

KPS #b- KICKING-BASICs Training Program



PKS Technical Team 



Technical Advisor Master :
Joe Santangelo – 6th Dan

Professional Kickboxing School

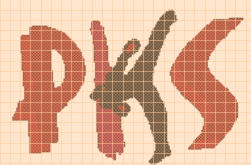
Kickboxing – Street-Fighting-System - Karate
Flash-Fighting – Combat-Training – Boxing

KPS n° 1*/2017/2018 (August-1st 2017)

Istanbul – July/August 2017

TITLE

Individual Kickboxing Training Plan
#1_GYM – Soft/Training TAB



KPS #b- KICKING-BASICs Training Program



TIME OCCURRING: 045'

CORE ACTIVITIES: 10

SCORE POINTs: (S)650 – (B)850

BOX-PAGES: 24



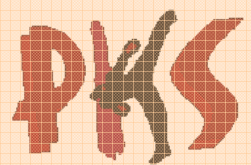
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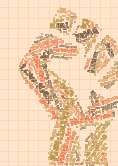
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0 – SHORT-RECAP: 45/50'



1. Round Lead > Hook Lead 02'
2. Round Lead > (SPIN) Back Kick Rear 02'
3. Side Lead (Body) > Hook Lead (Head) 02'
4. Round Lead > Swing > Back Kick 02'
5. Round Lead (H) > Round Rear (H) 02'
6. Round L(B) > Round L(H) > Round R(H) 02'
7. Front Fake Rear > Hook Lead 02'
8. Round L (H) > SPIN-Back R > Round L 02'
9. Side L (B) > Round L (H) > Hook L (H) 02'
10. Side Lead (B) > Hook Lead (H) 02'



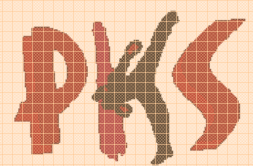
Session's MAIN Contents



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1 – TIME Enlapsed: 2'



Round Lead > Hook Lead (Left Guard – Right Guard)

2'



(2 sets – 10 reps)



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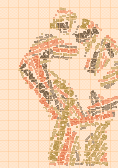


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PKS # 2 – TIME Enlapsed: 2'



COOLING DOWN (STRETCHING)

2'

(STANDING)

ET

4



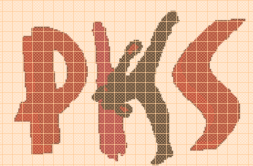
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3 – TIME Enlapsed: 3'



**Round Lead > (SPIN) Back Kick Rear
(Left Guard – Right Guard)**

3'



(2 set – 10 reps)



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PKS # 4 – TIME Enlapsed: 2'



COOLING DOWN (STRETCHING)

2'

(STANDING)

ET
9



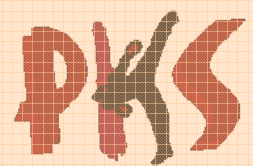
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5 – TIME Enlapsed: 2'



**Side Lead (Body) > Hook Lead (Head)
(Left Guard – Right Guard)**

2'

(2 sets – 10 reps)



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PKS # 6 – TIME Enlapsed: 2'



COOLING DOWN (STRETCHING)

2'

(ASHORE)

ET
13



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PKS # 7 – TIME Enlapsed: 2'



**Round Lead > Swing > Back Kick
(Left Guard)**

2'

(1 set – 13 reps)



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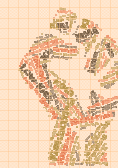


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PKS # 8 – TIME Enlapsed: 2'



COOLING DOWN (DEBREATHING)

2'

(STANDING)

ET
17



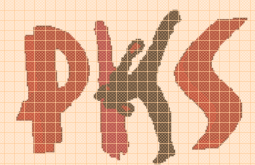
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9 – TIME Enlapsed: 2'



**Round Lead (H) > Round Rear (H)
(Left Guard – Right Guard)**

2'



(2 sets – 10 reps)



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PKS # 10 – TIME Enlapsed: 2'



COOLING DOWN (DEBREATHING)

2'

(STANDING)

ET
21



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PKS # 11 – TIME Enlapsed: 2'



Round L (B) > Round L (H) > Round R (H)
(Left Guard)

2'

(1 set – 13 reps)



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12 – TIME Enlapsed: 2'



COOLING DOWN (JUMPs)

2'

(3 sets x 50 reps)

ET

25



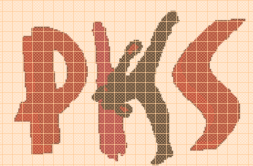
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13 – TIME Enlapsed: 2'



Front Fake Rear > Hook Lead (Left Guard – Right Guard)

2'



(2 sets – 10 reps)



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PKS # 14 – TIME Enlapsed: 2'



COOLING DOWN (FOOTWORK)

2'

(ASHORE)

ET

29



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PKS # 15 – TIME Enlapsed: 2'



**Round L (H) > SPIN-Back R > Round L
(Left Guard)**

2'



(1 sets – 10 reps)



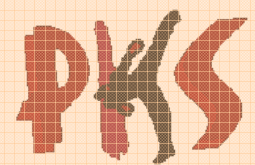
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16 – TIME Enlapsed: 2'



**COOLING DOWN
(STRETCHING)**

2'

(ASHORE)

ET

33



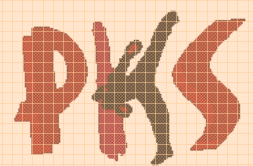
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17 – TIME Enlapsed: 2'



Side L (B) > Round L (H) > Hook L (H)
(Left Guard – Right Guard)

2'



(2 sets – 10 reps)



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18 – TIME Enlapsed: 2'



COOLING DOWN (STRETCHING)

2'

(STANDING)

ET

37



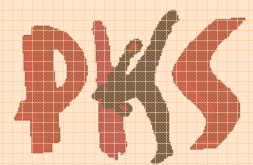
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19 – TIME Enlapsed: 2'



Side Lead (B) > Hook Lead (H) (Left Guard – Right Guard)

2'



(2 sets – 10 reps)



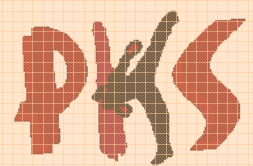
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20 – TIME Enlapsed: 6'



COOLING DOWN
(Jumps/Footwork/Abs/DB)

6'

(FREE-COOLING-DOWN)

ET
45



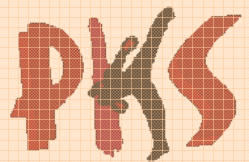
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WORK LIKE HELL...!



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