



Level	Number of Sessions	Objectives	Deliverables
Beginner Muay Thai Clinching	10	<p>To learn 50 foundational defensive and offensive Muay Thai Clinching skills and concepts including:</p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Standard holds in clinch</li> <li>• Basic knee-fighting</li> <li>• Basic elbow-fighting</li> <li>• Basic off-balancing</li> <li>• Basic sweeps</li> <li>• Basic throws</li> <li>• Counters and compound techniques</li> </ul>	<p>By the end of this course, you will have gained a fundamental understanding of how Muay Thai Clinching works. You will have learned to enter the clinch and attack and defend in clinch with some degree of proficiency. You will know the techniques and theory of creating opportunities in clinch. You will learn to incorporate clinching with your striking and be able to throw and sweep opponents who are not educated in the clinch.</p> <p>You will also learn to do functional drills such as:</p> <ul style="list-style-type: none"> <li>• Core strength drills</li> <li>• Balance drills</li> <li>• Drills that will develop your ability to read opponent's shifts in weight and balance</li> </ul>