



MUAY THAI

LEVEL 1

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 MOVEMENT

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

LEVEL 2

OFFENSIVE TECHNIQUES

- | | |
|-----------------------|--------------------------|
| Double Jab (Angled) | <input type="checkbox"/> |
| Double Jab (Straight) | <input type="checkbox"/> |
| Double Jab (Deep) | <input type="checkbox"/> |
| Inside Leg Kick | <input type="checkbox"/> |
| Switch Kick | <input type="checkbox"/> |
| Rear Teep to the Body | <input type="checkbox"/> |

DEFENSIVE TECHNIQUES

- | | |
|------------------------------|--------------------------|
| Parrying Punches | <input type="checkbox"/> |
| Covering Up against Punches | <input type="checkbox"/> |
| Blocking the Inside Leg Kick | <input type="checkbox"/> |
| Parrying the Rear Teep | <input type="checkbox"/> |

COMBINATIONS AND MOVEMENT

- | | |
|---|--------------------------|
| Rhythm Drill w/Punches | <input type="checkbox"/> |
| Box Drill | <input type="checkbox"/> |
| Angling Out after Punches | <input type="checkbox"/> |
| Double Jab (Straight), Cross, Angle Out | <input type="checkbox"/> |
| Jab, Cross, Inside Leg Kick, Cross | <input type="checkbox"/> |
| Jab, Cross, Switch Kick | <input type="checkbox"/> |
| Cover Up against Punches, Cross, Inside Leg Kick, Cross | <input type="checkbox"/> |
| Block Inside Leg Kick, Cross, Rear Teep | <input type="checkbox"/> |
| Parry the Rear Teep, Rear Kick to the Body | <input type="checkbox"/> |



MUAY THAI

LEVEL 6

OFFENSIVE TECHNIQUES

Overhand Right	<input type="checkbox"/>
Downward Elbow	<input type="checkbox"/>
Upward Elbow	<input type="checkbox"/>
Horizontal Elbow	<input type="checkbox"/>
Spike Elbow (Horizontal)	<input type="checkbox"/>
Spike Elbow (Vertical)	<input type="checkbox"/>
Spinning Elbow	<input type="checkbox"/>
Spinning Backfist	<input type="checkbox"/>

DEFENSIVE TECHNIQUES

Catching a Leg Kick	<input type="checkbox"/>
Angling Out with Double Reference	<input type="checkbox"/>

COMBINATIONS AND MOVEMENT

Overhand Right against a Jab	<input type="checkbox"/>
Overhand Right (Sliding Right), Switch Kick	<input type="checkbox"/>
Jab, Rear Elbow, Rear Up Elbow	<input type="checkbox"/>
Swimming Downward Elbow	<input type="checkbox"/>
Swim out, Spike Elbow (Horizontal)	<input type="checkbox"/>
Climb the leg, Spike Elbow (Vertical)	<input type="checkbox"/>
Missed Jab to a Spin Elbow	<input type="checkbox"/>
Catch a Leg Kick, Spike Elbow, Spin Elbow	<input type="checkbox"/>
Missed Kick to a Spinning Backfist	<input type="checkbox"/>



MUAY THAI

LEVEL 7

OFFENSIVE TECHNIQUES

Flashing Punches

Cross (Cutting Across)

Head Kick

Double Kicks

Chasing Down Rear Body Kick

Chasing Down Rear Leg Kick

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

LEVEL 8

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

LEVEL 10

OFFENSIVE TECHNIQUES

Swimming out the head from Plum

Reverse Bicep and Head Turnover

Body Lock

Body Lock Sweep

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 MOVEMENT

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