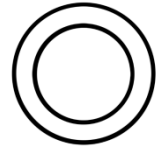




## Kids Class – 1<sup>st</sup> Khan – White Prajiet



### Basic Movement

Demonstrate:

- Guard and Stance
- Forward and Backward Movement

### Pad Work

Demonstrate:

- Left/Right Rounds Kicks
- Push Kicks (Teep)
- Jab and Cross
- Hooks
- Side Elbows
- Forward Knees

### Defence

Demonstrate:

- Defend against round Kicks
- Defend against Hooks

### Theory

Demonstrate:

- The Wai Position (Paying Respect to a Teacher)
- Say Hello in Thai
- Say Thank you in Thai
- Count 1 to 5 in Thai
- Where is the only place you're allowed to practice Muay Thai?

