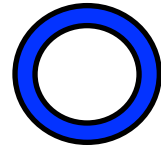




## 5th Khan – Blue Prajiet



Name of Student:

### Basic Movement

Demonstrate:

- Shadow boxing with fluidity and control

### Pad Work

Demonstrate:

- Side Teep
- Rear back kick (Deer looks back)
- Teep to face
- Pad combinations 1 to 20

### Defence

Demonstrate:

- Figure 4 block to defend punches
- Catch round kick and take down
- Catch Teep and take down
- High kick defence (3 point block)

### Clinch

Demonstrate:

- Elbows from clinch
- Escape from under hooks, step to side and knee
- Inside and outside knee bars
- Escape advantage grip by moving to underhooks using hip control

### Wai Kru/Ram Muay

Demonstrate:

- 
- Approaching ring rites
- Sealing of the ring ceremony
- Wai Kru
- Seated Ram Muay

## Sparring

Demonstrate:

- 5 x 3 minute rounds of sparring to include clinch work

## Cardio

Cardio Drills/Exercise will be judged against the following:

- Continual quality of technique during the drill
- Time taken to complete (estimated time will be placed against each task)

Each student has a month to decide when they wish to take the cardio challenge (NOTE: Each challenge can be taken on a separate occasion)

- 10 x Jab, Cross, Kick Drill (estimated time 7mins)
- 5's (estimated time 6mins)

## Theory

Answer or Demonstrate:

- Wrap another person's hands for training
- What is the Thai name for grading band and what are they used for?
- What is Thai for 100, 1000, 10000 and 1000000
- What is the ancient art of Thai massage in Thai?
- What is the Thai name for the boxers liniment used in fighter massage?
- What is the name for the Thai New Year?
- How many judges are there in a professional Muay Thai bout?

## Pad Work

You will be marked on your pad holding proficiency for the basic techniques/combos in this Khan syllabus

