

# 1ST KHAN

## White Prajiet

### BASIC MOVEMENT

- Guard & Stance.
- Forward & Backward Movement.

### PAD WORK

- Your pad holding ability should be commensurate with your grade.
- Combinations 1-3.

### DEFENCE

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

### CLINCH

- Advantage grip and swimming.

### SPARRING

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

### CARDIO

- 10 x 10's (8mins).
- 1 x min repeat kicks each leg, minimum 30 kicks each leg.

### THEORY

- 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?

### COMBINATIONS

1. Jab, cross, rear diagonal round kick
2. Cross, step through left kick
3. Lead Pecking kick, cross
4. Jab, body punch, lead hook, round kick
5. Uppercut, hook, cross, left kick cross
6. Cross, Lead body hook, low round kick
7. Lead body hook, lead hook, cross, lead uppercut, cross
8. Round kick, heavy cross/jab
9. Jab, faint body round kick, low round kick (submarine)
10. (Orthodox) Faint left teep, right round kick, hook, cross, right spear elbow
11. Rear Round kick, lead hook, cross, switch stance, rear round kick, lead hook, cross
12. Stepping left knee, smash elbow

# 2ND KHAN

## Yellow Prajiet

### BASIC MOVEMENT

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

### PAD WORK

- Your pad holding ability should be commensurate with your grade.
- Combinations 1-6.

### DEFENCE

- 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

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

### SPARRING

- 3 x 2 minute rounds of sparring (Light contact 'C Class' Muay Thai)

### CARDIO

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

### THEORY

- Translate: Sawk, Kow, Dhe, Madt
- Translate: Kru, Arjam, Bramarjam
- 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?

13. (Orthodox) clinch left knee x 2, step round right knee, push opponent away right round kick
14. Faint rear round kick into teep, jumping knee
15. Lead (Stop) teep, rear (get rid) teep, jumping teep
16. Lead teep to thigh, rear jumping round kick
17. Faint lead round kick, spinning back elbow
18. (R1) jab, cross, lead hook, rear round kick, lead hook, right low round kick, left knee, rear downward smash elbow
19. (R2) Jab, rear downward smash elbow, lead skip knee, step past opponent with lead leg, turn back leg around, rear knee, left side elbow
20. (R3) Jab, rear side elbow, lead downward smash elbow, push opponent back rear jumping elbow

# 3RD KHAN

## Orange Prajiet

### BASIC MOVEMENT

- Demonstrate previous grade movements +
- Side Step

### PAD WORK

- Your pad holding ability should be commensurate with your grade.
- Combinations 1-10.

### DEFENCE

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

### CLINCH

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

### DEMONSTRATE

- Approaching the ring rites
- Sealing of the ring ceremony

### SPARRING

- 3 x 1 minute rounds of clinching
- 3 x 2 minute rounds of sparring (Light contact 'C Class' Muay Thai)

### CARDIO

- 3 x 3 minutes
- Clinch Knees

### THEORY

- 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?
- 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?



# 4TH KHAN

## Green Prajiet

### BASIC MOVEMENT

- Demonstrate previous grade movements +
- Cross switch

### PAD WORK

- Open Guard (Check) and elbow
- Cobra punch
- Your pad holding ability should be commensurate with your grade.
- Combinations 1-15.

### DEFENCE

- Defence against straight knee and riposte
- Mon Yan Lak push kick defence from round kicks and punches (partner with bellypad)
- Catch round kick by cupping under elbow and riposte

### CLINCH

- Push jaw to break advantage grip
- Escape advantage grip or defence against clinch entry by arm across face, side step to control head & knee
- Escape advantage grip or defence against clinch entry to side/rear mount and knee

### DEMONSTRATE

- Approaching the ring rites
- Sealing of the ring ceremony
- Wai Kru

### SPARRING

- 3 x 3 minute rounds of sparring to include clinch work

### CARDIO

- 10 x Jab, Cross, Kick Drill (8mins)
- 5 x 3mins on the Pads

### THEORY

- Name the legendary Thai Nak Muay who defeated 10 Burmese
- Count to 50 in Thai
- What protective equipment is compulsory in pro Muay Thai?
- Name 3 UK Muay Thai camps?
- What is the main religion of Thailand?
- What is the currency of Thailand?
- Name the ceremonial head band worn by the Nak Muay and what is it for?
- What are the ancient ancestor arts of Muay Thai called?
- Translate Mae Mai & Luk Mai

# 5TH KHAN

## Blue Prajiet

### BASIC MOVEMENT

- Shadow boxing with fluidity & control commensurate with your grade.

### PAD WORK

- Side Teep
- Rear back kick (Deer looks back)
- Teep to face
- Your pad holding ability should be commensurate with your grade.
- Combinations 1-20.

### DEFENCE

- Figure 4 block to defend punches
- Catch round kick and take down
- Catch Teep and take down
- High kick defence (3 point block)

### CLINCH

- Elbows from clinch
- Escape from under hooks, step to side and knee
- Inside and outside knee bars
- Escape advantage grip by moving to underhooks using hip control

### DEMONSTRATE

- Approaching ring rites
- Sealing of the ring ceremony
- Wai Kru
- Seated Ram Muay

### SPARRING

- 5 x 3 minute rounds of sparring to include clinch work

### CARDIO

- 10 x Jab, Cross, Kick Drill (7mins)
- 5's (6mins)

### THEORY

- Wrap another person's hands for training
- What is the Thai name for grading band and what are they used for?
- What is Thai for 100, 1000, 10000 and 1000000
- What is the ancient art of Thai massage in Thai?
- What is the Thai name for the boxers liniment used in fighter massage?
- What is the name for the Thai New Year?
- How many judges are there in a professional Muay Thai bout?

# 6TH KHAN

## Brown Prajiet

### BASIC MOVEMENT

- Shadow boxing with fluidity & control commensurate with your grade.

### PAD WORK

- Demonstrate 3 attacking combinations of choice
- Your pad holding ability should be commensurate with your grade.
- Combinations 1-20.

### DEFENCE

- Monk follower sweeps the floor (Tainr Gward Lang)
- 2 recoveries from teep catches
- 2 recoveries from round kick catches (eg. Knee bar)

### CLINCH

- Escape from under hooks, underarm hold and knee
- Draw slap knee from opponent and take down by 'sweeping back leg'
- Throw opponent while they hold you in the underhook Wai Kru/Ram Muay

### DEMONSTRATE

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

### SPARRING

- 5 x 3 minute rounds of sparring to include clinch work

### CARDIO

- 10 x Jab, Cross, Kick Drill (6mins)
- 5's (5mins)

### ADDITIONAL

- Complete the following (outside of the grading)
- Take the warm up for one class

# 7TH KHAN

## Red & White Prajiet

(Assistant Instructor)

### BASIC MOVEMENT

- Teach 1st khan basic movement

### PAD WORK

- 30 alternate repeat round kicks on the bag
- 100 straight knees on heavy bag
- Your pad holding ability should be commensurate with your grade.
- Combinations 1-20.

### CLINCH

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

### DEMONSTRATE

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

### SPARRING

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

### CARDIO

- 10 x mixed mins on the pads under supervision of an instructor
- Repeat Kicks 1 - 10/10 0 1 both legs (5mins)
- x10 Rounds of Death

### ADDITIONAL

- Complete the following (outside of the grading)
- Teach one complete class

### NOTES & MARKS

NAME	GRADE
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