

RED RANK

ESTIMATED
10-15 SESSIONS

The student learns dozens of moves, combinations, and strategies that will provide the basic blueprints to developing real kickboxing athletic skills through a Rank System. This time-tested method supports the development of real skills for optimal defense in actual situations that have been proven both in the ring and on the street. The student practices these movements repeatedly, adding perfection and stylistic elements over time.

Students will understand and practice proper form, style, and safety of technique and skill at a 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 their stance greater power and strategic maneuverability is achieved. A red rank student knows the names of each stance:

- Ready
- Fighting
- Front
- Side (shark)
- 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 (power reverse punch)
- Hook
- Upper cut
- Knife hand
- Elbow

FOOTWORK

Footwork practice conditions the body for real-life encounters where speed, power, and endurance are what counts. Proper posture, balance, and body alignment help the student maintain a centered core at all times to insure the effectiveness of any given technique. From fighting stance:

- Boxing shuffle
- Twisting
- Single stepping
- Double stepping

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
- Hook
- Round house
- Outside crescent

HEAVY BAG RED RANK COMBINATIONS

Each of our combinations is a means to an end. Under the rank system, we focus on developing flow of “strike and not be struck” strategy.

- **Red Rank 1:** 1, 2, 3, 4, slide back, front kick
- **Red Rank 2:** 1, 2, 3, 4, slide back, round house (or outside crescent), power reverse punch
- **Red Rank 3:** 1, 2, 3, 4, slide back, front kick, round house (or outside crescent), power reverse punch
- **Red Rank 4:** 1, 2, turn away (rock), side kick, power reverse punch

PRACTICE SET 1

Implement all 12 moves in reps of 4 with fighting stance shuffle:

- **Punches:** jab, twisting on hook, upper cut, body shot
- **Blocks:** up, out, in, down
- **Counter strikes:** back knuckle strike, hammer strike, double knife strike, elbow strike

PRACTICE SET 2

Double stepping patterns with “double jab, reverse” as the base move, adding on the following defensive moves while moving backwards:

- Blocks: up, out, in, down
- Bob jabs