

1ST KHAN

White Prajiet

BASIC MOVEMENT

- Guard and Stance
- Forward & Backward Movement

PAD WORK

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

DEFENCE

- Defend against round Kicks
- Defend against Hooks

THEORY

- 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?

2ND KHAN

Yellow Prajiet

BASIC MOVEMENT

- Walking guard
- Circular step

PAD WORK

- Uppercuts
- Body punches
- Low kicks
- Spear elbow
- Combination 1-2

DEFENCE

- Defence against body punches
- Defence against teeps

CLINCH

- Advantage grip and moving opponent
- Swimming
- Slap knees

THEORY

- What is the name of our school in Thai and English?
- What does Muay Thai mean in English?
- Count 1 to 10 in Thai
- Where is the only place you're allowed to practice Muay Thai?
- How do you say teacher in Thai?

3RD KHAN

Orange Prajiet

BASIC MOVEMENT

- Side step
- Pivot step

PAD WORK

- Clinch knees
- Cobra punches
- Combination 1-6

DEFENCE

- Block round kick and riposte
- Catch round kick and riposte

CLINCH

- Jaw push escape from advantage grip
- Underhooks and knees
- Standard tie up and knees

THEORY

- What is start or fight in Thai?
- What is stop in Thai?
- What is quick in Thai?
- Count 1 to 20 in Thai
- What is the capital of Thailand?

4TH KHAN

Green Prajiet

BASIC MOVEMENT

- Free shadow boxing showing fluidity and balance

PAD WORK

- Jumping push kick
- Combinations 1-8

DEFENCE

- Catch push kick and riposte
- Evasion from low kicks

CLINCH

- Defend advantage grip by slipping to side mount and riposte
- Throw from clinch

THEORY

- Count 1-30 in Thai
- Who is the father of Muay Thai
- What are the three musical instruments used in pleng Muay (Thai fight music)
- Show good basic pad holding

5TH KHAN

Blue Prajiet

BASIC MOVEMENT

- Free shadow boxing showing fluidity and balance relative to grade

PAD WORK

- Jumping knee
- Crocodile tail kick
- Combinations 1-12

DEFENCE

- Recover from a caught round kick
- Defend against knees
- Catch round kick and take down

CLINCH/WAI KRU

- Show clinch sparring
- Show the Wai kru

THEORY

- Count 1-50 in Thai
- Who is the father of Muay Thai?
- How many rounds in a full Muay Thai fight
- How long are the breaks?

6TH KHAN

Brown Prajiet

BASIC MOVEMENT

- Free shadow boxing showing fluidity and balance relative to grade

PAD WORK

- Combinations 1-20

DEFENCE

- Catch teep and takedown
- Mon Yan Lak
- Taim Kward Lang

CLINCH, SPARRING & WAI KRU

- Show clinch and sparring with competence relevant to grade
- Show the wai kru and ram muay

THEORY

- Take the warm up for one class
- Teach junior students a combination of choice