

MUAY THAI <u>LEVEL 1</u>

OFFENSIVE TECHNIQUES

| Jab | |
|---|-----------|
| Cross | |
| Lead Teep to the Body | |
| Rear Kick to the Body | |
| DEFENSIVE TECHNIQUES | |
| Lead Shin Block | |
| Parrying the Lead Teep | |
| COMBINATIONS AND MOVEME | <u>NT</u> |
| Stance | |
| Stalking | |
| Jab, Cross | |
| Jab, Rear Kick to the Body, Lead Teep to the Body | |
| Lead Shin Block, Rear Kick to the Body | |
| Lead Shin Block, Cross | |
| Parry the Lead Teep, Rear Kick to the Body | |

Required Equipment: Gloves, Mouthguard, Mouthguard Case, Shin/Instep Pads

(Males must have a groin cup)



MUAY THAI <u>LEVEL 2</u>

| Double Jab (Angled) Double Jab (Straight) Double Jab (Deep) Inside Leg Kick Switch Kick Rear Teep to the Body | |
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| DEFENSIVE TECHNIQUES | |
| Parrying Punches | |
| Covering Up against Punches | |
| Blocking the Inside Leg Kick | |
| Parrying the Rear Teep | |
| COMBINATIONS AND MOVEME | NT |
| Rhythm Drill w/Punches | |
| Box Drill | |
| Angling Out after Punches | |
| Double Jab (Straight), Cross, Angle Out | |
| Jab, Cross, Inside Leg Kick, Cross | |
| Jab, Cross, Switch Kick | |
| Cover Up against Punches, Cross, Inside Leg Kick, Cross | |
| Block Inside Leg Kick, Cross, Rear Teep | |
| Parry the Rear Teep, Rear Kick to the Body | |



MUAY THAI <u>LEVEL 3</u>

| Rear Leg Kick (Stepping) | |
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| Rear Knee (Long) | |
| Switch Knee (Long) | |
| Lead Teep to the Leg | |
| Rear Teep to the Leg | |
| DEFENSIVE TECHNIQUES | |
| Referencing after Punches | |
| Referencing with Kicks | |
| Catching a Kick to the Body (Circular) | |
| Punching your way out of a Leg Catch | |
| Shin Block against a Leg Catch | |
| | |
| COMBINATIONS AND MOVEME | :NT |
| COMBINATIONS AND MOVEME Angle Out with Reference | NT |
| | <u>ENT</u> |
| Angle Out with Reference | |
| Angle Out with Reference Angle Out after Leg Kick | |
| Angle Out with Reference Angle Out after Leg Kick Angle Out after Switch Kick | |
| Angle Out with Reference Angle Out after Leg Kick Angle Out after Switch Kick Jab, Rear Leg Kick, Cross | |
| Angle Out with Reference Angle Out after Leg Kick Angle Out after Switch Kick Jab, Rear Leg Kick, Cross Double Jab (Deep), Rear Leg Kick | |
| Angle Out with Reference Angle Out after Leg Kick Angle Out after Switch Kick Jab, Rear Leg Kick, Cross Double Jab (Deep), Rear Leg Kick Jab, Rear Knee (Long) | |
| Angle Out with Reference Angle Out after Leg Kick Angle Out after Switch Kick Jab, Rear Leg Kick, Cross Double Jab (Deep), Rear Leg Kick Jab, Rear Knee (Long) Jab, Cross, Switch Knee (Long) | |



MUAY THAI <u>LEVEL 4</u>

| Hook (Long Range) Hook (Short Range) Uppercuts (Long) Uppercuts (Short) Leg Kick (Hopping) | |
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| DEFENSIVE TECHNIQUES Protecting against Round Punches Catching the Kick to the Body (Stationary) Catching a Teep Slip Pass | |
| COMBINATIONS AND MOVEME Jab, Slip, Left Uppercut Cross, Slip, Right Uppercut Round Block, Jab, Cross, Hook, Cross Round Block, Cross, Hook, Cross, Hook Parry (Jab), Return Jab, Cross, Pass, Cross Pulling Parry (Cross), Return Jab Catch a Body Kick (Stationary), Throw the Leg, Reference Catch a Teep, Rear Body Kick | |



MUAY THAI <u>LEVEL 5</u>

| Cross to the Body Hook to the Body Rear Neck Kick Switch Neck Kick Teep to the Face | |
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| DEFENSIVE TECHNIQUES | |
| Neck Kick Sway Blocking the Neck Kick Catching the Neck Kick Slide | |
| COMBINATIONS AND MOVEME | <u>NT</u> |
| Jab, Lead Uppercut, Hook, Rear Neck Kick Jab, Lead Uppercut, Hook, Switch Neck Kick Jab, Cross to the Body, Lead Uppercut, Leg Kick (Hopping) Jab, Hook to the Body, Hook, Rear Knee Jab, Cross, Hook, Rear Leg Kick, Lead Teep to the Body, Rear Teep to the Face Neck Kick Sway, Return Neck Kick Catch the Neck Kick Throw | |



MUAY THAI <u>LEVEL 6</u>

| Overhand Right | |
|---|------------|
| Downward Elbow | |
| Upward Elbow | |
| Horizontal Elbow | |
| Spike Elbow (Horizontal) | |
| Spike Elbow (Vertical) | |
| Spinning Elbow | |
| Spinning Backfist | |
| DEFENSIVE TECHNIQUES | |
| Catching a Leg Kick | |
| Angling Out with Double Reference | |
| COMBINATIONS AND MOVEME | <u>INT</u> |
| Overhand Right against a Jab | |
| Overhand Right (Sliding Right), Switch Kick | |
| Jab, Rear Elbow, Rear Up Elbow | |
| Swimming Downward Elbow | |
| Swim out, Spike Elbow (Horizontal) | |
| Climb the leg, Spike Elbow (Vertical) | |
| Missed Jab to a Spin Elbow | |
| Catch a Leg Kick, Spike Elbow, Spin Elbow | |
| Missed Kick to a Spinning Backfist | |



MUAY THAI <u>LEVEL 7</u>

| Flashing Punches Cross (Cutting Across) Head Kick Double Kicks Chasing Down Rear Body Kick Chasing Down Rear Leg Kick | |
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| COMBINATIONS AND MOVEMENT | |
| Front Right Angle | |
| Front Left Angle | |
| Jab, Front Right Angle, Jab, Hook, Leg Kick | |
| Jab, Front Right Angle, Inside Leg Kick, Cross, Hook, Kick | |
| Jab, Front Right Angle, Long Cross , Hook, Kick | |
| Jab, Front Right Angle, Cross (Cutting Across) | |
| Front Left Angle, Cross, Rear Body Kick | |
| Rear Leg Kick, Rear Head Kick, Rear Knee | |
| Inside Leg Kick, Switch Kick | |
| Catch a Leg Kick, Flashing Cross, Chase w/Leg Kick | |



MUAY THAI <u>LEVEL 8</u>

OFFENSIVE TECHNIQUES Hand Control DEFENSIVE TECHNIQUES Backing out with Double Reference Elbow Control COMBINATIONS AND MOVEMENT Stalking Outside the Lead Foot Back Right Angle Back Left Angle Eight Angle Drill Back Right Angle, Cross, Hook, Cross Back Right Angle, Head Kick Jab, Hand Control Jab, Hand Control, Inside Leg Kick, Cross, Hook, Kick Jab, Hand Control, Swimming Cross, Leg Kick (Hopping) Jab, Front Right Angle, Hand Control Jab, Front Right Angle, Hand Control, Rear Leg Kick Hand Control Hook Defense Sitting Cross against Hand Control

Short Uppercut against Reference



MUAY THAI <u>LEVEL 9</u>

| Neutral Clinch Round Knees Plum Grip Plumb Skip Knees Bicep and Head Control Turnover Kata-Gatame Clinch Jumping the Neck | |
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| DEFENSIVE TECHNIQUES | |
| Defensively Entering into the Clinch Elbow push from Neutral Clinch Swimming Bump and Swim | |
| COMBINATIONS AND MOVEMEN | NT |
| Plum Spin Neutral Clinch, Kata-Gatame Clinch, Round Knees Jump the Neck, Skip Knees, Spin, Skip Knees Jab, Def. Clinch, Turnover against Forward Pressure, Knee Cross, Def. Clinch, Double Knee Turnover, Plum, Skip Knees | |



MUAY THAI <u>LEVEL 10</u>

| Swmming out the head from Plum Reverse Bicep and Head Turnover Body Lock Body Lock Sweep | |
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| DEFENSIVE TECHNIQUES | |
| Lateral Head Peel Plum Defense | |
| Face Peel Plum Defense | |
| Cross Choke Plum Defense | |
| Head Stuff Plum Defense | |
| Plum Knee Deflection Sweep | |
| Body Lock Defense | |
| COMBINATIONS AND MOVEME | <u>NT</u> |
| Swim the Head from Plum, Knee, Turnover, Knee | |
| Swim the Head from Plum, Neck Kick | |
| Lateral Head Peel Plum Defense, Double Knee | |
| Head Stuff Plum Defense, Double Knee | |
| Body Lock Defense, Double Knee | |
| Clinch Separation, Neck Kick | |