

## FAFC Etiquette

- All instructors, students and equipment should be treated with respect.
- No Food, Drink or Chewing Gum on the mats.
- Students should be punctual and not leave class early without prior notification.
- No swearing in the Centre.
- No smoking in the Centre, stairway or entrance.
- No Street shoes to be worn on training mats.
- No training shoes to be worn while kicking bags
- Jewelry should not be worn when training for the safety of yourself and your partner.
- Keep toenails and fingernails cut short to avoid injuring training partners
- Always keep yourself and uniform clean.
- Valuables should be kept in a locker
- Mouthguards must always be worn whilst sparring or grappling

## Panthers Kickboxing

### What is kickboxing?

Kickboxing is a combat sport that entails using punching and kicking skills in a ring against an opponent. The judges and referee oversee the fight to ensure each competitor's safety and to decide on a winner. Kickboxing has exploded in popularity over the last couple of decades largely due to its training being an exciting way of exercising while learning useful skills in a social environment.

### What is Panthers Kickboxing?

Panthers kickboxing incorporates the skills of kickboxing including knees, elbows and grappling into fun energetic classes. Students can grade through the singlets helping to keep focused on techniques most appropriate to their abilities so as to form a strong foundation. With various levels of competition available students can train for fun or follow those already benefiting from the successful participation in tournaments and kickboxing promotions.

### Beginner Classes

Beginner classes are fun and energetic and the instructors are friendly and approachable. The classes are a good physical workout but do not include sparring (fighting), the fighters classes are available for those ready to start sparring.

### What will I learn?

In Panthers kickboxing you will learn good punching and kicking techniques, footwork, ring craft, fitness and conditioning skills, attacking and defending combinations, real time fight skills.

### What do I wear?

Loose comfortable clothing can be worn or better still the purpose made kickboxing shorts and uniform singlet. The singlets symbolize the different grades the first being white so make use of your white singlet early before you grade up and become a red singlet.

If you do not have your own gloves a pair of inners can be worn (a thin white glove) and you can borrow the club's gloves for the first few times. While training in Panthers Kickboxing we are all barefoot.

### What do I need?

As you develop in the kickboxing you will want your own equipment. In order of priority, a uniform (shorts and singlet), handwraps, bag gloves, Sparring gloves and shin pads and a groin guard.

### Do I need to be fit?

You do not need to be fit to start training you only need to be in the class regularly and your fitness, confidence and skills will improve dramatically.

## Panthers Kickboxing Grading System

- White Singlet
- Red Singlet
- Blue Singlet
- Yellow Singlet
- Green Singlet
- Brown Singlet
- Black Singlet
- Instructor
- Senior Instructor
- Head Instructor

## Panthers Kickboxing Hand wrapping Technique

There are many ways to wrap your hands for training or competing. This is one of the more simple ways that is still good for training without taping. There are quick wraps available that serve the same purpose but you do not need the same skill, time and patience as standard hand wraps.

