STUDENT RESPONSE PACKET **CARDIO KICKBOXING**

NAME DATE

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of cardio kickboxing. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What health benefits can be obtained from participating in cardio kickboxing?

2. For what people are cardio kickboxing classes a great alternative?

3. What physical qualities are recommended for the beginning cardio kickboxer?

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4. What is the origin of kickboxing as a combat sport?

5. What are the three different forms of intensity offered by most cardio kick boxing classes?

6. What should you know before starting cardio kickboxing?

7. Why is it important to drink plenty of water before, during and after cardio kickboxing class?

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8. What are the three types of kicks in cardio kickboxing?

9. What type of shoes are recommended for cardio kickboxing activities? Why?

10. What type of clothing is recommended to be worn while engaged in cardio kickboxing? Why?

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