



Kids Class – 3rd Khan – Orange Prajiet



Basic Movement

Demonstrate:

- Side step
- Pivot step

Pad Work

Demonstrate:

- Clinch knees
- Cobra punches
- Combination 1-6

Defence

Demonstrate:

- Block round kick and riposte
- Catch round kick and riposte

Clinch

Demonstrate:

- Jaw push escape from advantage grip
- Underhooks and knees
- Standard tie up and knees

Theory

Demonstrate:

- What is start or fight in Thai?
- What is stop in Thai?
- What is quick in Thai?
- Count 1 to 20 in Thai
- What it is the capital of Thailand?