



JUNIOR MUAY THAI CURRICULUM CYCLE 1
4 Month Rotation
32 Classes minimum

TECHNIQUES

1. Jab
2. Cross
3. Lead Hook
4. Vertical Knee Strike
5. Roundhouse
6. Thai Clinch
7. Thai March

COMBINATION REQUIREMENTS (BLUE STRIPE)

1. Jab, Jab, Cross
2. Jab, Cross, Jab, Cross, Vertical Knee
3. 2 Hand Cover, Jab, Cross, Lead Hook,
4. Jab, Cross, Roundhouse
5. Lead Hook, Cross, Vertical Knee, Roundhouse
6. Freestyle Combos

SELF DEFENSE GRABS (ORANGE STRIPE)

1. One Hand Same Side Wrist Grab: 2 Punches to face, Pull Hand Away, Run
2. 2 Hand Choke From Behind: Turn Around Block, 2 Punches, Run Away
3. 2 Hand Shoulder Grab: Plumb Inside, 2 Vertical Knees, Push Away

FITNESS TEST (Yellow Stripe)

1. Push ups: Look at belt requirements
2. Sit ups: Look at belt requirements

MENTAL KNOWLEDGE

1. Champions? Try our best and never quit sir/mam!
2. R.A.D. = Recognize danger Avoid danger Defend against danger
3. Code of Ethics: Look at belt Requirements
4. Student Creed