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
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.


7. Muay Thai Traditional Movements:
   a. Seub: Short step with forward leg always stepping forwards.
   c. Mah Yawng (Horse Trotting): Lifting knees high when walking.
   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

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)

- Khao Dtrohng: Straight knee - left and right
- Khao Chiang: Side angle (slant) knee - left and right
- Khao Dtahd: Knee cut - left and right
- Khao Dtee: Knee hit - left and right
- Khao La: Half knee and shin - left and right
- 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.

- Teeb Dtrohng: Front thrust with full foot or toes - left and right
- Teeb Khaang: Side thrust with full foot or toes - left and right
- 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)

- Dteh Dtrohng: Straight kick - left and right
- Dteh Chiang: Side angle kick - left and right
- Dteh Dtahd: Cut round kick - left and right
- Dteh Dtahwahd: Whipping round kick - left and right
- 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


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 suhl)
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. Sahk 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 tahyan

**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 teep the shin or kick at the opponent's support leg.
7. Protection against dteh by punching, teep or dteh back immediately before the opponent's kick and counter attacking immediately with 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,

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 (*khaot drohng* or *khaot tohn*): without holding on by hand, right and left

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

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

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

Front push kick (*teep drohng*): 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.

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

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

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

Jogging, skipping and footwork.

STRETCHING

Lower and upper body

WARM UP EXERCISES (Thai style)

Familiazation 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 kneeing, thrusting and kicking, and kicking and kneeing.

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 kneeling (khao)

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

Footwork techniques in accordance with Muay Thai music

Forward and backward movement (seub).

Guarding (kum-chuhn) 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

Khao laa, left and right

16)

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

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: Dabh 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 \textit{(mahd)},
elbowing \textit{(sawk)}, kneeing \textit{(khao)} and kicking \textit{(dteh)}]

Elbow techniques \textit{(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 glahh, left and
right.

sawk sahb, left and right

Combinations of elbowing on pad or bag

Knee techniques \textit{(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 \textit{(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. Dahb 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

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

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<thead>
<tr>
<th>Punching (mahd)</th>
<th>Dahb chahvaalaa</th>
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<tr>
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<td>Ehrawahn suhy ngaa</td>
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<td>Inao taeng grit</td>
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<th>Elbowing (sawk)</th>
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<td>Sahk puang maalai</td>
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<td>Hohng peek hahk</td>
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<th>Kneeing (khao)</th>
<th>Noo dtai rahw</th>
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<td>Hahg kaw Ehraawahn</td>
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<td>Eegaa cheek rahng</td>
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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 kneeing (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
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 ,
SPARRING

Experience of tournament or free sparring

LOOK MAI MUAY THAI

Punching (*mahd*): Naarai Khwaang jahk
Khwaang jahk Naarai
Hahnuaan tahwaay waen

Elbowing (*sawk*): Hahk ngueng Aiyahraa
Faan look buab
Kleun grahtohb fahng

Kneeing (*khao*): Hahnuaan waek fawng
Hahnuaan hahk daan
Dtahpian faeng dtaw
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,
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
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 tahn
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.