



3rd Khan – Orange Prajiet



Student Name:

Basic Movement

Demonstrate previous movement and:

- Side Step

Pad Work

Demonstrate:

- Clinching Forward and Slap/Round Knees
- Cobra Punch
- Combinations 1-10

Defence

Demonstrate:

- Guard defence against all punches
- Evasion from Body and High Kicks and riposte
- Catching Round Kicks (Underarm) and riposting

Clinch

Demonstrate:

- Show knees strikes from advantage grip, standard tie up and underhooks

Wai Kru/Ram Muay

Demonstrate:

- Wai Kru

Sparring

Demonstrate:

- 3 x 1 minute rounds of clinching
- 3 x 2 minute rounds of light contact 'C Class' Muay Thai Sparring

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)

- 3 x 3 minutes Clinch Knees

Theory

Answer or Demonstrate:

- Count to 30 in Thai
- Demonstrate hand wrapping as used for training
- Translate; wai kru, ram muay
- Name the 3 musical instruments of Muay Thai music
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- What is the capital of Northern Thailand
- Who sacked the Ancient capital of Ayutthaya?
- How many rounds are there in a professional Muay Thai bout?
- How long are the rounds and the breaks between each round?

Pad Work

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

