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.