



Big Dolphins

March 2018

Kicking Tip Test

Run Sheet 01	<p align="center">Standing Kicks from Guarding Stance</p> <p align="center">Please ensure that students:</p> <p align="center">1) Keep their hands up before, during and after <u>EACH</u> kick 2) Gihap on each kick</p>
Orange/white to Orange	<p>1. Front snap kicks from your back leg</p> <p>2. Axe kicks from your back leg</p>
Orange to Orange/black	<p>Outside Swinging Kick</p>
Orange/black to Green/white	<p>Chamber: Must be able to lift your knee and do 5 x snap kicks in a row without your kicking foot touching the floor.</p> <p>Inside Swinging Kick</p>
Green/white to Green	<p>Chamber: Must be able to lift your knee and do 5 x snap kicks in a row without your kicking foot touching the floor.</p> <p>Snap kick to Axe kick to Outside Swinging Kick landing in Guarding Stance Do NOT take little steps after each kick. We want <u>continuous</u> kicks</p>
Green to Green/black	<p>Chamber: Must be able to lift your knee and do 5 x snap kicks in a row without your kicking foot touching the floor.</p> <p>Jumping Front Snap Kick to 'Freestyle' (ATG) Kick (Any kick you choose)</p>
Green/black to Purple/white	<p>Chamber: Must be able to lift your knee and do 5 x snap kicks in a row without your kicking foot touching the floor.</p> <p>Turning Kick May use the wall for support</p>
Purple/white to Purple	<p>Chamber: Must be able to lift your knee and do 10 x snap kicks in a row without your kicking foot touching the floor.</p> <p>Side Kick May use the wall for support</p> <p>Turning Kick (twice)</p>
Purple to Purple/black	<p>Chamber: Must be able to lift your knee and do 10 x snap kicks in a row without your kicking foot touching the floor.</p> <p>Hook Kick May use the wall for support</p> <p>Side Kick (twice)</p>
Purple/black to Brown/white	<p>Chamber: Must be able to lift your knee and do 10 x snap kicks in a row without your kicking foot touching the floor.</p> <p>Turning Kick to Side Kick to 'Freestyle' (ATG) Kick</p>
Brown/white to Brown/black	<p>Chamber: Must be able to lift your knee and do 5 x Turning kicks in a row without your kicking foot touching the floor.</p> <p>Turning Kick to Hook Kick to 'Freestyle' (ATG) Kick to Jab & Cross Punch</p>



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Run Sheet 02	<p align="center">Paddle Pad Kicks Please ensure that students: 1) Kick <u>AND</u> hold paddle pad for each technique 2) Keep their hands up before, during and after EACH kick 3) Gihap on each kick</p>
Orange/white to Orange	N/A
Orange to Orange/black	Front snap kicks from back leg
Orange/black to Green/white	Axe kicks from back leg
Green/white to Green	Outside Swinging kick from back leg
Green to Green/black	Inside Swinging Kick
Green/black to Purple/white	Jumping Front Snap Kick
Purple/white to Purple	Turning kick from back leg
Purple to Purple/black	2 x Turning kick combination starting from back leg.
Purple/black to Brown/white	Jumping Front Snap Kick to Turning kick combination starting from back leg.
Brown/white to Brown/black	Front foot Tornado Kick (spinning towards your back)

Fitness Drills:

- Before starting, check pulse by:
a) finding pulse on neck, b) time 6 seconds c) multiply x 10 = Normal heart rate
- Push ups: Put noodle or paddle pad under your belly and count 3 x sets of 10
- Sit ups: Put noodle or paddle pad under your lower back and count 3 x sets of 10
- Skipping 3 x sets of 40 seconds (20 second break between sets) Count how many jumps you do in each set. (If time, check pulse after each set) On last set you must finish set quicker than when you start with the aim of beating your PB.
- Check heart rate after 3rd set. (distinguish 'active' heart rate)
- We also do a 'lead floor stretch' (weather permitting) and or breathing drill with the aim to
a) distinguish how flexible you are b) To lower your heart rate.
- Check heart rate & discuss how close it was to your original 'normal rate' at the beginning of fitness drills