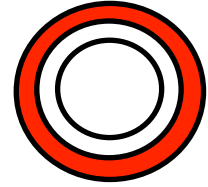




7th Khan – Red/White Prajit

(Assistant Instructor)



Name of Student:

Basic Movement

Demonstrate:

- Teach 1st khan basic movement

Pad Work

Demonstrate:

- 30 alternate repeat round kicks on the bag
- 100 straight knees on heavy bag
- Combinations 1-20

Clinch

Demonstrate:

- Draw slap knee and steer down
- Draw slap knee lift knee and push down
- Teach one khan their clinch syllabus

Wai Kru/Ram Muay

Demonstrate:

- Approaching ring rites & sealing of the ring ceremony
- Wai Kru
- Seated ram muay
- Standing ram muay
- Fisherman ram muay
-

Sparring

Demonstrate:

- Demonstrate 5 x 3 minute rounds of sparring to include full Muay Thai (with elbow pads)

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)

- 10 x mixed mins on the pads under supervision of an instructor
- Repeat Kicks 1 – 10/10 – 1 both legs (estimated time 5mins)

Additional

Complete the following (outside of the grading)

- Teach one complete class and a student how to wrap their hands

Pad Work

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