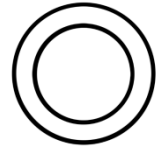




1st Khan – White Prajiet



Student Name:

Basic Movement

Demonstrate:

- Guard and Stance
- Forward and Backward Movement

Pad Work

Demonstrate:

- Side Elbows
- Forward Knees
- Combinations 1 - 3

Defence

Demonstrate:

- Knee Blocks (against round kicks and push kicks) and riposte
- Guard defence against hooks

Clinch

Demonstrate

- Advantage grip and swimming

Sparring

Demonstrate:

- 3 x 1 minute rounds of Muay Thai sparring. (Technical, Steady Pace, light contact)

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 10's (estimated time 8mins)
- 1 x min repeat kicks each leg, Minimum 30 kicks each leg

Theory

Answer or Demonstrate:

- What is the correct name of our school in Thai?
- What is the correct name of our school in English?
- Demonstrate the wai position when paying respect to a teacher
- Say hello in Thai
- Say thank you in Thai
- What does Muay Thai mean in English?
- Count to 10 in Thai

Pad Work

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

