



**JUNIOR MUAY THAI CURRICULUM CYCLE 2
4 Month Rotation/32 Classes Minimum**

TECHNIQUES:

1. Jab
2. Cross
3. Uppercut
4. Lead Uppercut
5. Jab Defense #1
6. Lead Push Kick
7. Push Kick
8. Roundhouse
9. Thai March

COMBINATION REQUIREMENTS (BLUE stripe):

1. Jab, Cross, Uppercut
2. Lead Push Kick, Jab, Cross, Roundhouse
3. Jab Defense #1, Jab, Push Kick
4. Push Kick, Jab, Cross, Roundhouse
5. Lead Uppercut, Uppercut, Jab Cross, Roundhouse
6. Freestyle Combos

SELF DEFENSE GRABS (ORANGE stripes):

1. Cross Wrist Grab: 2 Punches to face (ki-up on each), Elbow Break, Two Vertical Knees
2. 2 Hand Choke From Front: Turn Break Choke, 2 Thrusting Elbows, Run Away (EYES always on Opponent)
3. 2 Hand Shoulder Grab: Wave, 2 Crosses

FITNESS TEST (YELLOW stripe):

1. Push ups: Look at belt requirements
2. Sit ups: Look at belt requirements
3. Sparring 4 Hours from Yellow Belt and Above

MENTAL KNOWLEDGE:

1. "What do Champions do?" "Try our best and never quit sir/ma'am!"
2. R.A.D. = Recognize danger- Avoid danger - Defend against danger
3. What's Our Quest? To be our BEST! What's our Goal? BLACK BELT and BEYOND!!!
4. Code of Ethics: Look at belt Requirements
5. Student Creed

COURTESY STRIPE (White stripe):

Demonstrating great courtesy at home, at school and at Tran's

LIFE SKILLS (GREY stripes):

Three different life skills required:

1. Job List
2. Self Discipline
3. Book Club

REVIEW STRIPE (Red Stripe):

Cumulative Physical Fitness, Techniques, and all previously mentioned requirements.