

Grading Schedule: White to yellow

Theory

1. Rules: All
2. Fighters Rules 2 (learn 3)
3. 1 Pledge of Muay Thai (found in your licence)

Practical

1. Ram Muay NO 1
2. 10 Exercise In 30 seconds
3. 5 Self Defence Techniques

4. Boxing Techniques

- (Left Guard) Left Jab, Right Cross
- (Right Guard) Right Jab Left Cross
- (Left Guard) Left Hook, Right Hook
- (Right Guard) Right Hook left Hook
- (Left Guard) Left Uppercut, Right uppercut
- (Right Guard) Right Uppercut, Left uppercut
- (Left Guard) Left Jab, Right Spinning Back Punch, Right Cross
- (Right Guard) Right Jab, Left Spinning Back Punch Left Cross
- (Left Guard) Right Flying Punch
- (Right Guard) Left Flying Punch

5. Elbow Techniques

- (Left Guard) Left and Right Strike Elbow
- (Left Guard) Left and Right Uppercut Elbow
- (Left Guard) Left and Right Over The Top Elbow
- (Left Guard) Right Turning Back Elbow
- (Right Guard) Left Turning Back Elbow
- (Left Guard) Right Flying Elbow
- (Right Guard) Left Flying Elbow

6 Knee Techniques

- (Left Guard) Right and Left Knee
- (Left Guard) Right and Left Side Knee
- (Left Guard) Hold On Clinch Right And Left knee Turn. (Repeat)
- (Left Guard) Hold On Clinch Hopping Right and Left Side Knee
- (Left Guard) Right Flying Knee
- (Right Guard) Left Flying Knee

7. Kicking Techniques

- (Left Guard) Left and Right Front Kick
- (Left Guard) Left and Right Side Kick
- (Left Guard) Right and Left Round House Kick To The Body
- (Left Guard) Right Turning Back Kick
- (Right Guard) Left Turning Back Kick
- (Left Guard) Right Spinning Hook kick
- (Right Guard) Left Spinning Hook Kick

If Double Grading, Ram Muay No2

Don't rush; check guarding position each time and footing make sure you keep your guard up when throwing a punch.

Make sure you come back to a good starting position before you do your next technique, so you can put power in.

Bow wai to master sken and your partner before and after you do your technique.

The cost of the grading is £25.00 (1st grade – yellow)