



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 stripes):

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

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 (Silver 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.