



# Kickboxing Workout

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## Prerequisites:

- This course is open to all students.



## 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



## 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.



## 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.



## Books and Supplies

### Please wear to class:

- WHCT dress-code appropriate workout attire
- athletic shoes
- deodorant

### Please bring to class:

- boxing gloves (12 oz minimum)
- mouth guard
- water bottle
- extra deodorant and/or shirt if needed