are no refunds at any point during the program if you decide not to continue or do not make Trainer status.

**Level 1 - Basics  
White Belt**

**Boxing Punches**

- Jabs
- Right Cross & Left Cross
- Hooks

**Kenpo Strikes**

- Front Punch
- Back Punch
- Palm Strike

**Kicks**

- Front Ball Kick
- Front Instep Kick
- Round house Kick

**Stances**

- Left Fighting Stance
- Right Fighting Stance
- Horse Stance
- Square Stance

**Movement**

- Moving in a fighting stance (left & right stances)
- Shuffling
- Slipping side to side in the air (keeping your back straight, no bending)

**360 Degree Blocking System**

- Block #1

The more you know the less you understand—Tao Te Ching

Level 1 Techniques

All Techniques should be repeated for 20 repetitions or a 2 minute round. They should be executed in both a right and left fighting stance.

- Jab
- 1, 2
- Double jab, 2, 1
- 1,2,1, Left Roundhouse Kick
- 1,2,1,2
- 1,2,3,2
- Left Roundhouse Kick, 2, 3, 2
- 1,2,3, Left RH Kick, Right Instep Kick, Left RH Kick
- 1— 2 Minute Heavy Bag Round
- 15 Sit ups in 1 minute
- 15 Push ups in 1 minute
- 15 Leg Raises in 1 minute
- 1—2 minute Round Slipping your partners 1,2 's
- Slammer Pad Drill with Front Ball Kicks—2 minute Round
- 20 Back Leg Roundhouse Kicks - Hitting with Shin on Slammer Pad

Run .25 mile

The only joy in the world is to begin—Cesar Pevase

## **LEADERSHIP PROGRAM**

Rondeau's Kickboxing takes great pride in creating great trainers.

Becoming a trainer at Rondeau's Kickboxing takes loyalty, dedication, determination and respect.

**Respect for each other,  
Respect for the trainers,  
Respect for what you learn.**

You must be a motivating, positive individual that is willing to learn and be a part of our members' journey as well as continuing your journey. As a trainer we create new paths for people as they open their eyes to being healthy, building self esteem, finding a new confidence in themselves and creating a new body. We teach inner strength and set great examples for students.

We want them to have success and this comes from the motivation of great trainers. It's those extra words of motivation and few minutes spent with members that really help us connect with them and keep them focused and motivated on their journey. ***It's your extra push and your participation in challenges that not only keeps you focused but motivates them as well.***

**The Best Instructors make the Best Students  
and the learning never ends.**

**The leadership program is based on 6 core lessons**

- 1 leadership class per month
- 1 advanced level class per month
- 1 class volunteering per week as an assistant trainer
- Several one on one trainings with Christina Rondeau

Setting a good example and participating  
in events & special classes!

At the end of the 6 lessons you will be able to take the Trainer exam. At that point you will be critiqued teaching a total of 6 classes.

## **GOALS after Level 7**

Level 7 is only the beginning of your journey. Now that you have mastered the basics it is time for you to expand your knowledge and learn more!

1. Become an Assistant Trainer or Trainer by participating in the Leadership Program.

2. Take as many Advanced Level Challenges as you can to learn more advanced techniques only taught in that class to advanced students and trainers. Advanced Level Classes are offered once a month.

### **3. Prepare for your RED BELT TEST & TAKE THE TEST!**

You must have passed your level 7 test, participated in the leadership program becoming an official assistant trainer or trainer and have taken a minimum of 6 advanced level challenges.

### **4. THE ULTIMATE GOAL BLACK BELT**

You must be the Rank of RED BELT to be considered for your Black Belt Rank. Once you are considered for the Rank of Black Belt you will begin a journey like no other... Mind, Body and Spirit. 12 Months, 12 Tasks!

## Punches and Numbers

#1—Jab

#2—Cross

#3—Hook

#4—Uppercut

#5—Spinning Backfist

#6—Body Hook

### **Tips:**

- Left fighting Stance & Right Fighting stance is determined by the leg that is in front.
- Whatever leg is in front, that same side is your jab  
Example: left leg in front = left jab
- Power comes from behind so your power is your cross. If you are right handed you would fight in a left fighting stance because you would want your power to come from your strongest arm... the right cross.
- The #3 hook is always from the same arm that jabbed.
- Uppercut is all body and waist. No swinging of the arm.

## **Level 2 - Beginner Yellow Belt**

### **Boxing Punches**

- Double Jabs / Triple Jabs
- Uppercuts

### **Kenpo Strikes**

- 2 finger poke to the eyes

### **Kicks**

- Sidekicks
- Ax Kick
- Back Kick

### **Movement**

- Shuffling in the Boxing Ring

### **360 Degree Blocking System**

- Block #2 with both hands
- Block #3 with both hands

All Techniques should be repeated for 20 repetitions or a 2 minute round. They should be executed in both a right and left fighting stance.

Where your going is more important that where you stand...

## *Motivation*

This handbook serves as a basic guide for your journey through the levels.

There is no end to learning, even when you complete all levels you have only mastered the basics.

Everything you learn is stored inside your mind and someday if you ever need that information it will be there for you to access.

The key to self defense is reaction. If you have repeated drills enough in class especially the blocks then you will have a better reaction time and much better chance then someone who knows nothing at all.

The strikes are the easy part, strikes are repeated enough that you would surprise yourself if you ever had to use them !

**Stay Motivated—Stay Focused  
and Continue to Train !**

**Knowledge really  
is Power !!**



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## Rondeau's Kickboxing

*Air-Fire-Water-Earth-Spirit*

### Elements

#### Spirit

#### Club Defense

##### -Side Club

(using momentum to strike & control person)

##### -Straight Club

(block down to the outside with left arm, rt. strikes)

##### -Overhead Club

(double block to the wrist, striking down on collarbone)  
(using momentum to take the club thru their legs then dropping them to the ground)

#### Dragon Circle Drill

#### Drills

-Concentrating on the Heavy bag and reacting to an attacker from the front, back or side—holding a shield.

-Hitting pads while being bothered by others

*This is the fifth element found in the center.  
Spirit is the element that you can't see or touch, but you can feel it inside, just as you can feel when somebody loves you.*

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## Kickboxing Hotline: (401) 996-KICK

#### Level 2 Technique

All Techniques should be repeated for 20 repetitions or a 2 minute round. They should be executed in both a right and left fighting stance.

- Double Jab
- Triple Jab
- 2, 4, 2
- 1,2,1,2, 4,4,4,4
- Left RH Kick, Left Side Kick, Left RH Kick
- Left RH Kick, Right Ax Kick, Left RH Kick, 2,3,2,2,2
- Back Kick from the Ground to a slammer pad
- Back Kick Standing on the slammer pad
- 1,3,1
- 2—2 Minute Heavy Bag Rounds
- 20 Sit ups in 1 minute
- 20 Push ups in 1 minute
- 20 Leg Raises in 1 minute
- 1—2 minute Round Slipping your partners 1,2's
- 1—2 minute Slammer Pad Drill Round
- 1—2 minute Round using Front ball kicks, Side kicks and Back kicks on the slammer pad
- Run .5 mile

Be the first one to make footprints in new snow..

## 7 Elbow Strikes

1. Roundhouse (head level - in front of you)
2. Side Elbow (head level)
3. Back Elbow (behind you-head level)
4. Reverse Elbow (straight behind you -midsection level)
5. Reverse Rising Elbow (the lawnmower pull-behind you and rising upward)
6. Rising Elbow (in front of you-striking under the target)
7. Dropping Elbow  
(in front of you-using your legs to drop down)

Why is the Elbow an important strike?

Every part of your body is a weapon and the elbow is one of the strongest weapons we naturally have. If your hands are hurt or your arm broken, your elbow can protect you from any angle and can be used in many different ways.

Tips:

- Practice your elbow strikes with both sides
- Use your waist
- Let your feet pivot/twist with you when you turn
- Power comes from your legs !
- Don't bend your back !

*Air-Fire-Water-Earth-Spirit*

*Elements*

*Earth*

### **Educational Block**

-striking to the throat with fingers

### **Knife Defense**

-Straight knife attack  
(breaking arm over shoulder)

-Overhead knife attack  
(using attackers momentum)

-Slashing knife attack  
(double forearm block, breaking attackers arm)

-Knife against your chest  
(double chop to the wrist)

### **Dragon Circle Drill**

*All our food, the minerals, and solid parts of our bodies come from the earth.*

*Air-Fire-Water-Earth-Spirit*

*Elements*

*Water*

**Kicks**

-Uppercut Back Kick

**Falling**

-Front

-Side

-Back

**Rolling**

-How to roll if pushed from behind

-proper roll shielding with arm in front of you

**Bear hugs**

-Bear hug from behind with arms locked

-Bear hug from behind with arms free

**Front Kick Block**

-side stepping a front kick with block & counter strikes

*We all need water to drink.*

**Tiger Technique**

**Anyone testing for Level 5 & above should know this entire technique!**

You begin by throwing a jab at your partner, once your partner jabs back at you:

Slip, 2,3

Slip a right cross, 3,2

U, under a left hook, 2,3

U, under a right hook, 3,2

Left roundhouse kick

Right roundhouse kick

Left roundhouse kick

Spinning Crescent Kick

2, Pivot, 2,3, Pivot, 2,3,2

It is important for you to learn how to hold pads for this drill and how to perform this drill!

**\*\* Ask for help after class or take Private Lessons!!!**

**Level 3 - Intermediate  
Orange Belt**

**Boxing Punches**  
-Spinning Backfist

**Kenpo Strikes**  
-Thrust Punch

**7 Elbow Striking System**  
-#1 Elbow—Roundhouse Elbow  
-#2 Elbow—Side Elbow

**Kicks**  
-Hook Kick  
-Cross Behind Sidekick

**Movement**  
-Being able to shuffle and then jump into a fighting stance and ready to react quickly hitting targets.

**360 Degree Blocking System**  
-Block #4 with both hands

One cannot step twice into the same river

*Air-Fire-Water-Earth-Spirit*

*Elements*

*Fire*

**Punches**  
-straight punch low  
-eye strike / throat strike

**Headlock Defense**  
-Headlock from the side

**Wrist Locks**  
-One handed wrist lock  
-escaping one arm grabs ; pulling arm out  
-two attackers grabbing each arm ; escaping

**Kicks**  
-Low roundhouse kick to the leg (quadriceps)

**Ground Work**  
-Getting up from the floor  
-Review all kicks from the ground

*All life and growth on earth feeds on the sun's  
fiery energy.*

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## Rondeau's Kickboxing

*Air-Fire-Water-Earth-Spirit*

### Elements

#### Air

##### Stances

- neutral stance
- fighting stance

##### Knees

- forward knee
- roundhouse knee

##### Punch Defense

- 360 outside defenses
- able to do them in the air
- able to do them with someone attacking

##### Choke Defense

- Choke from the front (1 hand pluck)
- Choke from the front (2 hand pluck)
- Choke from behind
- Choke from the side

*Elements are especially sacred, because they are the things that all life depends on. We all need air to breathe. Even the fish who live underwater need oxygen to survive.*

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## Kickboxing Hotline: (401) 996-KICK

### Level 3 Technique

All Techniques should be repeated for 20 repetitions or a 2 minute round. They should be executed in both a right and left fighting stance.

- 1,2,3, 5 (Spinning Back fist), Left Roundhouse Kick, 2
- Hook Kicks using front Leg 20x's
- Hook Kicks using back Leg 20x's
- Cross Behind Side Kick 20x's
- 1, 5, Left RH Kick, 2,3,2
- Left RH Kick, 5, Left RH Kick, 2,3,2
  
- 3—2 minute Rounds on the Heavy Bag
- 25 Sit ups in 1 minute
- 25 Push ups in 1 minute
- 25 Leg Raises in 1 minute
- Run 1 mile
  
- Jab, Slip your partners Jab, 2,3, Slip your partners right cross, 3, 2

Teachers open the door,  
but you must enter by yourself – Chinese Proverb

**Level 4 - Advanced  
Purple Belt**

**Boxing Punches**

- Right Body Hook
- Jumping Hook to Head
- Reverse Back Fist

**Kenpo Strikes**

- Hammer fists: Forward, Downward, Side

- Tiger Claw to face & groin

- Bear Paw (popping ears with palms-side swipe to face)

- Biting \*\*\*If a child is picked up by a stranger they need to learn that to escape an adults grip they can bite the strangers nose and poke the eyes out.

**7 Elbow Striking System**

- #3 Elbow—Behind the Head Elbow
- #4 Elbow—Reverse Elbow

**Kicks**

Back Turning Kick

- Knee Strikes: Forward knee & Roundhouse knee

**360 Degree Blocking System**

- Block #5 with both hands
- Block #6 with both hands

**Golden Glove Club  
Animal: Dragon**

**Dragon = Ride the Wind, Fighting Spirit**

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**Advanced Kicks**

- Ax kick to a stomp ( strike with an ax kick, jump off the target that just fell down and stomp)

- Spinning hook kick/wheel kick combo

- Scooping side kick (side of the head)

**Advanced Punches**

- Dragons Tail

**Technique**

**Dragon Drop**

- Left roundhouse kick, right ax kick to a stomp, kneeling down beside the person end with a dragons tail to the chest.

**Drill**

**Dragon Fire**

- An intense 3 min. round drill that includes stairs, sprints & heavy bag work.

**Golden Glove Club  
Animal: Snake**

**Snake = Suppleness, Rhythmic Balance  
& Inner Power**

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**Advanced Kicks**

- snake kick (on the ground)
- jumping round house kick

**Advanced Punches**

- snakes fang
- snakes wrap

**Technique**

**Snake Wrap**

Your partner attacks you with a roundhouse punch and you block then wrap their arm. After striking, drop down to the side of them and use the snake kick to take them down, finishing with a roundhouse kick to the head.

**Drill**

Snake Attack (ground fighting)  
Rolling side to side on the ground preventing an attacker from getting you with front and round house kicks.

**Snake Crawl**

You begin by crawling low to the ground (army crawl) then jumping up to a low squat position throwing a #10, drop down to push up position and back to a crawl moving forward then repeat.

You must survive 1 (3 min.) round

**Endurance Challenges for each Level**

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**Jumprope** (2 minute rounds / 30 second break)

- Level 1— 1 Round
- Level 2—2 Rounds
- Level 3 thru 7—3 Rounds

**Situps** (you must do the following in 1 minute)

- Level 1—15 situps
- Level 2—20 situps
- Level 3—25 situps
- Level 4 thru 7—over 30 situps

**Pushups** (you must do the following in 1 minute, you start in full body position and can drop to your knees when you can't do anymore full pushups)

- Level 1—15 pushups
- Level 2—20 pushups
- Level 3—25 pushups
- Level 4 thru 7—over 30 pushups

**Leg Raises** (you must do the following in 1 minute)

- Level 1—15 leg raises
- Level 2—20 leg raises
- Level 3—25 leg raises
- Level 4 thru 7—over 30 leg raises

**Heavy Bag** (2 minute rounds / 30 second break)

- Level 1—1 Round
- Level 2—2 Rounds
- Level 3—3 Rounds
- Level 4—4 Rounds
- Level 5—5 Rounds
- Level 6—6 Rounds
- Level 7—7 Rounds

**Speed Bag** (2 minute round)

All Levels must be able to hit the speed bag for 1 round with a general knowledge of how to hit the bag and basic skill.

Running—Level 1 starts with .25 mile and by Level 7—3 miles.

Level 4 Technique

- All Techniques should be repeated for 20 repetitions or a 2 minute round. They should be executed in both a right and left fighting stance.
- Body Hooks
- 1,2,3,6,3,2
- 1,2, Reverse Backfist, 2,3,2
- 1, ‘U’ underneath your partners right hook, Jumping Hook to the Head
- 1, ‘U’ underneath your partners right hook, Jumping Hook to the Head, 2, 3,2, Left RH Kick, Right Ax Kick, Left RH Kick, Right RH Kick, Left RH Kick
  
- Back Turning Kicks 20x’s
- 1—2 minute Round using Knee Strikes Forward and Roundhouse Knee Strikes
- \*\* How to Grab properly when using a knee strike
- \*\* Grabbing Left triceps and shoulder and crown of head - 2 different ways to grab and how to throw the knees with out grabbing.
- Run 1.5 Miles
- 4—2 minute rounds on the Heavy Bag
- 30 sit ups in 1 minute
- 30 pushups in 1 minute
- 30 leg raises in 1 minute
- SPEED BAG! 2—2 minute rounds knowing how to use it properly!

**Golden Glove Club**  
**Animal: Leopard**

**Leopard = Speed & Power**

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**Advanced Kicks**

- Roundhouse Snap Kick (flexing the toes for length)
- Back turning Kick combo. (Front ball kick to a back turning kick)

**Advanced Punches**

- Leopard Paw striking the filtrim
- Forearm Strikes (chest & throat)

**Techniques**

**Spinning Leopard**

Pad holder throws a right cross. Block with a forearm strike to the wrist, strike with your right leopard paw to the filtrim. Strike the bicep with a forearm, lock the arm and strike forearm to chest, throat and leopard paw to the throat.

**Leopard Attack**

-Pad holder uses both hands to grab you or attack you with wide roundhouse punches. You double block with your arms and use your front leg to hook their front leg bringing them off balance and falling towards you... you then strike with two forearms to their collarbones and then 6 of any strikes you want.

**Drill**

**Speedy Leopard**

-Sprinting drill with foot work ( shuffle, backwards, forward and cross overs) attacking bags and pads with strikes.  
You must survive 1 (3 min..) round



## Golden Glove Club Animal: Tiger

### Tiger = Strength & Tenacity

#### Advanced Kicks

- Hurricane Kick
- Machine Gun Roundhouse Kick

#### Advanced Punches

- Thrusting Jab
- Tiger Claw to face
- Tiger Claw to Groin

#### Techniques

- Attacking Paws (1,2,1,2,1,4) Striking the body or head
- #10 (10 straight punches, alternating hands, starting with a left jab)

-Tiger Technique (moving with speed, power & agility)  
Pad holder starts throwing the jab. You slip and counter 2,3—pad holder throws a right cross, you slip and counter 3,2,- pad holder throws a right hook you slip and counter 3,2—pad holder throws a left hook— you slip and counter 2,3.

#### Drill

#### Dead Tiger

Starting on your belly curled in a fetal position, roll into a push up, jump your feet to your hands, to a standing position, move in a line throwing 1,2 and left roundhouse kick all the way down the room and then repeat moving backwards. You then return on the ground the same way you got up.  
You must complete 1 (3 min.) round.

## Level 5 - Kumite (Fighter) Blue Belt

#### Boxing Punches

- Double Backfist
- Uppercut to soloplexus

#### Kenpo Strikes

- Head Butts

#### 7 Elbow Striking System

- #5 Elbow—Lawnmower Elbow
- #6 Elbow—Rising Elbow
- #7 Elbow— Dropping Elbow

#### Kicks

- Back Turning Kick combo Drill
- Spinning Crescent kick
- Roundhouse/Hook Kick Combination

#### 360 Degree Blocking System

- You should be able to react using all 6 Blocks

**You should be able to do  
TIGER TECHNIQUE !!!!**

Level 5 Technique

All Techniques should be repeated for 20 repetitions or a 2 minute round. They should be executed in both a right and left fighting stance.

- 1, Double Back Fist, 2, 3, 6, 3, 2
- Uppercut to Solo plexus 20 x's
- 1 — 2 minute Round of Body Shots (Body Hooks, Uppercuts)
- Left Side Kick, Back Turning Kick, Front Ball Kick with Back Leg
- Left Round house kick, Left Hook Kick 20 x's (off front leg)
- Spinning Crescent Kick 20x's
- 5—2 minute Rounds on the Heavy Bag
- Left RH Kick, Right RH Kick, Left RH Kick, Spinning Crescent Kick, Left RH Kick, 2
- Tiger Technique
- Run 2 miles
- 30 sit ups in 1 minute
- 30 pushups in 1 minute
- 30 leg raises in 1 minute
- SPEED BAG! 2—2 minute rounds knowing how to use it properly!

**Golden Glove Club  
Animal: Crane**

**Crane = Grace & Balance**

**Advanced Kicks**

- Flying Side Kick
- Crescent Kick Combo.
- Low Leg Sweep or take down from standing position

**Advanced Punches**

- Crane's Wing Block
- Cranes Beak strike

**Technique**

- Blocking Punches with Crane's Wing

Example: Partner throws a straight Punch and you Block with a Crane's wing then attack with 8 strikes.

**Drills**

**Flying Crane**

Left leg sidekick, left leg roundhouse kick, right leg front ball kick, alternating stance—chasing your partner all the way down and then switching back and forth for a 3 min. round.

**Crane Stance**

Balance & Grace

Holding a Crane stance blindfolded or eyes closed for 3 minutes.

**The Key is to Concentrate!**

Level 7 Techniques

Advanced Tiger Technique

Adding on to Tiger :

Left roundhouse, spinning hook kick, left round house,

Ax kick, left roundhouse, 2,3,4,3,2,2,2, right roundhouse elbow

Punch es

1,2,3,4,3,2,4,2,3 ,2

Palm block right hand, Thrust punch, knife to throat, palm, thrust, knife, palm strike, 1,2

Kicks

Spinning (back leg) roundhouse crescent kick

Left fighting stance, Right roundhouse kick, stepping over and spinning towards the left side throwing a spinning crescent kick, landing left leg in front, 2,3,2,3, 2,2,2

## Advanced Levels Endurance Challenges

### 10 Sprints —Level 4 thru 7 only

### Balance Drill (you will have a 2 minute round)

### Front, Back, Side Kick—Balance Drill

#### Level 5 thru 7 only

You must chamber the leg each time, performing all 3 kicks without touching the floor, only chambering to regain your power and balance. Alternating Legs.

### Maximum Endurance Challenge

(you will have to perform 3—1 minute rounds of any of the following challenges. The instructor will choose which 3 you execute.)

#### Level 6 & 7 only

- Push ups on and off an incline
- Duck Squats
- Sit ups holding weights / arms are locked straight out
- Squat Jumps holding a weight directly in front of you
- Lunges with weights in a military press position
- Step ups
- Low Squat against a wall, holding arms out in front
- Lunge Kicks—30 seconds each leg

## **Level 6 - Amateur Kickboxer Green Belt**

### **Boxing Punches**

-Overhead Right Hand

### **Kenpo Strikes**

-Using Palm strikes to different body parts  
(groin, ribs, side of face)

-Pinching—where to pinch (example: in a bear hug you pinch the inner thigh)

### **7 Elbow Striking System**

-You should be able to execute all elbows

### **Kicks**

-Spinning Wheel Kick

-Spinning Hook Kick

-Stepping Stool Kick (front ball, instep & roundhouse)

-Crescent & Reverse Crescent Kicks

### **360 Degree Blocking System**

-You should be able to react using all 6 Blocks

### Level 6 Technique

All Techniques should be repeated for 20 repetitions or a 2 minute round. They should be executed in both a right and left fighting stance.

- 1, Overhead Right, Pivot, 2,3,2
- Hammer Strikes and Palm Strikes (forward, downward, side hammer and Palm to face, ribs and groin) 20x's each strike
- Stepping Stool Kicks 20x's -Front Ball, Front Instep & Roundhouse Stepping Stool Kicks
- 1,2,3,2, Left RH Kick, Spinning Hook Kick, Left RH Kick, 2,3,2
- Spinning Hook Kicks 20x's
- Spinning Wheel Kicks on the Slammer Pad 20x's
- Crescent / Reverse Crescent Kicks 20x's
- 6 — 2 minute Rounds on the Heavy Bag
- Run 2.5 miles
- 30 sit ups in 1 minute
- 30 pushups in 1 minute
- 30 leg raises in 1 minute
- SPEED BAG! 2—2 minute rounds knowing how to use it properly!