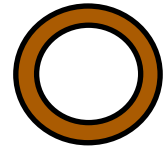




6th Khan – Brown Prajiet



Name of Student:

Basic Movement

Demonstrate:

- Competent shadow boxing with fluidity and control

Pad Work

Demonstrate:

- Demonstrate 3 attacking combinations of choice
- Demonstrate pad combinations 1 to 20

Defence

Demonstrate:

- Monk follower sweeps the floor (Tairn Gward Lang)
- 2 recoveries from teep catches
- 2 recoveries from round kick catches (eg. Knee bar)
- Pull and steer take down after catching teep

Clinch

Demonstrate:

- Escape from under hooks, underarm hold and knee
- Draw slap knee from opponent and take down by 'sweeping back leg'
- Throw opponent while they hold you in the underhook

Wai Kru/Ram Muay

Demonstrate:

- Approaching ring rites & sealing of the ring ceremony
- Wai Kru
- Seated ram muay
- Fisherman 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 6mins)
- 5's estimated time 5 mins

Additional

Complete the following (outside of the grading)

- Take the warm up for one class

Pad Work

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

