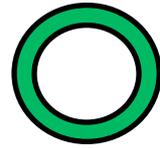




4th Khan – Green Prajiet



Name of Student:

Basic Movement

Demonstrate previous grade movement and:

- Cross switch

Pad Work

Demonstrate:

- Open Guard (Check) and elbow
- Upper cut elbow and downward slash elbow
- Pad Combinations 1 - 15

Defence

Demonstrate:

- Defence against straight knee and riposte
- Mon Yan Lak – push kick defence from round kicks and punches
- (partner with belly pad)
- Catch round kick by cupping under elbow and riposte

Clinch

Demonstrate:

- Push jaw to break advantage grip
- Escape advantage grip or defence against clinch entry by arm across face, side step to control head and knee
- Escape advantage grip or defence against clinch entry to side/rear mount and knee

Wai Kru/Ram Muay

Demonstrate:

- Approaching the ring rites
- Sealing of the ring ceremony
- Wai Kru

Sparring

Demonstrate:

- 3 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 8mins)
- 5 x 3mins on the Pads

Theory

Answer or Demonstrate:

- Name the legendary Thai Nak Muay famous for defeating 10 Burmese in competition during captivity
- Count to 50 in Thai
- What protective equipment is compulsory in full rules professional Muay Thai?
- Name 3 UK Muay Thai camps
- What is the main religion of Thailand?
- What is the currency of Thailand?
- Name the ceremonial head band worn by the Nak Muay and what is it for?
- What are the ancient ancestor arts of Muay Thai called?
- Translate Mae Mai & Luk Mai

Pad Work

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