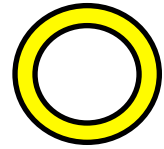




## 2<sup>nd</sup> Khan – Yellow Prajiet



Student Name:

### Basic Movement

Demonstrate:

- The Walking Guard (horse walk)
- The Circular Step

### Pad Work

Demonstrate:

- Straights and Punches
- Diagonal Knee
- Bee Sting Elbows
- Combinations 1 - 6

### Defence

Demonstrate:

- Guard defence against straight punches and hooks
- Slips from straight punches
- Evasion against low kicks and riposte
- Parry push kick with hands and riposte

### Clinch

Demonstrate:

- Move opponent to both sides, forward and back while in advantage grip. Each movement is followed by a knee strike

### Sparring

Demonstrate:

- 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)**

- 10 x 10's (estimated time 6mins)
- 1 min repeat kicks each leg (50 Kicks each leg minimum)
- 3 x 1.5 mins Clinch Knees

## **Theory**

Answer or Demonstrate:

- Translate the following: Sawk, Kow, Dhe, Tao
- Translate the following: Kru, Arjarn, Bramarjarn
- What does chock and yudt mean in a fight?
- Translate quick quick into Thai
- Count to 20 in Thai
- What was Thailand previously known as?
- What is the capital of Thailand in Thai?
- What is the camp we train at in Chiang Mai called?
- Who is the manager of the camp?

## **Pad Work**

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

