



BRAMHALL KICKBOXING

Women's 12 week course

Working towards **YELLOW** Belt

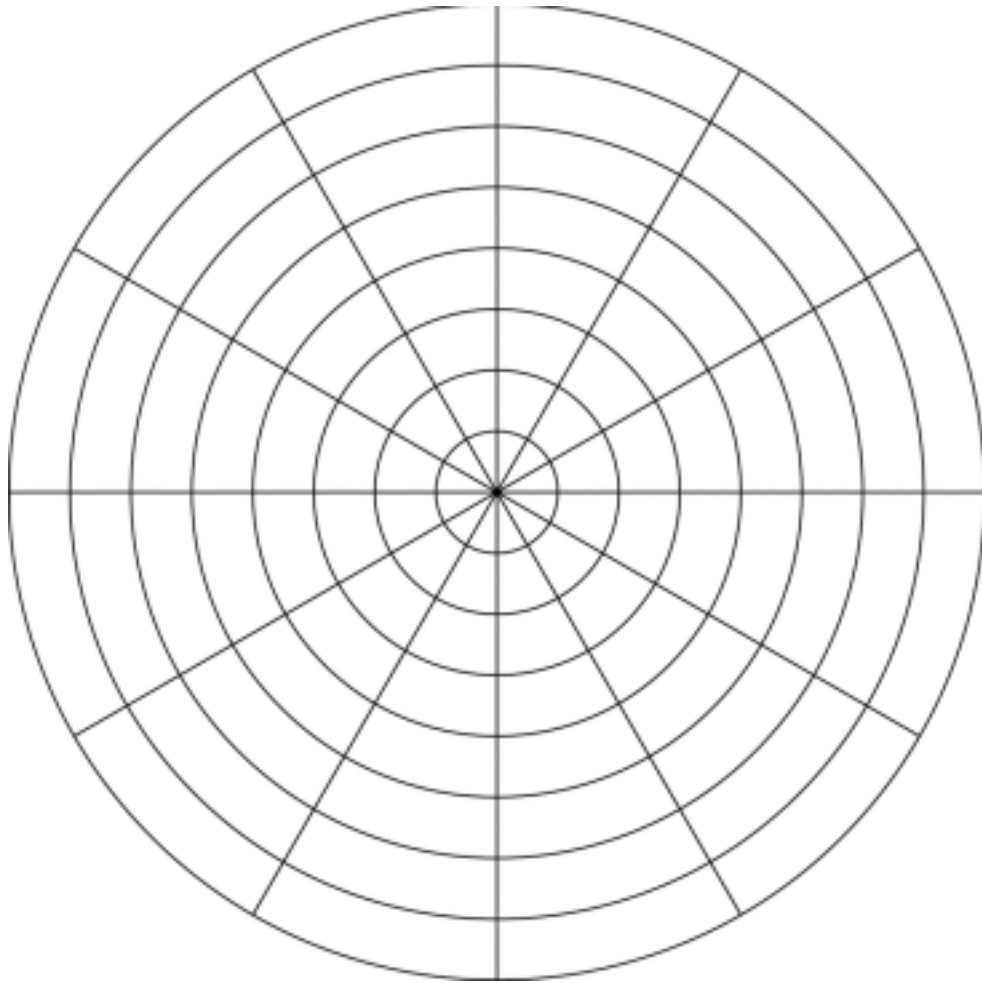


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Skills tracker:



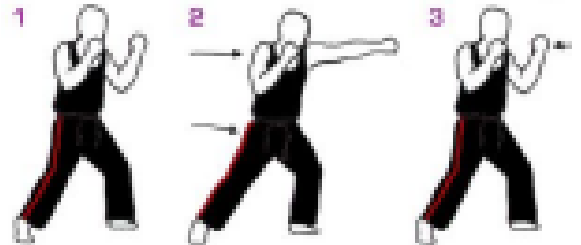
Skills to know

1. Jab Combo 1
2. Cross Combo 2
3. Hooks Combo 3
4. Uppercuts Combo 4
5. Body Shots
6. Basic Knee
7. Front Kick
8. Low Kicks

What you will be learning...

Guard - This is the position you start and return to. In this position you protect your pressure points and any vulnerable areas.

Jab - This is the lead hand shot that allows you to find your range and distract the opponent. There isn't as much power in this punch because it's with your weaker hand and you don't get as much rotation with your hips and shoulders, but it's very useful. Remember as your hand leaves your chin you need to rotate it like a spinning arrow towards your target and make contact with the flat part of your closed fist whilst squeezing your fist at the same time. Then it returns straight back to your guard position.



Cross - This is the power punch that comes from your dominant hand. The movement is just like your jab, only you use more of your hips and shoulders to shoot the right hand forward. The power comes from your twist - you need to put your full body behind the cross.

Standard Hooks - Hooks are a circular punch that involve further rotation of the body than the jab and cross. They are designed to reach round the guard and hit the side of the head of your opponent. They can be thrown with the right and the left. To throw them you have to imagine drawing a big letter C with your hand. On contact with the pad, your arm should be bent and you should follow through while allowing your foot to twist along with your body.



Uppercuts - Uppercuts come from down low and make contact with the chin from underneath. They can work their way up between your opponents guard and force the head backward. To throw a left uppercut you put your weight on your left foot and bend at the knee, then you bring your hand down to your hip. After this you simultaneously push up with your legs and throw your hand up and outwards towards your target. The opposite strategy is used for the right hand. A useful punch when in close range.

Body Shots - Body shots are like hooks and crosses, but they are to the body - aiming for the abdomen if they are a straight shot and to the liver if they are hooks to the body. So it's the same technique for crosses and the hooks, only they are lower.

Back leg knee - This is a straight knee with your back leg. It's easy to generate power with this knee. The trajectory of the knee is up and forwards and you are aiming for solar plexus/abdomen area. Driving your hips forward as you raise your knee gives your knee the forward movement and you keep driving through as your knee hits the pad. You can use your right hand for balance by shooting it past your hip as you knee. This generates an extra bit of power.

Back leg front kick - This kick is designed to stop your opponent in their tracks as they approach you, or to push them backwards to give you some space for another attack. You're aiming for the abdomen area again with the sole of your foot. Bring your knee nice and high and push your foot towards the abdomen while leaning back and watch them fly backwards!



Back leg low kicks - This kick is done with the shin and involves full rotation. The aim is to hit the fleshy part of the opponent's lead leg to make their legs tire and weaken.

What you will be assessed on for yellow

Combo 1 - Jab + Cross + Jab + Cross → Knee x 2 → Left hook → Right Low Kick

Combo 2 - Right Hook + Left Body + Left Uppercut + Cross + Hook → Right Low Kick

Combo 3 - Right Front Kick → Left Hook + Right Body + Right Uppercut + Left Hook + Cross → Knee x 2

Combo 4 - Right Hook + Left Body + Left Uppercut + Cross + Left Hook + Right Body + Right Uppercut + Left Hook + Cross → Straight Right Body

Optional Additional Training

One thing proven to support the development of your kickboxing technique and help prevent injury while training is a muscular strength, endurance and flexibility programme. Below are the suggested workout routines that can be done as often as you like while taking part in the 12 week course. All the videos for these routines are on the Private Facebook Group which you will be given access to when you sign up.

Weeks 1-4 - *Workout video 1 (15 minutes)*

Work up to 50 knee up squats - *2 minutes*

Work up to Plank hold 1 minute - *1 minute*

1/2/3kg dumbbells punches - *1 minute*

Upper back routine - *5 minutes*

Flexibility routine - *5 minutes*

Weeks 5-8 - *Workout video 2 (21 minutes)*

Work up to 100 knee up squats - *3 minutes*

Work up to Plank hold 1 minute 30 seconds - *1 minute*

1/2/3kg dumbbells punches - *1 minute 30 seconds*

Upper back routine - *5 minutes*

Kickboxing Kettlebell routine - *5 minutes*

Flexibility routine - *5 minutes*

Weeks 9-12 - *Workout video 3 (27 minutes)*

Work up to 150 knee up squats - *4 minutes*

Work up to Plank hold 2 minutes - *2 minutes*

1/2/3kg dumbbells punches - *2 minutes*

Upper back routine - *5 minutes*

Kickboxing Kettlebell routine - *7 minutes*

Flexibility routine - *7 minutes*

Optional Additional Nutrition Guidance

One thing also proven to support the development of a great kickboxer is the right nutrition. This one isn't going completely overboard. It doesn't have you counting calories or macros or anything like that it sticks to the fundamentals of plain old good eating so you only have to do the following...

Nutrition targets:

2L of water a day - The main reasons for drinking enough water each day are as follows: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly, to aid sleep quality, support general cognition, and regulate mood. *The best way to hit this goal is found in the 'How to Stay Hydrated' video on the private Facebook group.*

1g per Kg of body weight of protein (mixture of plant and animal based is best) - There's lots of benefits to eating enough protein. The main one is to ensure your body receives the correct amino acids to that allow for growth and repair of muscles that you'll be using. Growing lean muscle mass speeds up your metabolism which means you become more of a calorie burning machine! In addition protein foods make you feel fuller for longer which means you are less likely to over consume on your calories which is the number 1 cause of weight gain. The best sources of animal based are eggs, meat and fish, with oily fish having the additional benefit of those all important omega-3s and 6s. The best sources of plant based protein are beans and pulses - these also give you a good dosage of fibre. *The best way to hit this goal is found in the 'How to get your protein' video on the private Facebook group*

5 portions of vegetables - Vegetables are filled with fibre, micronutrients and antioxidants. Antioxidants help defend your cells from damage caused by potentially harmful molecules known as free radicals. When free radicals accumulate, they may cause a state known as oxidative stress which lead to damaged cells. As part of the group you'll be sent recipes that you can try yourself at home - they are designed to be tasty and nutritious - not calorie deficient. A good nutrition programme should be one you are happy to stick with, not one that you dread. It should be one you can stick to 7 days a week where you feel you can still enjoy the foods that you love. *The best way to hit this goal is found in the 'How to get your vegetables in' video on the private Facebook group*

Going the extra mile?

30/60 or the whole 90 days sober - Sobriety is a rapidly growing movement. More and more people are enjoying the benefits of cutting alcohol out of their lives completely, or significantly reducing their intake. This too can be part of the 12 week course for you. Support will be in the form of top tips for staying sober, facts about alcohol, communication of the many benefits and more.

Take vitamin supplements - This is not in replacement of solid nutrition, it is rather a complimentary part of a wholesome diet. Head over to this website <https://leangreens.com/> When becoming part of Bramhall Kickboxing you can benefit from 10% off the cost of any of their supplements and products which include:

Lean Greens Powder - Formulated with 18 raw veg and green ingredients. Mixes in 30 seconds. Doesn't taste like pond water. *Wheatgrass Powder, Barley Grass Powder, Spirulina Powder, Chlorella Powder, Alfalfa Powder, Spinach Powder, Broccoli Powder, Carrot, Blackcurrant Extract, Blueberry Juice Powder, Bromelain, Amylase, Protease, Lactase, Lipase, Cellulase, Green Tea Extract, Siberian Ginseng, Stevia Leaf*

Jui-C Vitamin C - Formulated with powdered acerola cherry which has 30-40 times more vitamin C than oranges. This is a great one for the immune system.

Good Fats - In each Good Fats capsule there is 250mg of DHA and 750mg of EPA Omega 3 fish oils. Compare this to many supermarket fish oil capsules, it's 3-4 times the amount per capsule. Health benefits are numerous, including maintenance of eye health, cardiac function, blood pressure & brain function.

Drift off formula - Magnesium Citrate, Zinc and Vitamin B6 Supplement. Aids restful sleep, muscle relaxation and replenishes magnesium that we use up when we're stressed. 250mg of magnesium and 100% daily serving of zinc

Amber Boost - A combination of turmeric, a well known anti-inflammatory and black pepper which helps with absorption. Also contains a daily dose of vitamin D3. A great supplement for the winter months and to support strong bones and joints.

Billions - Optimal health often starts with the gut. 5 major strains of healthy bacteria to support the maintenance of a robust gut-brain axis. Included in Billions, you'll find, Lactobacillus Salivarius, Lactobacillus Rhamnosus, Streptococcus Thermophilus, Bifidobacterium Bifidum

Advice can be offered for which are the best supplements to choose should you be interested.

Get yourself more sleep - Support for this goal can be found in the private Facebook group under top tips for getting more sleep. Sleep is incredibly important but some of us don't get nearly enough. Getting a good amount of sleep helps with immunity, mental health, athletic recovery, concentration, mood and lots more. There are proven ways to improve your chances of getting the sleep you need and you'll be taken through each of them.

Cold showers and meditation - You may or may not have heard of a man called Wim Hoff a.k.a. The iceman. This man is superhuman and he puts it all down to breath work and cold showers. Try this video and see what you think https://www.youtube.com/watch?v=0BNejY1e9ik&ab_channel=WimHof

Just to reassert, this is all optional and will compliment everything you are doing as part of the 12 week course. If you just want to come down a whck some pads, that's absolutely fine. What I was keen to do was provide as much value as possible so you have the best experience,

Course breakdown: Week 1 - 6 Learning the shots

<p>Week 1 Jabs Crosses Knees</p>	<p>MOVEMENT BASICS Jabs Crosses and Knees COMBO: Jab + Cross x 2 → Double Knee</p>
<p>Week 2 LeftHook Low Kick</p>	<p>RECAP: Jabs Crosses and Knees Learn the Left Hook Learn the Right Low Kick COMBO: Jab + Cross + Hook + Cross COMBO: Jab + Cross + Hook → Right Low kick</p>
<p>Week 3 Uppercuts Right hook</p>	<p>RECAP: Jabs, Crosses, Knees, Hooks and Low Kicks Learn the Right Uppercut COMBO: Right Uppercut + Left Hook + Cross Learn the Left Uppercut COMBO: Left Uppercut + Cross + Left Hook → Right Knee followed by Left Uppercut + Cross + Left Hook → Right Low Kick</p>
<p>Week 4 Body Shots</p>	<p>RECAP: Jabs, Crosses, Knees, Hook, Low Kick, Uppercuts Learn Right Hook Learn Left Body Shot and Right Body Shot COMBO: Left Hook + Right Body → Right Hook + Left Body COMBO: Jab + Cross + Left hook → Right Body → Right Hook + Left Body</p>
<p>Week 5 Straight Body</p>	<p>RECAP: Jabs, Crosses, Knees, Hook, Low Kick, Uppercuts Body Shots → Learn Straight Body COMBO: Straight body → Left Body → Right Body COMBO: Straight body + Left Body + Right Body + Left Hook → Right Low/Right Knee</p>
<p>Week 6 Front Kick</p>	<p>RECAP: Jabs, Crosses, Knees, Hook, Low Kick, Uppercuts, Right hook, Body Shots Learn Right Front Kick COMBO: Right Front Kick → Left hook + Cross COMBO: Right Front Kick → Left hook + Cross → Left Body + Left uppercut → Low Kick/Right Knee</p>

	<p>Left Hook + Right Body + Right Uppercut + Left Hook</p> <p>Round 4: Right Hook + Left Body + Left Uppercut + Cross + Left Hook + Right Body + Right Uppercut + Left Hook + Cross → Straight Right Body</p>
<p>Week 11 Combo practice</p>	<p>COMBO 1: Jab + Cross + Jab + Cross + Knee x2 → Left Hook → Low Kick</p> <p>COMBO 2: Right Hook → Left Body + Left Uppercut + Cross + Left Hook → Right Low Kick</p> <p>COMBO 3: Right Front Kick → Left Hook + Right Body + Right Uppercut + Left Hook + Cross → Knee x 2</p> <p>COMBO 4: Right Hook + Left Body + Left Uppercut + Cross + Left Hook + Right Body + Right Uppercut + Left Hook + Cross → Straight Right Body</p>
<p>Week 12 Yellow belt grading and graduation</p> <p>ORANGE Belt taster</p>	<p>This is a relaxed session where I'll hold the PADS and instruct you to complete Combos 1 to 4 to the best of your ability - on doing so you will receive your belt!</p>

For me, the delivery of this course is about more than just Kickboxing. It's about holistic wellbeing, fitness, confidence and safety. The skills you will learn are legitimate means of self-defence that could serve you well in a situation where you may be required to use them.

Upon completion of the first 12 week course my hope is that you enjoy it so much that you 1) recommend it to all your friends, and 2) want to sign up to the second 12 week course which involve working towards your Orange Belt - where we take a first look at defense in kickboxing and some of the more complicated methods of attack! A great next step for those who become kickboxing enthusiasts.