

## 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?

## 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?

## 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 (Tairn 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)

#### ADDITIONAL

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