



K5 Health and Fitness  
Martial Arts

Certificate in Advanced Kickboxing Instruction

This qualification is aimed towards Martial Artists, Students, Instructors, Professional Fighters, Coaches and like minded experts with a thirst for self development.

This is not a 'how to' guide of Kickboxing to learn techniques. It is for the established student wanting to become an instructor and/or for the instructor wishing to be better!

This Course is broken down into 2 components totalling 10 modules:

**How to become a complete kickboxer**  
*(how to become a totally awesome student)*

**How to become a complete kickboxing instructor**  
**(how to become a totally awesome instructor)**

Module 1	Understanding and Applying	Hand Techniques
Module 2	Understanding and Applying	Foot Techniques
Module 3	Understanding and Applying	Advanced & Defence Techniques
Module 4	Understanding	The elements of a Kickboxer
Module 5	Application of Modules 1 - 4	Demonstrations, Grading, Combat
Module 6	Understanding the Instruction of	Hand Techniques
Module 7	Understanding the Instruction of	Foot Techniques
Module 8	Understanding the Instruction of	Advanced & Defence Techniques
Module 9	Understanding how to teach	The elements of a Kickboxer
Module 10	Case Studies	

Upon completion of this course, the learner will have demonstrated extensive knowledge in Advanced Kickboxing.

They will be able to see a technique as a tool, break it down through kinetic movement and gain an understanding that will allow you to execute on target, every time with added speed, power, timing and consciousness.

The learner should also have developed the ability to take the above mentioned and provide adaptability when teaching to any individual in front of them.

The more efficient student you become whilst learning this innovation the more effective you will become in training, teaching and fighting.



## Brief overview of terms

### Drivers:

A driver is a conscious / Sub conscious action to create certain movements, through a chain reaction with in the body.

It is the action of drivers that will facilitate different biomechanical reactions throughout the body. For example if you start in an Orthodox Full Guard Fighting Stance and rotate your left foot to the right, you will in turn cause the ankle, knee, hip, torso and shoulders to follow.

Namely in the martial arts and martial sports, any individual technique thrown will have a

Jab	Straight	
		
<b>First Driver</b>	<i>Left Shoulder</i>	
<b>Last Driver</b>	<i>Left Hand</i>	

selected amount of drivers used for execution.

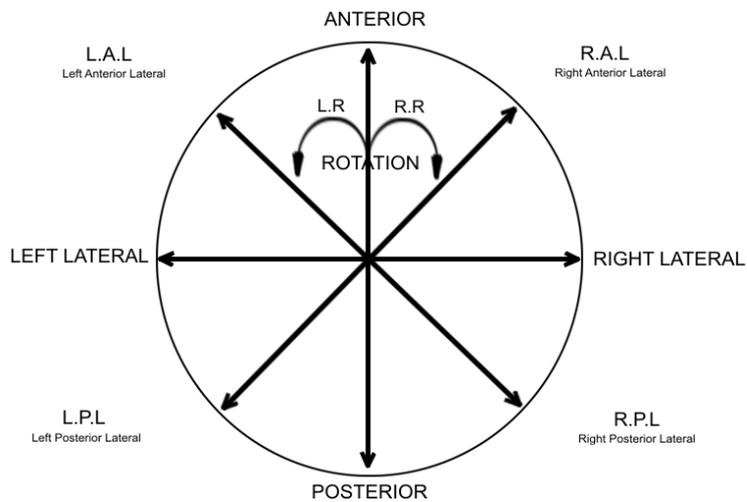
In a Straight Jab punch from a static Orthodox Full Guard Fighting Stance, description will be the following:

The sequence of drivers between the first driver and the last driver will include:  
Right Foot, Right Knee, Both Hips, Right Shoulder, Right Hand, Left Knee and your Head.

### Movement:

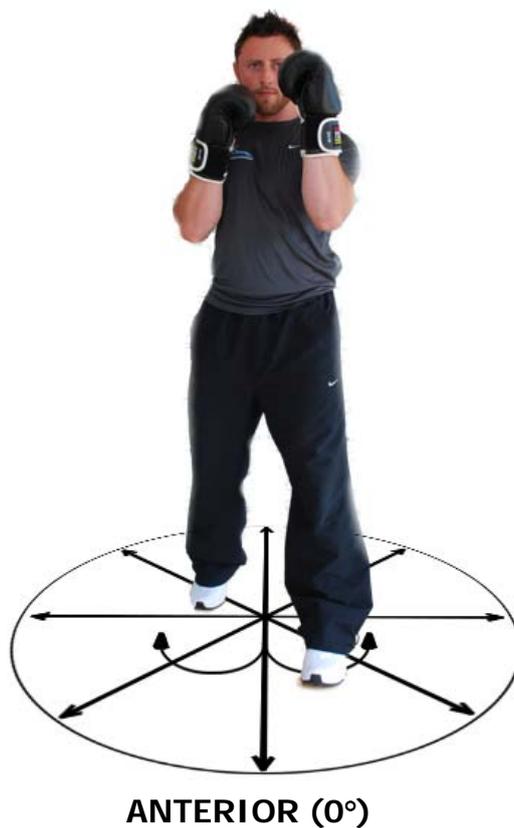
As human beings we are able to move anywhere in three dimensional space. By using the previous mentioned drivers, including gravity and ground reaction force, quite literally an infinite number of human movements are possible. I have tried to adapt this theory to the teaching of Martial arts.

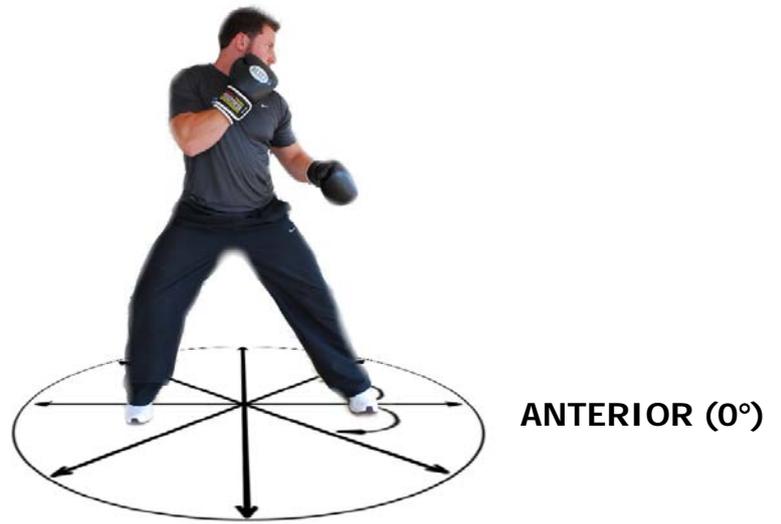
The following diagram is a slightly different version of what Gary Gray (The Gray Institute) calls the functional compass:



In Kickboxing and Martial Arts, I have pictured it from the following Fighting Stances. This will allow you to determine which direction the body will move, which way the fighter's tool will move and which way they will move relative to eachother.

Anterior is labelled.





Many techniques your body will be moving in an Anterior Direction (forward) and so will your tool. However techniques such as a Spinning Back Kick will require your body to move forward (towards your target), spin, and throw your kicking leg (your tool) behind you, which is posterior in relation to your body.

With this in mind, Drivers and Movement, the following technique can be broken down in the following way:

<b>Cross</b>	<b>Straight</b>	
		
<b>Guard</b>	<i>Full guard</i>	
<b>Hand</b>	<i>Right Hand</i>	
<b>Strike Point</b>	<i>Index &amp; Middle Knuckles</i>	
<b>Target Area</b>	<i>Nose, Forehead, Chin</i>	
<b>Direction of Movement</b>	<i>Anterior</i>	
<b>% of Body Weight on Impact</b>	<i>80%</i>	
<b>First Driver</b>	<i>Right Foot</i>	
<b>Last Driver</b>	<i>Right Hand</i>	
<b>Pre Technique Combination</b>	<i>Jab Punch</i>	
<b>Post Technique Combination</b>	<i>Lead Hand Hook Punch</i>	
<b>Defence Against....</b>	<i>Outside Slip</i>	
<b>Counter To....</b>	<i>Slipping Jab</i>	

The above is an example of how I would break down a 'Straight Cross'. As people move in different ways and are of different stature to others, the results will differ.

Marc Edwards.