

Kickboxing Aerobics

The Class

- Warm Up
 - Begin with wide stance deep breaths to oxygenate the blood.
 - March in place, side step, grapevine.
 - Include wide stance toe tapping with reach out and up.
 - Extend reach across the centerline of the body.
 - Transition from reaching up and out to jabs to the front and round house punches.

- General Technique
 - Chin is tucked in and down.
 - Don't aim for the target, aim behind the target.
 - Always look in the direction of the punch or kick before executing.
 - Extend shoulder into the punch.
 - Keep abdominals tight to improve muscle tone and balance.
 - Keep fists in front of face when not punching. (Defense Position)

- Boxer's Stance Technique
 - Stay light on the feet to keep impact to a minimum.
 - Maintain a rocking back and forth motion.
 - Keep heels lightly touching the floor.
 - Keep weight on the ball of the foot.
 - Keep fists in front of face when not punching. (Defense Position)
 - Discontinue is joint pain or discomfort is experienced.
 - Stay on Boxer's Stance for no more than 5 minutes at a time.
 - Provide lower impact exercise for at least 5 minutes in between.

- Safety
 - Limit Kickboxing Aerobics temp range from 120 - 125 bpm.
 - Limit warm-up tempo range from 120 - 134 bpm.
 - Limit cool-down music tempo range from 118 - 122 bpm.
 - Avoid moves that require back kicks in a crowded class.
 - Don't lock knees to provide shock absorption and reduce back strain.
 - Limit power moves (propulsion) to 1-minute intervals.
 - Limit repeater moves to five repeaters at time.
 - The more advanced students can use light weights.
 - Instructor should avoid using weights.
 - Avoid pivoting moves on a loaded knee.
 - Unlike Step multiple moves are permitted.(i.e., legs and arms)
 - Always provide low impact alternatives to high impact moves.
 - Continue breathing, never hold the breath.
 - Instruct class to work at their own pace, not the instructors

Discontinue Kickboxing Aerobics if:

- Legs become fatigued and uncoordinated.
- Any pain becomes evident especially joint pain.
- Shin area pain or discomfort.
- Dizziness occurs.
- Rapid heart rate.

