

STXKICKBOXING LEVEL 1

SOURCE ARTS

1. Western Boxing
2. Jun Fan Kickboxing
3. Japanese Shooto
4. Muay Thai
5. French Savate

STXKICKBOXING RULES

1. Hands Up
2. Chin Down
3. Move Your Head
4. Circle Left / Right
5. Always Fake or Feint
6. Never Take Without Giving
7. Be First
8. Be Last
9. Leave Nothing Unanswered
10. Return at Least 2 to 5 Shots For Every 1 Shot Received
11. Punch When Kicked
12. Kick When Punched
13. Clinch When Tagged
14. Hands Set Up Kicks
15. Punch or Kick Out Of A Clinch or Break
16. Cut Your Opponent Off - Stalk Him
17. Dictate Center Of The Ring
18. Always Change Up Attacks
19. When You Score - Blitz
20. Perpetual Motion - Stay Busy

TOOLS

Stances

1. Boxing Stance
2. Kicking Stance
3. Shooto Stance
4. Movement Stance
5. Mid Stance
6. Deep Stance

Footwork

1. Forward & Back
2. Side to Side

3. Forward & Back Side to Side Mix
4. Up & Down
5. Heel & Toe
6. Lead Switch
7. Circle
8. Cross Step Circling
9. Zig Zag
10. Step & Slide
11. Shuffle & Pendulum
12. Slide Step
13. Push Step
14. Pivot
15. Step off
16. Cross Step

Punches

1. Head Punches

1. Jab
2. Cross
3. Hook
4. Lead Uppercut
5. Rear Uppercut
6. Overhand
7. Lead Backfist
8. Rear Backfist
9. Spinning Backfist
10. Hammerfist

2. Body Targets

1. Kidneys
2. Spleen
3. Liver
4. Floating Rib
5. Solar Plexus
6. Bladder

Kicks

1. Lead

1. Round Kick
2. Knee Kick
3. Switch Kick
4. Shuffle Kick
5. Twist Kick
6. Sliding Kick

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2. Rear

1. Round Kick
2. Hop & Chop
3. Shuffle Kick
4. Sliding Kick

3. Kicking Postures

1. Head Off Centerline
2. Erect Posture

OFFENSE

1. **2 Count Attack Sequences - Same Side**

1. Jab - Lead Kick
2. Cross - Rear Kick
3. Lead Hook - Lead Kick
4. Rear Hook - Rear Kick

2. **2 Count Attack Sequences - Opposite Side**

1. Jab - Rear Kick
2. Cross - Lead Kick
3. Lead Hook - Rear Kick
4. Rear Hook - Lead Kick

3. **2 Count Attack Sequences - Half Beat**

1. Rear Kick Intercepting Cross
2. Lead Kick Intercepting Jab

4. **Leg Kick Targets**

1. Outer Thigh
2. Top of Thigh
3. Inner Thigh
4. Belly of the Calf
5. Achilles Tendon
6. Inner Calf or Ankle
7. Outer Calf

5. **5 Count Leg Kick Template**

1. Rear Outside
2. Rear Top Down
3. Lead Inside Up
4. Rear Inside Up
5. Lead Outside

DEFENSE

1. **Jab Defense**

1. Rear Hand Catch
2. Catch - Pat Down
3. Parry To Inside
4. Parry To Outside
5. Lead Hand Inside Parry

2. **Cross Defense**

1. Rear Hand Catch
2. Catch - Pat Down
3. Lead Forearm Parry
4. Lead Parry
5. Lead Shoulder Cover
6. Outside Slip
7. Inside Slip
8. Lead Deflection
9. Rear Deflection
10. Double Arm Cover
11. Lead Elbow Cover
12. Rear Elbow Cover

3. **Kick Evasion**

1. Single Leg Evasion
2. Double Leg Evasion
3. Body Evasion
4. Head Evasion

4. **Leg Checking**

1. Low Lead Outside
2. Low Cross Check
3. Low Rear Outside
4. Middle Hard Ride
5. Middle Soft Ride
6. Middle Double Arm Check
7. Lead Head Cover
8. Rear Head Cover

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COMBINATIONS

1. 2 Count Combinations

1. Jab - Right Kick
2. Hook - Right Kick
3. Body Hook - Right Kick
4. Cross - Right Kick
5. Right Hook - Right Kick
6. Cross - Left Kick
7. Right Hook - Left Kick
8. Right Uppercut - Left Kick
9. Right Body Hook - Left Kick

2. 4 Count Combinations

1. Lead Shield - Cross - Hook - Right Kick
2. Soft Check - Cross - Body Hook - Right Kick
3. 1-2-3 Right Kick Series
4. 1-2-3 Left Kick Series

TOOL DEVELOPMENT

1. Agility Ladder

1. In Out Jab Lateral
2. Ali Shuffle
3. Freestyle

2. Cone Drills

1. Zig Zag - Forward & Back
2. Zig Zag - Lateral

3. Partner Footwork Drills

1. Mirror Drill - Forward, Back, Side To Side
 1. Singles
 2. Doubles
 3. Triples
2. Stalking Drill
3. Pivot Drill
4. Pivot Drill with Assist
5. Half Moon
6. Circle
7. Foot Evasion

4. Heavy Bag

1. Establish Range
2. Single Punch Reps

3. 3 Count Combos

5. Box Drill

6. Kicking Shield

7. Jumping Rope

8. Shadow Boxing

9. Bonus: Marvin Cook - Hand Wrapping