# Grading Schedule: White to yellow

- Theory
  - Rules: All (Under 11 learn 3)
  - Fighters Rules 2 (learn 3)
  - Thai Terminology / Phoenix Muay Thai Facts
- Practical
  - o 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			A.
	N		A/ 5
(Right Guard)	1 .		V A
Right Jab Left Cross			- L - L - L
(Under 11yrs at Kru's discretion)		100	
		24.0	
(Left Guard)		11 15	
Left Hook, Right Hook		11	
		//	1
(Right Guard)	1	1.0	
Right Hook left Hook	- 11	2388	
(Under 11yrs at Kru's discretion)		1.18	-
	-	- 711	
(Left Guard)		2011	
Left Uppercut, Right uppercut		241	
		14	
	1	1 -	
(Right Guard)	1 4	<u> </u>	
Right Uppercut, Left uppercut			
(Under 11yrs at Kru's discretion)			
(1.6.2			
(Left Guard)	ENIX	MU	AY THAI"
Left Jab, Right Spinning Back			1
Punch, Right Cross 🤘 🤗 IJ	14	- K	L B W 1.5
(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**

Technique	Completed	Date	Comment
(Left Guard)			
Left and Right Cross Elbow			
(Left Guard)			
Left and Right Uppercut Elbow			
(Left Guard)			
Left and Right Over the Top			A
Elbow			
	1		ey 3
(Left Guard) Right			× /
Turning Back Elbow		-	
		17	
		2.15	3
(Right Guard)	- J	2.15	
Left Turning Back Elbow		11	
(Under 11yrs at Kru's discretion)		17	
	10	N. 8	
(Left Guard)	- 11	745	
Right Flying Elbow		(M)	-
	-	11	
(Pight Cuard)		11	
(Right Guard) Left Flying Elbow		11	
(Under 11yrs at Kru's discretion)	1	11	
	1	И	
	1 N 1		1

PHOENIX MUAY THAI"

#### **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)	N		A. I. S.
Hold on Clinch Hopping Right	i .	L	12 1
and Left Side Knee		~	
(Left Guard)		5	
Right Flying Knee		1. 1.5	
	- 1	211	
(Right Guard)		11	
Left Flying Knee		1.0	
(Under 11yrs at Kru's discretion)	- 11	23KN	
		1.18	



# PHOENIX MUAY THAI"

#### **Kicking Techniques**

Technique	Completed	Date	Comment
(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			A
(Left Guard)			A. J. A.
Right Turning Back Kick			2/ 2
(Right Guard)		100	
Left Turning Back Kick		5 N.	1
(Under 11yrs at Kru's discretion)	- 7	211	
(Left Guard)		77	1
Right Spinning back kick	1	1.0	
		738	
(Diabt Cuard)		(M)	
(Right Guard)		11	
Left Spinning back kick (Under 11yrs at Kru's discretion)		Z011	
(Under ITALS of KIR 2 discretion)		1.1	
	1	1 -	1

- 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.