



Junior 5th Khan - Blue Prajiet

Basic Movement

Demonstrate:

- Free shadow boxing showing fluidity and balance relative to grade

Pad Work

Demonstrate:

- Jumping knee
- Crocodile tail kick
- Combinations 1-12

Defence

Demonstrate:

- Recover from a caught round kick
- Defend against knees
- Catch round kick and take down

Clinch/Wai Kru

Demonstrate:

- Show clinch sparring
- Show the Wai kru

Theory

Demonstrate:

- Count 1-50 in Thai
- Who is the father of Muay Thai?
- How many rounds in a full Muay Thai fight
- How long are the breaks?