



## WEST HARPETH CHRISTIAN TUTORIAL

# Kickboxing Workout

**Tutor:**

Rick Sexton

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**Prerequisites:**

- This class is open to all students.



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**Course Description**

With an emphasis on foundational skills and physical education, kickboxing will be a one-hour hosted course that should energize and empower students to gain physical strength. All skill levels are welcome. This class will cover: • Basic Movement • Punches • Kicks • Pad Holding • Proper Training Etiquette • Kickboxing Basics • Punch Kick Combo Strikes • Basic Blocking • Thai Elbows and Knees • Various Combinations

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**Books & Supplies**

- *Boxing Gloves (12oz minimum)*
- *Mouth Guard*
- *Appropriate Workout Attire*
- *Athletic Shoes*

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**Commitment**

- This course meets once a week.
- Students are expected to follow training etiquette such as listening to instruction, waiting to begin, and using correct technique.
- Students are training and not "play fighting."
- Students must show respect to the teacher and their peers.

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**A typical class will look like...**

There will be a time of instruction and demonstration of proper concepts and techniques. Then students will pair off and train in the exact concepts and techniques that were shown, while the instructor comes around to offer assistance and correction.