

RED RANK 5 to 15 Sessions

The student learns dozens of moves, combinations, and strategies that have been proven in the ring and on the street to work best in actual situations. These movements are practiced repeatedly, adding stylistic elements. The creation of a strong technical foundation and increasing one's total body conditioning will bring about optimal results.

Students will understand and practice proper form, style, and safety of technique and skill at gradually increasing intensity in shadow boxing and heavy bag formats.

Stances

The ability to respond to various attacks depends on the type of stance employed for each given situation. As soon as a student is secure in his/her stance, greater power and strategic maneuverability is achieved. Red rank knows the names of each stance.

Ready, Fighting, Front, Side, Back, Horse

Strikes

To aimlessly throw out a technique does little good. Knowledge of target areas, strike distance, timing, utilization of imagery, and focus drills are the marks of real skill. Strikes are practiced in shadow boxing and on a heavy bag, focus mitts, or kick shield.

Jab, Cross (Reverse), Hook, Uppercut, Knife Hand, Elbow

Foot Work

Footwork practice conditions the body for real-life encounters where speed, power, and endurance are what counts. Proper posture, balance, and body alignment must be maintained to a centered core at all times to insure effectiveness of any given technique.

Side Step Shifting, Fighting Stance Shifting, Boxing Shuffle, Twisting, Double Stepping.

Combinations

Each of our combinations has a means to an end. Under the Rank system, we focus on developing flow of "strike and not be struck" strategy.

One, two, three, four,

One, two, three, four, bob, retreat

One two, three, four, slide back Front Kick

One two, three, four, slide back Round House Kick

Jab, turn away, Side Kick, reverse

Triple Jab, reverse, 4 head, 4 body

Practice Set 1

Implement all 12 moves in reps of 4

-Fighting Stance Shuffle

Step with Jab. Twisting on Hook, Upper Cut, Body Shot

-Fighting Stance Shuffle

Step with Blocks: Up, Out, In, Down

-Fighting Stance Shuffle

Back Knuckle strike, Back Knuckle Side Strike, Double Knife Hand Strike, Elbow Strike

Practice Set 2

- a. Side Step Drag with all blocks in 4's
- b. Fighting Stance Step Drag with all blocks in 4's
- c. Fighting Stance Step Drag with Counter Strikes

Practice Set 3

Double stepping patterns with “double jab reverse base move” adding the following backwards defensive moves.

Blocks: Up, Out, In, Down

Bob Jabs

Kicking

Kicking is tremendous for conditioning the whole body, especially the muscles supporting the movements such as hip flexors, lower back, side abdominals, and gluts. Flexibility increases, allowing for selected target ranges. These are the most powerful weapons in martial arts.

Front, Side, Back, Round-House...

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