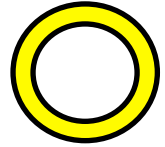




Kids Class – 2nd Khan – Yellow Prajiet



Basic Movement

Demonstrate:

- Walking guard
- Circular step

Pad Work

Demonstrate:

- Uppercuts
- Body punches
- Low kicks
- Spear elbow
- Combination 1-2

Defence

Demonstrate:

- Defence against body punches
- Defence against teeps

Clinch

Demonstrate:

- Advantage grip and moving opponent
- Swimming
- Slap knees

Theory

Demonstrate:

- What is the name of our school in Thai and English?
- What does Muay Thai mean in English?
- Count 1 to 10 in Thai
- Where is the only place you're allowed to practice Muay Thai?
- How do you say teacher in Thai?