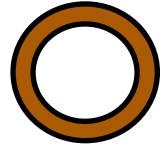




Kids Class – 6th Khan – Brown Prajiet



Basic Movement

Demonstrate:

- Free shadow boxing showing fluidity and balance relative to grade

Pad Work

Demonstrate:

- Combinations 1-20

Defence

Demonstrate:

- Catch teep and takedown
- Mon Yan Lak
- Tairn Kward Lang

Clinch/sparring/wai kru

Demonstrate:

- Show clinch and sparring with competence relevant to grade
- Show the wai kru and ram muay

Theory

Demonstrate:

- Take the warm up for one class
- Teach junior students a combination of choice