

United Athletics Family Center  
**Syllabus (Kenpo \* Muay Thai/ Thai Kickboxing \* MMA)**  
**White to Yellow Stripe**  
**(Minimum Time at Rank - 2 months - 4 Months Ages 4-7)**

***Blocks:***

- Blocking From #1 (Traditional)
- Perry Block Defense (Muay Thai)

***Self Defense Techniques:***

- |                                  |                               |
|----------------------------------|-------------------------------|
| • 1 Straight Punch (Traditional) | Front kick to the pelvic bone |
| • Stand to the Rear (MMA)        | R Knee Strike                 |

***Striking Hand Techniques:***

- Front Punch (Traditional)
- Back Punch (Traditional)
- Thrust Punch (Traditional)
- Palm Heel (Traditional)
- Jab, Cross (Muay Thai)
- Horizontal Elbow (Muay Thai)

***Striking Kick Techniques:***

- Front Kick (Traditional)
- Right Knee (Traditional)

***Stances and Positions:***

- Listening Positions #1,2,3
- Horse Stance (Traditional)
- Defensive Stance (MuayThai)

**\*Jumping Jacks-25 \*Push Ups-5 \*Horse Stance Hold- 30 Seconds \*6 Inch Hold-30 Seconds \*Front Leaning Rest 30 Seconds  
5 Burpees**

United Athletics Family Center  
**Syllabus (Kenpo \* Muay Lao/ Thai Kickboxing \* MMA)**  
**White to Orange Stripe**  
**(Minimum Time at Rank - 2 months - 4 Months Ages 4-7)**

***Blocks:***

- Blocking From #1 (Traditional)
- Blocking From #1 w/Strikes (Traditional)
- R & L Perry Block Defense (Muay Thai)
- R & L High Cover (MuayThai)

***Self Defense Techniques:***

- 1 Straight Punch (Traditional)                      Front ball kick to the pelvic bone
- 6A/B Wrist Release (Traditional)      A- Palm Strike, Horizontal Elbow, B- Jump Dbl Front Ball Kick
- Stand to the Rear (MMA)                      R Knee Strike
- Stand to The Rear on Knee (MMA)              Single Leg Takedown

***Striking Hand Techniques:***

- Front Punch (Traditional)
- Back Punch (Traditional)
- Thrust Punch (Traditional)
- Palm Heel (Traditional)
- Jab, Cross (Muay Thai)
- Horizontal Elbow (Muay Thai)
- Upward Elbow (Muay Thai)

***Striking Kick Techniques:***

- Front ball kick (Traditional)
- Right knee, Switch Left Knee (Muay Thai)
- Double front ball kick (Traditional)

***Stances and Positions:***

**Listening Positions #1,2,3, Horse Stance, Defensive Stance,**

**\*Jumping Jacks-35 \*Push Ups-5 \*Horse Stance Hold- 30 Seconds \*6 Inch Hold-30 Seconds \*Front Leaning Rest 30 Seconds 5 Burpees**

United Athletics Family Center  
**Syllabus (Kenpo \* Muay Lao/ Thai Kickboxing \* MMA)**  
**White to Purple Stripe**  
**(Minimum Time at Rank - 2 months - 4 Months Ages 4-7)**

***Blocks:***

- Blocking Kata #1 (Traditional)
- Blocking Kata #1 w/Strikes (Traditional)
- R & L Perry Block Defense (Muay Thai)
- R & L High Cover (Muay Thai)
- R & L Kick Check (Muay Thai)

***Kata:*** ½ Pinan #1 on Command

***Self Defense Techniques:***

- |                                    |   |
|------------------------------------|---|
| • 1 Straight Punch (Traditional)   | Front kick to the pelvic bone                                 |
| • 6A/B Wrist Release (Traditional) | A- Palm Strike, Horizontal Elbow, B- Jump Dbl Front Ball Kick |
| • Stand to the Rear (MMA)          | R Knee Strike   |
| • Stand to The Rear on Knee (MMA)  | Single Leg Takedown   |
| • 2 Round Punch (Traditional)      | Knife Hand block, Upward Elbow, Back Fist, Palm Heel          |

***Striking Hand Techniques:***

- |                              |                                   |   |
|------------------------------|-----------------------------------|---|
| • Front Punch (Traditional)  | *Horizontal Elbow (Muay Thai)     | ) |
| • Back Punch (Traditional)   | *Upward Elbow (Muay Thai)         |   |
| • Thrust Punch (Traditional) | *Downward Back Fist (Traditional) |   |
| • Palm Heel (Traditional)    |                                   |   |
| • Jab, Cross (Muay Thai)     |                                   |   |

***Striking Kick Techniques***

- Front ball kick (Traditional)
- Right knee, Switch Left Knee (Muay Thai)
- Double front ball kick (Traditional)

***Stances and Positions***

**Listening Positions #1,2,3, Horse Stance, Defensive Stance,**

**\*Jumping Jacks-45 \*Push Ups-5 \*Horse Stance Hold- 30 Seconds \*6 Inch Hold-30 Seconds \*Front Leaning Rest 30 Seconds 5 Burpees**

United Athletics Family Center  
**Syllabus (Kenpo \* Muay Thai Kickboxing \* MMA)**  
**Yellow Belt**  
**(Minimum Time at Rank - 3 months - 5 Months Ages 4-7)**

***Blocks:***

- Blocking Kata #1 (Traditional)
- Blocking Kata #1 w/Strikes (Traditional)
- R & L Perry Block Defense (Muay Thai)
- R & L High Cover (Muay Thai)
- R & L Kick Check (Muay Thai)

***Kata:*** ½ Pinan #1

***Self Defense Techniques:***

- |                                    |   |
|------------------------------------|---|
| • 1 Straight Punch (Traditional)   | Front kick to the pelvic bone                                 |
| • 6A/B Wrist Release (Traditional) | A- Palm Strike, Horizontal Elbow, B- Jump Dbl Front Ball Kick |
| • Stand to the Rear (MMA)          | R Knee Strike   |
| • Stand to The Rear on Knee (MMA)  | Single Leg Takedown   |
| • 2 Round Punch (Traditional)      | Knife Hand block, Upward Elbow, Back Fist, Palm Heel          |

***Striking Hand Techniques:***

- |                              |                                   |   |
|------------------------------|-----------------------------------|---|
| • Front Punch (Traditional)  | *Horizontal Elbow (Muay Thai)     | ) |
| • Back Punch (Traditional)   | *Upward Elbow (Muay Thai)         |   |
| • Thrust Punch (Traditional) | *Downward Back Fist (Traditional) |   |
| • Palm Heel (Traditional)    |                                   |   |
| • Jab, Cross (Muay Thai)     |                                   |   |

***Striking Kick Techniques***

- Front ball kick (Traditional)
- Right knee, Switch Left Knee (Muay Thai)
- Double front ball kick (Traditional)

***Stances and Positions***

**Listening Positions #1,2,3, Horse Stance, Defensive Stance,**

**\*Jumping Jacks-50 \*Push Ups-5 \*Horse Stance Hold- 30 Seconds \*6 Inch Hold-30 Seconds \*Front Leaning Rest 30 Seconds 5 Burp**

United Athletics Family Center  
**Syllabus (Kenpo \* Muay Thai Kickboxing \* MMA)**  
**Yellow Belt W/ Stripe**  
**(Minimum Time at Rank - 3 months - 5 Months Ages 4-7)**

***Blocks:***

- Blocking Kata #1 (Traditional)
- Blocking Kata #1 w/Strikes (Traditional)
- R & L Perry Block Defense (Muay Thai)
- R & L High Cover (Muay Thai)
- R & L Kick Check (Muay Thai)

***Kata:***  $\frac{3}{4}$  Pinan #1

***Self Defense Techniques:***

- |                                    |   |
|------------------------------------|---|
| • 1 Straight Punch (Traditional)   | Front kick to the pelvic bone                                 |
| • 6A/B Wrist Release (Traditional) | A- Palm Strike, Horizontal Elbow, B- Jump Dbl Front Ball Kick |
| • Stand to the Rear (MMA)          | R Knee Strike   |
| • Stand to The Rear on Knee (MMA)  | Single Leg Takedown   |
| • 2 Round Punch (Traditional)      | Knife Hand block, Upward Elbow, Back Fist, Palm Heel          |
| • 11 Front Choke (Traditional)     | Down elbow, Horizontal elbow                                  |

***Striking Hand Techniques:***

- |                              |                                   |   |
|------------------------------|-----------------------------------|---|
| • Front Punch (Traditional)  | *Horizontal Elbow (Muay Thai)     | ) |
| • Back Punch (Traditional)   | *Upward Elbow (Muay Thai)         |   |
| • Thrust Punch (Traditional) | *Downward Back Fist (Traditional) |   |
| • Palm Heel (Traditional)    |                                   |   |
| • Jab, Cross (Muay Thai)     |                                   |   |

***Striking Kick Techniques***

- Front ball kick (Traditional)
- Right knee, Switch Left Knee (Muay Thai)
- Double front ball kick (Traditional)
- Back Kick (Traditional)

***Stances and Positions***

**Listening Positions #1,2,3, Horse Stance, Defensive Stance,**

**\*Jumping Jacks-50 \*Push Ups-10 \*Horse Stance Hold- 30 Seconds \*6 Inch Hold-30 Seconds \*Front Leaning Rest 30 Seconds 5 Burpees, Leg Raises-10**

United Athletics Family Center  
**Syllabus (Kenpo \* Muay Thai Kickboxing \* MMA)**  
**Orange Belt**  
**(Minimum Time at Rank - 3 months - 5 Months Ages 4-7)**

***Blocks:***

- Blocking Kata #1 (Traditional)
- Blocking Kata #1 w/Strikes (Traditional)
- R & L Perry Block Defense (Muay Thai)
- R & L High Cover (Muay Thai)
- R & L Kick Check (Muay Thai)

***Kata:*** Pinan #1

***Self Defense Techniques:***

- |                                    |   |
|------------------------------------|---|
| ● 1 Straight Punch (Traditional)   | Front kick to the pelvic bone                                 |
| ● 6A/B Wrist Release (Traditional) | A- Palm Strike, Horizontal Elbow, B- Jump Dbl Front Ball Kick |
| ● Stand to the Rear (MMA)          | R Knee Strike   |
| ● Stand to The Rear on Knee (MMA)  | Single Leg Takedown   |
| ● Mount Escape (MMA)               | Upa,Bridge, Trap Arm, Roll, Stand                             |
| ● 2 Round Punch (Traditional)      | Knife Hand block, Upward Elbow, Back Fist, Palm Heel          |
| ● 11 Front Choke (Traditional)     | Down elbow, Horizontal elbow                                  |

***Striking Hand Techniques:***

- |                              |                                   |   |
|------------------------------|-----------------------------------|---|
| ● Front Punch (Traditional)  | *Horizontal Elbow (Muay Thai)     | ) |
| ● Back Punch (Traditional)   | *Upward Elbow (Muay Thai)         |   |
| ● Thrust Punch (Traditional) | *Downward Back Fist (Traditional) |   |
| ● Palm Heel (Traditional)    | *Spinning Back Fist (Traditional) |   |
| ● Jab, Cross (Muay Thai)     |                                   |   |

***Striking Kick Techniques***

- Front ball kick (Traditional)
- Right knee, Switch Left Knee (Muay Thai)
- Double front ball kick (Traditional)
- Round Kick (Muay Thai)

***Stances and Positions***

**Listening Positions #1,2,3, Horse Stance, Defensive Stance,**

**\*Jumping Jacks-50 \*Push Ups-10 \*Horse Stance Hold- 30 Seconds \*6 Inch Hold-30 Seconds \*Front Leaning Rest 30 Seconds 5 Burpees, Leg Raises-10**

United Athletics Family Center  
**Syllabus (Kenpo \* Muay Thai Kickboxing \* MMA)**  
**Purple Belt**  
**(Minimum Time at Rank - 3 months - 5 Months Ages 4-7)**

***Blocks:***

- Blocking Kata #1 (Traditional)
- Blocking Kata #1 w/Strikes (Traditional)
- R & L Perry Block Defense (Muay Thai)
- R & L High Cover (Muay Thai)
- R & L Kick Check (Muay Thai)

***Kata:*** ½ Pinan #2

***Self Defense Techniques:***

- |                                    |   |
|------------------------------------|---|
| • 1 Straight Punch (Traditional)   | Front kick to the pelvic bone                                 |
| • 6A/B Wrist Release (Traditional) | A- Palm Strike, Horizontal Elbow, B- Jump Dbl Front Ball Kick |
| • Stand to the Rear (MMA)          | R Knee Strike   |
| • Stand to The Rear on Knee (MMA)  | Single Leg Takedown   |
| • Mount Escape (MMA)               | Upa,Bridge, Trap Arm, Roll, Stand                             |
| • 2 Round Punch (Traditional)      | Knife Hand block, Upward Elbow, Back Fist, Palm Heel          |
| • 11 Front Choke (Traditional)     | Down elbow, Horizontal elbow                                  |
| • 3 Straight Punch (Traditional)   | Push Block, Thrust Punch, Back Punch, Side Kick to Knee       |
| • 4 Straight Punch (Traditional)   | Perry, Spin Back Fist, Side Kick                              |

***Striking Hand Techniques:***

- |                              |                                   |   |
|------------------------------|-----------------------------------|---|
| • Front Punch (Traditional)  | *Horizontal Elbow (Muay Thai)     | ) |
| • Back Punch (Traditional)   | *Upward Elbow (Muay Thai)         |   |
| • Thrust Punch (Traditional) | *Downward Back Fist (Traditional) |   |
| • Palm Heel (Traditional)    | *Spinning Back Fist (Traditional) |   |
| • Jab, Cross (Muay Thai)     | *Cross Knife Chop (Traditional)   |   |

***Striking Kick Techniques***

- |  |                          |
|--|--------------------------|
| • Front ball kick (Traditional)            | *Side Kick (Traditional) |
| • Right knee, Switch Left Knee (Muay Thai) |                          |
| • Double front ball kick (Traditional)     |                          |
| • Round Kick (Muay Thai)                   |                          |

***Stances and Positions***

**Listening Positions #1,2,3, Horse Stance, Defensive Stance,**

**\*Jumping Jacks-50 \*Push Ups-10 \*Horse Stance Hold- 30 Seconds \*6 Inch Hold-30 Seconds \*Front Leaning Rest 30 Seconds 5 Burpees, Leg Raises-10**

United Athletics Family Center  
**Syllabus (Kenpo \* Muay Thai Kickboxing \* MMA)**  
**Purple Belt W/ Stripe**  
**(Minimum Time at Rank - 3 months - 5 Months Ages 4-7)**

***Blocks:***

- Blocking Kata #1 (Traditional)
- Blocking Kata #1 w/Strikes (Traditional)
- R & L Perry Block Defense (Muay Thai)
- R & L High Cover (Muay Thai)
- R & L Kick Check (Muay Thai)

***Kata:*** Pinan #2

***Self Defense Techniques:***

- 1 Straight Punch (Traditional)      Front kick to the pelvic bone
- 6A/B Wrist Release (Traditional)      A- Palm Strike, Horizontal Elbow, B- Jump Dbl Front Ball Kick
- Stand to the Rear (MMA)      R Knee Strike
- Stand to The Rear on Knee (MMA)      Single Leg Takedown
- Mount Escape (MMA)      Upa, Bridge, Trap Arm, Roll, Stand
- 2 Round Punch (Traditional)      Knife Hand block, Upward Elbow, Back Fist, Palm Heel
- 11 Front Choke (Traditional)      Down elbow, Horizontal elbow
- 3 Straight Punch (Traditional)      Push Block, Thrust Punch, Back Punch, Side Kick to Knee
- 4 Straight Punch (Traditional)      Perry, Spin Back Fist, Side Kick
- 5 Double Round Punches (Traditional)      Knife Hand Blocks, Horizontal Elbow, Cross Knife, Palm

***Striking Hand Techniques:***

- Front Punch (Traditional)      \*Horizontal Elbow (Muay Thai)      )
- Back Punch (Traditional)      \*Upward Elbow (Muay Thai)
- Thrust Punch (Traditional)      \*Downward Back Fist (Traditional)
- Palm Heel (Traditional)      \*Spinning Back Fist (Traditional)
- Jab, Cross (Muay Thai)

***Striking Kick Techniques***

- Front ball kick (Traditional)      \*Side Kick (Traditional)
- Right knee, Switch Left Knee (Muay Thai)
- Double front ball kick (Traditional)
- Round Kick (Muay Thai)

***Stances and Positions***

**Listening Positions #1,2,3, Horse Stance, Defensive Stance,**

**\*Jumping Jacks-50 \*Push Ups-10 \*Horse Stance Hold- 30 Seconds \*6 Inch Hold-30 Seconds \*Front Leaning Rest 30 Seconds 5 Burpees, Leg Raises-10**



United Athletics Family Center  
**Syllabus (Kenpo \* Muay Thai Kickboxing \* MMA)**  
**Blue Belt**  
**(Minimum Time at Rank - 4 months - 6 Months Ages 4-7)**

***Blocks:***

- Blocking Kata #1 (Traditional)
- Blocking Kata #1 w/Strikes (Traditional)
- R & L Perry Block Defense (Muay Thai)
- R & L High Cover (Muay Thai)
- R & L Kick Check (Muay Thai)
- \*Blocking Kata #2 (Traditional)
- \*Blocking Kata #2 w/Strikes (Traditional)
- \*Catch Round Kick

***Kata:*** ½ Ripping Panther

***Self Defense Techniques:***

- 1 Straight Punch (Traditional)
- 6A/B Wrist Release (Traditional)
- Stand to the Rear (MMA)
- Stand to The Rear on Knee (MMA)
- Mount Escape (MMA)
- 2 Round Punch (Traditional)
- 11 Front Choke (Traditional)
- 3 Straight Punch (Traditional)
- 4 Straight Punch (Traditional)
- 5 Double Round Punches (Traditional)
- 7, 8,9
- Side Control, Knee slide, Mount, 3 strikes
- Front kick to the pelvic bone
- A- Palm Strike, Horizontal Elbow, B- Jump Dbl Front Ball Kick
- R Knee Strike
- Single Leg Takedown
- Upa,Bridge, Trap Arm, Roll, Stand
- Knife Hand block, Upward Elbow, Back Fist, Palm Heel
- Down elbow, Horizontal elbow
- Push Block, Thrust Punch, Back Punch, Side Kick to Knee
- Perry, Spin Back Fist, Side Kick
- Knife Hand Blocks, Horizontal Elbow, Cross Knife, Palm

***Striking Hand Techniques:***

- Front Punch (Traditional)
- Back Punch (Traditional)
- Thrust Punch (Traditional)
- Palm Heel (Traditional)
- Jab, Cross (Muay Thai)
- \*Horizontal Elbow (Muay Thai)
- \*Upward Elbow (Muay Thai)
- \*Downward Back Fist (Traditional)
- \*Spinning Back Fist (Traditional)

***Striking Kick Techniques***

- Front ball kick (Traditional)
- Right knee, Switch Left Knee (Muay Thai)
- Double front ball kick (Traditional)
- Round Kick (Muay Thai)
- \*Side Kick (Traditional)
- \*Spinning Back Kick

**\*Jumping Jacks-75 \*Push Ups-10 \*Horse Stance Hold- 30 Seconds \*6 Inch Hold-30 Seconds \*Front Leaning Rest 30 Seconds 5 Burpees, Leg Raises-15**

