

## Grading Schedule: White to yellow

- Theory
  - Rules: All (Under 11 learn 3)
  - Fighters Rules 2 (learn 3)
  - Thai Terminology / Phoenix Muay Thai Facts
- Practical
  - Ram Muay No. 1
  - 10 Exercise In 30 seconds
  - 5 Self Defence Techniques

### Boxing Techniques

Technique	Completed	Date	Comment
(Left Guard) Left Jab, Right Cross			
(Right Guard) Right Jab Left Cross (Under 11yrs at Kru's discretion)			
(Left Guard) Left Hook, Right Hook			
(Right Guard) Right Hook left Hook (Under 11yrs at Kru's discretion)			
(Left Guard) Left Uppercut, Right uppercut			
(Right Guard) Right Uppercut, Left uppercut (Under 11yrs at Kru's discretion)			
(Left Guard) Left Jab, Right Spinning Back Punch, Right Cross			
(Right Guard) Right Jab, Left Spinning Back Punch Left Cross (Under 11yrs at Kru's discretion)			
(Left Guard) Right Flying Punch			
(Right Guard) Left Flying Punch (Under 11yrs at Kru's discretion)			

### **Elbow Techniques**

<b>Technique</b>	<b>Completed</b>	<b>Date</b>	<b>Comment</b>
(Left Guard) Left and Right Cross 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 (Under 11yrs at Kru's discretion)			
(Left Guard) Right Flying Elbow			
(Right Guard) Left Flying Elbow (Under 11yrs at Kru's discretion)			

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### 6 Knee Techniques

Technique	Completed	Date	Comment
(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 (Under 11yrs at Kru's discretion)			



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### **Kicking Techniques**

<b>Technique</b>	<b>Completed</b>	<b>Date</b>	<b>Comment</b>
(Left Guard) Right and Left Front Kick			
(Left Guard) Right and Left 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 (Under 11yrs at Kru's discretion)			
(Left Guard) Right Spinning back kick			
(Right Guard) Left Spinning back kick (Under 11yrs at Kru's discretion)			

- If Double Grading, Ram Muay No.2 and both guards.
- 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 the examiner and your partner before and after you do your technique.