



Muay Thai Private Training Crash Courses

Level	Number of Sessions	Objectives	Deliverables
Novice	10	<p>To learn 60 foundational defensive and offensive Muay Thai skills and concepts including:</p> <ul style="list-style-type: none"> • Stance • Basic footwork • Basic blocking and parrying • Basic head movement • Checking kicks • All basic kicks, such as roundhouse, teep (push-kick), etc • All basic punches such as jab, cross, hooks • Basic elbow strikes • Basic knee strikes 	<p>By the end of this course, you will have developed your fighting stance, learned to move around while both defending and attacking with some degree of proficiency. You will know the techniques and theory of generating power in Muay Thai strikes. You will also know how to perform basic defensive maneuvers such as parrying, blocking and taking evasive action. You will become able to do basic bagwork and Muay Thai padwork incorporating all of the above skills.</p> <p>You will also learn to do functional drills such as:</p> <ul style="list-style-type: none"> • Shadowboxing • Agility ladder drills • Reflex bag work • Maize ball