



# **MUAYTHAI CURRICULUM Of MUAY BORAN FEDERATION**

**MUAYTHAI CONSERVATION CENTRE  
AND  
KRU MUAYTHAI ASSOCIATION**

**BASIC-KHAN 1-4**

**INTERMEDIATE - KHAN 5-7**

**ADVANCE - KHAN 8-10**

ชั้นความสามารถ  
LEVELS OF PROFICIENCY



ASSOCIATION INSTITUTE OF MARTAIL ARTS (AITMA)

ชั้น 10 KHAN 10	มณฑลแดง RED MONGKOL
ชั้น ๙ KHAN 9	มณฑลน้ำตาล-ขาว BROWN-WHITE MONGKOL
ชั้น ๘ KHAN 8	มณฑลน้ำตาล BROWN MONGKOL
ชั้น ๗ KHAN 7	มณฑลน้ำเงิน-ขาว BLUE-WHITE MONGKOL
ชั้น ๖ KHAN 6	มณฑลน้ำเงิน BLUE MONGKOL
ชั้น ๕ KHAN 5	มณฑลเขียว-ขาว GREEN-WHITE MONGKOL
ชั้น ๔ KHAN 4	มณฑลเขียว GREEN MONGKOL
ชั้น ๓ KHAN 3	มณฑลเหลือง-ขาว YELLOW-WHITE MONGKOL
ชั้น ๒ KHAN 2	มณฑลเหลือง YELLOW MONGKOL
ชั้น ๑ KHAN 1	มณฑลขาว WHITE MONGKOL



## BASIC KNOWLEDGE IN MUAYTHAI UNDER KRU MUAYTHAI ASSOCIATION

. **Muay Thai exercises:** By using knee block (khao Bung), inside - low, middle and high.  
outside - low, middle and high.

**5. Leg Power Development:** Jumping, swapping knees, left and right.

**6. Kum Chuhng:** Standing in guard position with weight transfer.

**7. Muay Thai Traditional Movements:**

- a. Seub: Short step with forward leg always stepping forwards.
- b. Seua Yang (Tiger stalking): Walking forwards in different step.
- c. Mah Yawng (Horse Trotting): Lifting knees high when walking.
- d. Yang Sahm Khum (Three Stride Walk): Three stride walk.
- e. Yang Suk Gasem ( Two Stride Walk): Double spot step.

**Direction of Attack and movement.**

Half Circle	Forward & Backward	Four Direction	Zig-Zag or Salab Fahn pla
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**8. On guard position (Kum Chuhng) basic punches:**

- a. Mahd Dtrong: Straight punch - left and right
  - b. Mahd Suhy: Uppercut punch - left and right
  - c. Mahd Dtahwahd: Hook punch - left and right
  - d. Mahd Kwahng: Swing punch - left and right
- then mixed punches, and shadow boxing with free movement.

**9. On guard position (Kum Chuhng) basic elbow hits:**

- a. Sawk Dtee: Elbow hit - left and right
  - b. Sawk Dtahd: Elbow cut - left and right
  - c. Sawk Ngahd: Uppercut or slammed elbow - left and right
  - d. Sawk Pung: Spear elbow - left and right
  - e. Sawk Grahtung: Lever up elbow - left and right
  - f. Sawk Glahb: Reverse elbow - left and right
  - h. Sawk Sahb: Elbow chop - left and right
- then mixed elbows, and shadow boxing with free movement.

### **10. On guard position (Kum Chuhng) basic use of knees (Khao)**

- |                  |                         |   |                |
|------------------|-------------------------|---|----------------|
| a. Khao Dtrohng: | Straight knee           | - | left and right |
| 2. Khao Chiang:  | Side angle (slant) knee | - | left and right |
| c. Khao Dtahd:   | Knee cut                | - | left and right |
| d. Khao Dtee:    | Knee hit                | - | left and right |
| e. Khao La:      | Half knee and shin      | - | left and right |
| f. Khao Loy:     | Flying knee             | - | left and right |
- then mixed khao, shadow movement, and mixed khao with punch and elbow.

### **11. On guard position (Kum Chuhng) basic use of thrust (Teeb):** front, side and back thrusts.

- |                     |  |   |                |
|---------------------|--|---|----------------|
| a. Teeb Dtrohng:    | Front thrust with full foot or toes      | - | left and right |
| b. Teeb Khaang:     | Side thrust with full foot or toes       | - | left and right |
| c. Teeb Glahb Lang: | Rear thrust kick with full foot or toes- | - | left and right |
- then mixed teeb, shadow movement, and mixed teeb with khao, punch and elbow.

### **12. On guard position (Kum Chuhng) basic use of kick (Dteh)**

- |                   |                     |   |                |
|-------------------|---------------------|---|----------------|
| 1. Dteh Dtrohng:  | Straight kick       | - | left and right |
| 2. Dteh Chiang:   | Side angle kick     | - | left and right |
| c. Dteh Dtahd:    | Cut round kick      | - | left and right |
| d. Dteh Dtahwahd: | Whipping round kick | - | left and right |
| e. Grahdohd Dteh: | Jump and kick       | - | left and right |
- then mixed Dteh, shadow movement, and mixed Dteh with teeb, khao, punch and elbow.

### **13. Combination attacking and protecting techniques, with protection equipments**

1. One – two combinations mixed weapons (punches and kicks)
2. Two – three combinations mixed weapons (punches and kicks, elbows , knees,)

### **14. . Combination attacking techniques on pads and bags**

### **15. Light control sparring, 3 min rounds**

### **16. Neck and arms wrestling, weight training .**

### **17. Cool down, stretching, meditation.**

### **18. Pay respect to you friends, seniors, teachers, and the gym .**

**Finish**



## The Use of Mae Mai Muay Thai Weapons

### Punching Techniques (Mahd)

1. Straight punch (*mahd dtrohng*) to stab and pound
2. Uppercut punch (*mahd seuy* or *mahd ngahd*)
3. Hook punch (*mahd kohk* or *mahd dtahwahd*)
4. Swing punch (*mahd khwahng* or *mahd wiang*)

### **Look Mai in Using Mahd**

1. Dahb chahwaalaa
2. Ehraawahn suhy ngaa
3. Inao taeng gris
4. Naaraay khwaang jahk
5. Khwaang jahk Naaraay
6. Hahnumaan tahwaay waen

### **Blocking against mahd** in order to counter attack by using various weapons.

1. Blocking against mahd by using the palm of a hand to block or push it
2. Blocking against mahd by using the lower arm and elbow to cover one's face.
3. Blocking against mahd by moving the body away, backwards, sideways or by ducking, and counter attacking with various weapons.

## Elbow Techniques (Sawk)

1. Elbow hit (*sawk dtee*)
2. Elbow cut (*sawk dtahd*)
3. Elbow uppercut (*sawk ngahd* or *sawk suhy*)
4. Spear elbow (*sawk pung*)
5. Pounding elbow (*sawk grahtung*)
6. Reverse elbow (*sawk glahb*)
7. Elbow chop (*sawk sahb*)

### **Look Mai in using sawk**

1. Prah Raam faad sawn
2. Sakh puang maalai
3. Hohng peek hahk
4. Chahvaa sahd hawk
5. Hahk nguang Aiyahraa
6. Faan look buab
7. Kleun grahtohb fahng
8. Hirahn Muan paen din

### **Blocking against sawk** in order to counter attack using various weapons.

1. Blocking against elbow by using palm of hand to push lower forearm of the opponent's attacking elbow.
2. Blocking against elbow by using one's own elbow to catch it or returning with dtee sawk.
3. Blocking against elbow by avoiding it:- moving the body backwards or sideways.

## Knee Techniques (Khao)

1. Straight knee (*khao dtrohng* or *khao tohn*)
2. Side angle knee (*khao chiang*)
3. Cross cut knee (*khao dtahd* or *khao kohng*)
4. Hit knee (*khao dtee*)
5. Half knee and shin (*khao laa*)
6. Flying or jumping knee (*khao lawy*)

### **Look Mai in Using Khao**

1. Noo dtai raaw
2. Hahk kaw Ehraawahn
3. Eegaa cheek rahng
4. Hahnumaan waek fawng
5. Hahnumaan hahk daan
6. Dtahpian faeng dtaw
7. Hahnumaan tahyaan

### **Blocking against khao** in order to counter attack using various weapons.

1. Blocking against khao by using palm of hand to push the face, stomach, body or knee of the opponent so that he cannot bring his knee close enough.
2. Blocking against khao by using one's elbow to hit the opponent/s shin.
3. Blocking against khao by using one's own khao.
4. Blocking against khao by avoiding it:- moving the body backwards or sideways.

## Push Kick or Thrust Techniques (Teep)

1. Front push kick (*teep dtrong*)

2. Side thrust (*teep khaang*)

3. Back kick (*teep lahng*)

1. Baataa loob pahk

2. Virun hohk glahb

3. Mawn yahn lahk

4. Tahyae kahm

5. Gwaang liaw lahng

**Blocking against teep** in order to counter attack using various weapons.

1. Blocking against teep by using front knee.

2. Blocking against teep by moving close to the opponent and using palm of hand to push the opponent off - balance.

3. Blocking against teep by pulling oneself backwards and using the hand to push away that teep.

4. Blocking against teep by pulling oneself backwards and using a hand to hold the opponent's heel and push it backwards so that he loses his balance and falls.

5. Blocking against teep by using chop elbow st

### **Look Mai in Using Teep**

raight to the end of the opponent's foot.

6. Blocking against teep by avoiding it, and pushing it away at the same time.



## Kick Techniques (dteh)

1. Straight kick (*dteh dtrohng*)
2. 30-degree Roundhouse kick (*dteh chiang*)
3. Cut kick (*dteh dtahd*)

### **Look Mai in Using Dteh**

1. Graisawn khaam huay
2. Tehn gwaad laan
3. Yuan tawd hae
4. Naaraay bahn sian
5. Prah Raam jawng tahnohn
6. Prah Raam dtee tahp

### **Protection against Kick (dteh) in order to counter attack using various weapons.**

1. Protection against dteh by using knee to block front to rear (outer block)
2. Protection against dteh by using knee to cut at the side of the leg kicking (inner block).
3. Protection against dteh by using a foot attack on the shin of the kicking leg.
4. Protection against dteh by moving away from it, then using the palm of a hand to push the opponent's shin near the knee.
5. Protection against dteh by pounding an elbow at the shin of the kicking leg.
6. Protection against dteh by moving away from it, then trapping the kicking leg and following with knee attack or using the palm of a hand to push the opponent's face to put him off balance, or by punching back.
7. Protection against dteh by moving away from it, then pulling oneself back so that the kicking leg will pass over the body and the opponent lose his balance, then counter attacking with kick or punch.
8. Protection against dteh by moving oneself away from it, then then trapping the kicking leg and teep the shin or kick at the opponent's support leg.
9. Protection against dteh by punching, teep or dteh back immediately before the opponent's kick
10. Protection against dteh by moving away from it, then using the lower forearm against that kick, and counter attacking immediately with punch, knee or kick.

**Minimum training: two 2-hour lessons per week.**

**EXERCISE**

**Jogging, skipping and footwork.**

**STRETCHING**

**Lower and upper body**

**WARM UP EXERCISES (Thai style)**

**Counting in Thai from 1 - 10**

**Raised-knee block.**

**Outside raised-knee block.**

**Left and right alternately at low level**

**Left and right alternately at medium level**

**Left and right alternately at high level**

**Inside raised-knee block.**

**Left and right alternately at low level**

**Left and right alternately at medium level**

**Left and right alternately at high level**

**Fighting stance correct guard position, according to boxer's hand use; if he is right-handed, he should put his left hand forward, in order that he can put his weight behind the right hand with which he is more skilful, so he will be able to attack his opponent powerfully.**

**Leg position: the distance between legs.**

**Hand position: the level of hands.**

**Transferring weight: from front to back and reverse.**

**Footwork techniques**

**Forward and backward movement (*seub*), slow and quick.**

**Muay Thai style turning at the edge of the ring .**

**Thai style movement in half circle.**

**Basic punching techniques (*mahd*)**

**Straight punch (*mahd dtrohng*) left and right,**

**Uppercut punch (*mahd suhy*) left and right,**

Hook punch (*mahd khohk*) left and right, 9)

Punch combinations (*mahd pahsohm*): comprising straight punch and uppercut, uppercut and straight punch, straight punch and hook, hook and straight punch, hook and uppercut, and uppercut and hook,

#### Elbow techniques

Elbow hit (*sawk dtee*): lift the elbows 45 degrees, left , right

Elbow cut (*sawk dtahd*): cut with elbow then move forwards, left , right

Elbow combinations (*sawk pahsohm*): elbow hit then cut, left - right, then

#### Knee techniques

Straight knee (*khao dtrohng* or *khao tohn*): without holding on by hand, right and left

Side angle knee (*khao chiang*): without holding on by hand,

#### Thrust (*teep*) and Kick (*dteh*) techniques

Front push kick (*teep dtrohng*): low teep at the opponent's shin, right and left

Front push kick (*teep dtrohng*): teep at the opponent's stomach, right

30-degree Roundhouse kick (*dteh chiang*): low kick, right and left

Blocking and defence against the opponent's punches.

Blocking with the hand.

Blocking with the elbow.

Bending the body to avoid the punch by using side step movement or inside slip.

#### Combinations of various boxing weapons on pad or bag

Combinations of punching and kicking, punching and thrusting, punching and kneeing, thrusting and kicking, and kicking and kneeing up and put.

**Minimum training: two 2-hour lessons per week.**

**EXERCISE**

**Jogging, skipping and footwork.**

**STRETCHING**

**Lower and upper body**

**WARM UP EXERCISES (Thai style)**

**Counting in Thai from 1 - 10**

**Raised-knee block.**

**Outside raised-knee block.**

**Left and right alternately at low level**

**Left and right alternately at medium level**

**Left and right alternately at high level**

**Inside raised-knee block.**

**Left and right alternately at low level**

**Left and right alternately at medium level**

**Left and right alternately at high level**

**Fighting stance correct guard position, according to boxer's hand use; if he is right-handed, he should put his left hand forward, in order that he can put his weight behind the right hand with which he is more skilful, so he will be able to attack his opponent powerfully.**

**Leg position: the distance between legs.**

**Hand position: the level of hands.**

**Transferring weight: from front to back and reverse.**

**Setting hand and foot distance for boxing pad or bag.**

**Footwork techniques**

**Forward and backward movement (*seub*), slow and quick.**

**Guarding (*kum-chuhng*) with changing foot movements, forwards and backwards, slowly and quickly.**

kum-chuhng zig-zag movement , forwards and backwards, slowly and quickly. 11)

Muay Thai style turning at the edge of the ring.

**Body movements and proper footwork techniques**

Thai style movement in half circle.

Side step 45-degree angle to left and right.

Setting fighting distance.

**Punching techniques (*mahd*)**

Straight punch (*mahd dtrohng*) or jab.

Left punch, with speed and accuracy.

Right punch, with speed, power and accuracy.

Uppercut punch (*mahd seuy* or *mahd ngahd*) left and right

Hook punch (*mahd kohk* or *mahd dtawahd*)

Swing punch (*mahd khwahng* or *mahd wiang*)

Combinations of punches (*mahd pahsohm*): 2 kinds 2 beats, or 3 kinds 3 beats.

**Elbow techniques (*sawk*)**

Elbow hit (*sawk dtee*): Lift the elbow for 45 degrees, left , right

Elbow cut (*sawk dtahd*): Cut with elbow then move forwards, left right

Elbow uppercut (*sawk ngahd* or *sawk suhy*): Use the elbow to aim at the opponent's chin or face, left , right

Elbow combinations (*sawk pahsohm*) : 2 kinds, 2 beats.

**Knee techniques (*khao*)**

Straight knee (*khao dtrohng* or *khao tohn*): without holding on by hand,

Side angle knee (*khao Chiang*): without holding on by hand, right and left

.Cross-cut knee (*khao dtahd* or *khao kohng*) at 45 degrees: right , left

**Thrust/kick (*teep/dteh*) techniques**

Front push kick (*teep dtrohng*): low teep at the opponent's front of thigh, right and left

Front push kick (*teep dtrohng*): teep at the opponent's stomach, right and left 12)

30-degree Roundhouse kick (*dteh Chiang*): low kick, right, and left

**body kick, right and left**

**Cut kick (*dteh dtahd*): low cut kick, right and , left**

**middle cut kick, right and left.**

**high cut kick, right and left**

**Combinations of kicks (*dteh pahsohm*), low and body front push kicks,**

**using the shin, left and right**

**Blocking and defending,**

**Blocking and defending, using partner.**

**Blocking punches with the hand.**

**Blocking punches with the elbow.**

**Blocking kicks with the knee and counter-attacking.**

**Bending the body to slip zig-zag sidewise, then counter-attacking with fist and elbow blocks.**

**Light sparring: 2 rounds, 2 minutes per round.**

**Combinations of various boxing weapons on pad or bag**

**Combinations of punching and kicking, punching and thrusting, punching and kneeing, thrusting and kicking, and kicking and kneeing.**

### **WAI KRU STYLE NUMBER ONE**

**Make three prostrations in the style of "Benjahngkapradit", then sit on the heels embracing the Earth goddess to one's chest, to the front, to left and right; then "wai" facing forwards.**

**Afterwards, place the right knee forward in the posture of "Brohm", then stand the palms of the hands close together in the form of a lotus bud in front of one's chest.**

**GRADE 3    YELLOW & WHITE ARM-BAND    6 - 9 MONTHS    13)**

**Minimum training: two 2-hour lessons per week.**

## **EXERCISE**

**Jogging, skipping and footwork.**

## **STRETCHING**

**Lower and upper body**

### **WARM UP EXERCISES (Thai style)**

**Familiarization with certain Muay Thai terminology.**

**Shadow boxing by using various learned weapons.**

**Footwork techniques in accordance with Muay Thai music**

**Forward and backward movement (*seub*), slow and quick.**

**Guarding (*kum-chuhng*) with changing foot movements, forwards and backwards, slowly and quickly.**

**Yaang saam kum, zig-zag movement, forwards and backwards, slowly and quickly.**

**Muay Thai style turning at the edge of the ring.**

**Body movements and proper footwork techniques**

**Punching techniques (*mahd*) on pad or bag**

**Revision of various learned punching techniques and addition of mahd khwaang**

**Punching with two kinds of mahd**

**Punching with three kinds of mahd**

**Elbow techniques (*sawk*) on pad or bag**

**Revision of various learned elbow techniques e.g. sawk dtee, sawk dtahd, sawk ngahd and addition of sawk pung left and right.**

**Combinations of elbowing: sawk dtee alternates with sawk pung, sawk pung alternates with sawk dtee, sawk dtahd alternates with sawk pung, and sawk pung alternates with sawk dtahd.**

**Knee techniques (*khao*)**

**Revision of various learned elbow techniques e.g. khao dtrohng,**

**khao chiang, khao dtahd, and addition of khao dtee, left and right 14)**

**Thrust/kick (*teep/dteh*) techniques**

**Revision of teep dtrohng and addition of teep khaang**

**Teep khaang by using heel, sole and toes pecking**

**Dteh dtahwahd: Front dteh dtwahd    Back dteh dtwahd**

**Combinations of teep/dteh**

**Light sparring: 2 rounds, 2 minutes per round.**

**Combinations of various boxing weapons on pad or bag**

**Combinations of punching and kicking, punching and thrusting, punching and kneeling, thrusting and kicking, and kicking and kneeling.**

**WAI KRU STYLE NUMBER ONE (continued)**

**Start in the posture of "Brohm", then move the body forwards and the front knee touches the floor, both hands up, then move them up and down 3 times in the motion similar to the movements of the wings of eagle. The next movement is to move the leg at the back 3 times, then move the body backwards, the front knee upright, its foot on the floor, the boxer sits on the back leg, one hand is up in front of his face in the style similar to looking at the clouds or stars 3 times.**

**GRADE 4    GREEN ARM-BAND                      9-12 MONTHS    15)**

**Minimum training: two 2-hour lessons per week.**



## **EXERCISE**

**Jogging, skipping and footwork.**

## **STRETCHING**

**Lower and upper body** .

## **WARM UP EXERCISES (Thai style)**

**Raised-knee block (all corners).**

**Combinations of shadow boxing** .

**Combinations of shadow boxing of elbowing (*sawk*) and  
kneeing (*khao*)**

**Combinations of shadow boxing of elbowing (*sawk*) and  
kneeing (*khao*) and cut kick (*dteh dtahd*)**

**Footwork techniques in accordance with Muay Thai music**

**Forward and backward movement (*seub*).**

**Guarding (*kum-chuhng*) with changing foot movements, forwards  
and backwards.**

**Yaang saam kum.**

**Punching techniques**

**Combinations of 2 - 3 - 4 kinds of punching on pad**

**Elbow techniques**

**Revision of sawk dtee, sawk dtahd, sawk ngahd, sawk pung,  
and addition of sawk grahtung , left , right, then left and right,  
then right and left 10 times each.**

**Combinations of elbowing .**

**Knee techniques (*khao*) on pad or bag**

**Khao dtrohng, left and right**

**Khao chiang, left and right**

**Khao dtahd, left and right**

**Khao dtee, left and right**

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**Khao laa, left and right**

**Thrust/kick (*teep/dteh*) techniques in accordance with Muay Thai music rhythm.**

**Teep dtrohng by performing quicker and with alternative leg.**

**Teep dtrohng by performing quicker and with alternative leg.**

**Teep khaang by performing quicker and with alternative leg.**

**Teep dtrohng by performing quicker and with alternative leg.**

**Dteh dtwahd:**

**Front dteh dtwahd**

**Back dteh dtwahd**

**Combinations of teep/dteh.**

## **BLOCK AND COUNTER ATTACKS**

## **LIGHT SPARRING**

## **LOOK MAI MUAY THAI**

**Practice of 3 kinds of "Look Mai Muay Thai":**

- 1. Punching: Dahb chahvaalaa**
- 2. Elbowing: Prah Raam faad sawn**
- 3. Kneeing: Noo dtai rahw**

## **WAI KRU STYLE NUMBER ONE**

**Stand up turning back in the posture of left "Tehp pah nohm", then step forward in the posture of right "Tehp pah nohm", and turn back at one's own corner in the posture of "Tehp pah nohm", then step the feet close together in the posture of "Haanumaan tahlohm lohnggaa" 3 times, and turn back nodding one's head in the posture of "Kwaang liaw lahng" 3 times, lifting up right foot twice and left foot twice, then "Yaang saam kum" towards and face the opponent, finish the Wai Kru style one**

**by bowing each other.**

**GRADE 5 GREEN & WHITE ARM-BAND 12-15 MONTHS 17)**

**Minimum training: two 2-hour lessons per week.**

## **EXERCISE**

**Jogging, skipping and footwork.**

## **STRETCHING**

**Lower and upper body**

## **WARM UP EXERCISES (Thai style)**

**Raised-knee block (all corners).**

**Combinations of shadow boxing**

**Shadow boxing with all Muay Thai techniques [ punching (*mahd*),  
elbowing (*sawk*), kneeing (*khao*) and kicking (*dteh*)]**

**Elbow techniques (*sawk*)**

**Revision of various learned elbow techniques e.g. sawk dtee, sawk dtahd, sawk  
ngahd, sawk pung, sawk grahtung and addition of practice of sawk glahb, left and  
right.**

**sawk sahb, left and right**

**Combinations of elbowing on pad or bag**

**Knee techniques (*khao*)**

**Revision of various learned knee techniques e.g. khao dtrohng, khao chiang , khao  
dtahd, khao dtee, khao laa (half knee) and addition of practice of khao lawy, left  
and right**

**Combinations of kneeing on pad or bag**

**Thrust/kick (*teep/dteh*) techniques**

**Teep dtrohng by performing quicker and with alternative leg.**

**Teep khaang by performing quicker and with alternative leg.**

**Dteh dtrohng by repeating dteh twice and three times, left and right.**

**Combinations of teep/dteh on pad or bag.**

## **LOOK MAI MUAY THAI**

**Revision of previously learned "Look Mai Muay Thai" e.g. Dabb chahvaalaa (punch), Prah  
Raam faad sawn (elbow) and Noo dtai rahw (knee), and then addition of 3 others. They are:**

**Ehraawahn suhy ngaa (punch)**

**18)**

**Sahk puang maalahy (elbow)**

**Hahnumaan hahk daan (knee)**

**WAI KRU STYLE NUMBER ONE**

**Revision of complete Wai Kru style number one.**

**LIGHT SPARRING**

**GRADE 6 BLUE ARM-BAND 15-18 MONTHS 19)**

**Minimum training: two 2-hour lessons per week.**

## **EXERCISE**

**Jogging, skipping and footwork.**

## **STRETCHING**

**Lower and upper body**

## **WARM UP EXERCISES (Thai style)**

**Raised-knee block (all corners).**

**Punch Techniques on pad or bag**

**mahd dtrohng, left and right**

**mahd suhy, left and right**

**mahd kohk, left and right**

**Combinations of mahd on pad or bag**

**Thrust/kick (*teep/dteh*) techniques**

**Revision of various kinds of teep/dteh e.g. teep dtrohng, dteh dtrohng, dteh chiang, dteh dtahd, repeating dteh twice, dteh with both legs alternatively, and addition of dteh chiang repeatingly at the body, left and right**

**Knee techniques (*khao*)**

**Revision of various learned knee techniques e.g. khao dtrohng, khao chiang , khao dtahd, khao dtee, khao laa (half knee) and addition of practice of khao lawy, left and right**

**Elbow techniques (*sawk*)**

**Revision of various learned elbow techniques e.g. sawk dtee, sawk dtahd, sawk ngahd, sawk pung, sawk grahtung, sawk glahb and sawk sahb, and addition of practice of sawk koo, front**

**Combinations of shadow boxing**

**Combinations of shadow boxing of all techniques [ punching (*mahd*), elbowing (*sawk*), kneeing (*khao*) and kicking (*dteh*)]**

**The practice is emphasized on the swiftness, their weights and the adroitness in using various Muay Thai techniques.**

## **BLOCK AND COUNTER ATTACK**

**20)**

**in accordance with the Look Mai Muay Thai techniques**

**(with a partner).**

1. Block against mahd with counter attack
2. Block against mahd and sawk with counter attack
3. Block against khao with close grappling the opponent and counter attack
4. Block, catch and tightly hanging on the opponent against teep dtrohng, against dteh  
 chiang by using khao dtahd or khao block or by slipping away and hold the  
 opponent's leg then hit with both elbows, against lower kick, against medium kick,  
 or against high kick.

#### WAI KRU

BOXING by wearing full safety equipment

#### LOOK MAI MUAY THAI

Punching ( <i>mahd</i> ):	Dahb chahvaalaa
	Ehrawahn suhy ngaa
	Inao taeng grit
Elbowing ( <i>sawk</i> ):	Prah Raam faad sawn
	Sahk puang maalai
	Hohng peek hahk
Kneeing ( <i>khao</i> ):	Noo dtai rahw
	Hahg kaw Ehraawahn
	Egaa cheek rahng

Minimum training: two 2-hour lessons per week.

## EXERCISE

Jogging, skipping and footwork.

## STRETCHING

Lower and upper body

## WARM UP EXERCISES (Thai style)

Shadow punching

Punching combinations on pad

Shadow front and roundhouse kicks

Front and roundhouse kicks on pad

Shadow kneeing

Kneeing pad or bag

Shadow elbowing

Elbowing pad or bag

Combinations of all techniques on bag

## MAE MAI MUAY THAI NAMES AND DEMONSTRATIONS

Punching (*chohk/mahd*):

1. \_\_\_\_\_

Punching (*chohk/mahd*):

2. \_\_\_\_\_

Punching (*chohk/mahd*):

3. \_\_\_\_\_

Combinations of punching (*chohk*) 2 - 3 beats

Thrusting/Kicking (*teep/dteh*):

1. \_\_\_\_\_

Thrusting/Kicking (*teep/dteh*):

2. \_\_\_\_\_

**Thrusting/Kicking (*teep/dteh*):**

3. \_\_\_\_\_ 22)

**Combinations of Thrust/Kick (*teep/dteh*) 2 - 3 beats**

**Kneeing (*khao*):**

1. \_\_\_\_\_

**Kneeing (*khao*):**

2. \_\_\_\_\_

**Kneeing (*khao*):**

3. \_\_\_\_\_

**Combinations of kneeling (*khao*) 2 - 3 beats**

**Knowledge of history of Muay Thai in brief**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Demonstrations of  
absorption power of blocking, locking and catching knee with hand.**

## **USING TECHNIQUES TO COUNTER-ATTACK**

**Opponent attacking**

**Self-defence against stick or knife**

**LIGHT SPARRING with A partner**

**WAI KRU**

## **LOOK MAI MUAY THAI**

**Revision of all the techniques learned, then acquisition of new techniques.**

**Thrusting (*teep*):** Baataa loob phak

Virun hohk glahb

Mawn yahn lahk

**Kicking (*dteh*):** Graisawn khaam hua , Tehn gwaad laan , Yuan tawd hae



**GRADE 8    BROWN ARM-BAND    21-24 MONTHS    23)**

**Minimum training: two 2-hour lessons per week.**

**EXERCISE**

**50 sit-ups and 50 press-ups.**

**WARM UP EXERCISES (Thai style)**

**Forward and backward knee-block defence movements to counter sparring**

**Punching**

**Kicking**

**Kneeing**

**Elbowing**

**Mixed shadow boxing (Muay Thai style)**

**Punching and kicking using pad**

**Front and roundhouse kicking**

**Roundhouse kicking and kneeing**

**Elbowing and kneeing**

**All combinations**

**DEMONSTRATIONS AND EXPLANATIONS**

**How many basic punches? (Give demonstrations).**

**How many basic elbow blows? (Give demonstrations).**

**How many basic knee blows? (Give demonstrations).**

**How many basic thrusts? (Give demonstrations).**

**How many basic roundhouse kicks? (Give demonstrations).**

**Learn and understand rules and regulation of amateur and Professional**

**Take part in Judges and Referee seminar ,**

## COMPLETE WAI KRU

24)

## SPARRING

Experience of tournament or free sparring

## LOOK MAI MUAY THAI

<b>Punching (<i>mahd</i>):</b>	<b>Naarai Khwaang jahk</b>
	<b>Khwaang jahk Naarai</b>
	<b>Hahnumaan tahwaay waen</b>
<b>Elbowing (<i>sawk</i>):</b>	<b>Hahk nguang Aiyahraa</b>
	<b>Faan look buab</b>
	<b>Kleun grahtohb fahng</b>
<b>Kneeing (<i>khao</i>):</b>	<b>Hahnumaan waek fawng</b>
	<b>Hahnumaan hahk daan</b>
	<b>Dtahpian faeng dtaw</b>

## **GRADE 9 BROWN & WHITE ARM-BAND 24-27 MONTHS 25)**

**Minimum training: two 2-hour lessons per week.**

### **EXERCISE**

**50 sit-ups in 1 minute**

**50 press-ups in 1 minute**

### **SHADOW BOXING**

#### **ALL MUAY THAI MOVEMENT TECHNIQUES**

**Shadow boxing using all types of weapon.**

**Pad work using maad and sawk.**

**Pad work using sawk and khao.**

**Roundhouse kicks (*dteh Chiang*), right: left:**

**Flying knee blows (*khao Lawy*) on pad.**

**Flying Roundhouse kicks (*dteh Chiang*).**

**Raammahsoon Kwaang khwaan.**

**Jawrahkeh fahd hahng.**

**All elbow (*sawk*) technique attacks on pad.**

**All knee (*khao*) technique attacks on pad.**

**All front and side thrust (*teep dtrohng and teep khaang*)**

**attack techniques on pad.**

**All techniques of defence by blocking, ducking, avoiding and counter-attacking.**

**All Look Mai Muay Thai techniques.**

**Name and demonstrate 10 techniques.**

**FREE SPARRING 2 - 3 persons.**

**SELF DEFENCE against knife and stick attacks.**

**Take part in Judges and Referee seminar ,**

**GRADE 10 RED ARM-BAND OVER 27 MONTHS 26)**

**Minimum training: two 2-hour lessons per week.**

**EXERCISE**

**WARM UP EXERCISES (Thai style)**

**Combined techniques on pad or bag**

**Jab or Straight punch (*mahd dtrohng*)**

**Uppercut (*mahd suhy or mahd ngahd*)**

**Hook (*mahd khohk or mahd dtahwahd*)**

**Combination techniques on pad or bag**

**Able to demonstrate not less than 3 Look Mai**

**Muay Thai elbow techniques.**

**Hohng bpeek Hahk**

**Chahvaa sahd hawk**

**Klean grahtob fahng**

**Hirahn muan paen din**

**Faan look buab**

**Sahk puang maalai**

**Shadow knee techniques**

**Able to demonstrate not less than 3 Look Mai**

**Muay Thai knee techniques.**

**Hahnumaan tah yaan**

**Kahk Kaw Ehraawahn**

**Hahnumaan kahk daan**

**Shadow kick techniques**

**Able to demonstrate not less than 3 Look Mai**

**Muay Thai kick techniques.**

**Mawn Yahn lahk**

**Grai sawn khaam huay**

**Wirun hohk glahb**

**Gwaang liaw lahng**

**Baataa loob pahk**

**Tehn gwaad laan**

**27)**

**Prah Raam jawng tahnohn**

**Lohm khun tuan**

**Mawn tawd hae**

**Blocking and countering in street fighter style - one against three**

**Pay homage to teachers (Wai Kru) in the complete original style gracefully in all movements with three or more details of the standard Wai Kru.**

**Chahk paeng pahd naa**

**Baang abaay buhk faa**

**Doo daaw**

**Hahnumaan kwaa daaw**

**Prah Raam plaeng sawn**

## **TOURNAMENT**

**MUST TAKE PART OR COMPETE IN MUAY THAI SPARRING OR TOURNAMENT**

**LOOK MAI MUAY THAI TECHNIQUES**

**Prah Raam sahgohd tahp**

**Hahnumaan khaam grung Lohnggaa**

**Naaraay khaam sahmut**

**Mohntoh nahng taen**

**AT THIS KHAN 10 LEVEL;**

**YOU ARE REQUEST TO TAKE THE FIRST AID COURSE AND JUDGES AND REFEREES COURSE.**

