

**Muay Thai  
Requirements  
Yellow Rank 3 Months**

**BOXING BASICS**

**Offensive Techniques**

1. Jab
2. Cross
3. Hook

**Defensive Techniques**

1. Hands up and stance
2. Basic Head Cover and Follow up
  - a. Hook-Cross
  - b. Cross-Hook

**Boxing Combinations**

1. Jab-Cross (2)
2. Jab-Cross-Hook (3)
3. Jab-Cross-Hook-Cross (1-2-3-2)

**KICKING BASICS**

**Offensive Techniques**

1. Thai Kick left and right (switch or step)
2. Trade 3 kicks outside front leg

**Defensive Techniques**

1. Outside Kick Cover
2. Outside Cover Drill

**KNEE AND ELBOW BASICS**

**Offensive Techniques**

Right and Left Regular Elbows  
Skip Knee #1

**Defensive Techniques**

Basic Neck Control Position

**COMBINATIONS**

**Combinations**

1. J-C-RK/J-C-LK
2. J-C-Cover-RK/LK
3. Ranges (2RK-2LKN-2REL/2LK-2RKN-2LEL)

**Muay Thai  
Requirements  
Orange Rank 6 Months**

**BOXING BASICS**

**Offensive Techniques**

1. Review Previous
2. Low Body cross

**Defensive Techniques**

1. Tight Head Cover & follow up
  - a. 3 Punch combo
  - b. 3 Elbow combo

**Boxing Combinations**

1. Review Previous
2. J-Body Cross-Hook

**KICKING BASICS**

**Offensive Techniques**

1. Foot Jab L/R (tiip)
2. Lead Leg Round kick drill (trading lefts)

**Defensive Techniques**

1. Switch evade left kick
2. Outside Scoop the tip-soft kick

**KNEE AND ELBOW BASICS**

**Offensive Techniques**

1. Rear down elbow
2. Snap elbow
3. Cross grab and knee

**Defensive Techniques**

1. Forearm cover fist on top of head  
chin tucked into shoulder

**COMBINATIONS**

**Combinations**

1. J-C-RK2-H-C/J-C-LK2-C-H
2. J-C-RKN2-SNAP-DOWN/J-C-LKN2-DOWN-SNAP
3. BASIC OUTSIDE 4 COUNT
  - a. RK-3-2-LK
  - b. LK-2-3-RK

**Muay Thai  
Requirements  
Green Rank 9 Months**

**BOXING BASICS**

**Offensive Techniques**

1. Review Previous
2. Low Body cross

**Defensive Techniques**

1. Tight Head Cover & follow up
  - a. 3 Punch combo
  - b. 3 Elbow combo

**Boxing Combinations**

1. Review Previous
2. J-Body Cross-Hook

**KICKING BASICS**

**Offensive Techniques**

1. Foot Jab L/R (tiip)
2. Lead Leg Round kick drill (trading lefts)

**Defensive Techniques**

1. Switch evade left kick
2. Outside Scoop the tip-soft kick

**KNEE AND ELBOW BASICS**

**Offensive Techniques**

1. Rear down elbow
2. Snap elbow
3. Cross grab and knee

**Defensive Techniques**

1. Forearm cover fist on top of head  
chin tucked into shoulder

**COMBINATIONS**

**Combinations**

1. J-C-RK2-H-C/J-C-LK2-C-H
2. J-C-RKN2-SNAP-DOWN/J-C-LKN2-DOWN-SNAP
3. J-C-RK-RKN-RK-H-C/ J-C-LK-LKN-LK-C-H
4. Drill Round Format: Kick Drill 6-8/Knee Drill 6-8/ Elbow Drill 6-8

**Muay Thai  
Requirements  
Blue Rank 12 Months**

**BOXING BASICS**

**Offensive Techniques**

1. Rear Uppercut
2. Overhand Right

**Defensive Techniques & Counters**

1. J-C-H-C-bob and weave-C-H-  
Bob and weave-H-C

**Boxing Combinations**

1. J-H-UC-H
2. Overhand R-LUC-Overhand R

**KICKING BASICS**

**Offensive Techniques**

1. Hop Kick

**Defensive Techniques & Counters**

1. Review all previous blocks,  
evasions, and counters

**KNEE AND ELBOW BASICS**

**Offensive Techniques**

1. Double Knee (speed and power)
2. Curve Knee

**Defensive Techniques & Counters**

1. Neck and Shoulder Control  
(steering wheel)
2. Escape from Neck Control

**COMBINATIONS**

**Combinations**

1. Previous 1<sup>st</sup> Four of the J-C Series
2. J-C-RKN-RK-RKN-Snap-Down/  
J-C-LKN-LK-LKN-Snap-Down
3. J-C-RK-LK-RK-H-C  
J-C-LK-RK-LK-C-H

**Muay Thai  
Requirements  
Purple Rank 18 Months**

**BOXING & ELBOW**

**Offensive Techniques**

1. Body Hook
2. Up Elbow Right and Left

**Defensive Techniques & Counters**

1. Shoulder Stop
2. Inside Double Shoulder Control
3. Head Position-Neck pummeling

**KICKING**

**Offensive Techniques**

1. Midline & Highline Kicks
2. Evade inside low LK-Switch Left-Fake-LC

**Defensive Techniques & Counters**

1. Evade Midline & Highline Kicks

**KNEE AND ELBOW**

**Offensive Techniques**

1. Side Knee
2. Curve Knee

**Defensive Techniques & Counters**

**COMBINATIONS**

**Combinations**

1. 15 Count  
Parry: C-Cover: H-LEL-REL-RKN-LK-C-H-RKN-RK-LTIIP: C-SLIP:C-H-C  
HOP RK

**Muay Thai  
Requirements  
Purple I Rank 18 Months**

**BOXING & ELBOW**

**Offensive Techniques**

1. Close Body Hook
2. Review

**Defensive Techniques & Counters**

1. Shoulder Roll
2. Review

**KICKING**

**Offensive Techniques**

1. Midline & Highline Kicks

**Defensive Techniques & Counters**

1. Evade Midline & Highline Kicks

**KNEE AND ELBOW**

**Offensive Techniques**

1. Up Knee
2. Review

**Defensive Techniques & Counters**

1. Counter Cross: Slip inside-REL  
LEL-REL

**COMBINATIONS**

**Combinations**

1. 15 Count

Parry: C-Cover: H-LEL-REL-RKN-LK-C-H-RKN-RK-LTIIP: C-SLIP:C-H-C  
HOP RK

**Muay Thai  
Requirements  
Red Rank 27 Months**

**BOXING & ELBOW**

**Offensive Techniques**

1. Marchers Jab
2. Clinch Punching-infighting w Focus Mitts

**Defensive Techniques & Counters**

1. Head Movement Drills
2. Review

**KICKING**

**Offensive Techniques**

1. Review Midline & Highline Kicks

**Defensive Techniques & Counters**

1. Catch Kick
  - a) cut kick
  - b) Plow
2. Inside Cut Kick

**KNEE AND ELBOW**

**Offensive Techniques**

1. High Knee

**Defensive Techniques & Counters**

1. Inside Scoop-sweep

**COMBINATIONS**

**Combinations**

1. 15 Dekker Count  
J-C-RK-J-C-LBH-RBH-RUC-C-H-H-C-H-C-H-RK x 2

**Muay Thai  
Requirements  
Red I Rank 30 Months**

**BOXING & ELBOW**

**Offensive Techniques**

1. Marchers Jab
2. Clinch Punching-infighting w Focus Mitts

**Defensive Techniques & Counters**

1. Head Movement Drills
2. Review

**KICKING**

**Offensive Techniques**

1. Savate Gloves Drills
2. Review and Refine Previous

**Defensive Techniques & Counters**

1. Catch High Kick Trap & Throw  
Out-low soft kick-double kick
2. Review and Refine Previous

**KNEE AND ELBOW**

**Offensive Techniques**

1. High Knee

**Defensive Techniques & Counters**

1. Inside Scoop-sweep

**COMBINATIONS**

**Combinations**

1. 15 Dekker Count  
J-C-RK-J-C-LBH-RBH-RUC-C-H-H-C-H-C-H-RK x 2

**Muay Thai  
Requirements  
Brown Rank 36 Months**

**BOXING & ELBOW**

**Offensive Techniques**

1. Boxing Glove Drills
2. Review and Refine

**Defensive Techniques & Counters**

1. Slip Outside Jab-BW-UC-H-C
2. Slip Outside Cross-BW-UC-C-H

**KICKING**

**Offensive Techniques**

1. Side Kick
2. Review and Refine Previous

**Defensive Techniques & Counters**

1. Defend Side Kick
2. Review and Refine Previous

**KNEE AND ELBOW**

**Offensive Techniques**

1. Spinning Back Elbow

**Defensive Techniques & Counters**

**COMBINATIONS**

**Combinations**

1. 17 Count

Long Footjab-LK-H-RKN: C-LEL-REL-RKN:CROSS-RK-C-H-LK-RKN-RK-  
H-C-GRAB 6 KN'S-PUSH-2KICKS

**Muay Thai  
Requirements  
Brown I Rank 40 Months**

**BOXING & ELBOW**

**Offensive Techniques**

1. Boxing Glove Drills
2. Review and Refine

**Defensive Techniques & Counters**

1. Slip Outside Jab-BW-UC-H-C
2. Slip Outside Cross-BW-UC-C-H

**KICKING**

**Offensive Techniques**

1. Side Kick
2. Review and Refine Previous

**Defensive Techniques & Counters**

1. Defend Side Kick
2. Review and Refine Previous

**KNEE AND ELBOW**

**Offensive Techniques**

1. Spinning Back Elbow

**Defensive Techniques & Counters**

**COMBINATIONS**

**Combinations**

1. 17 Count  
Long Footjab-LK-H-RKN: C-LEL-REL-RKN:CROSS-RK-C-H-LK-RKN-RK-  
H-C-GRAB 6 KN'S-PUSH-2KICKS

**Muay Thai  
Requirements  
Black Rank 46 Months**

**BOXING & ELBOW**

**Offensive Techniques**

1. Review & Refine
2. Instructor's Choice

**Defensive Technique & Counters**

1. Review & Refine
2. Instructor's Choice

**KICKING**

**Offensive Techniques**

1. Review & Refine
2. Instructor's Choice

**Defensive Techniques & Counters**

1. Review & Refine
2. Instructor's Choice

**KNEE AND ELBOW**

**Offensive Techniques**

1. Review & Refine
2. Instructor's Choice

**Defensive Techniques & Counters**

1. Review & Refine
2. Instructor's Choice

**COMBINATIONS**

**Combinations**

1. Review & Refine
2. Instructor's Choice

1. Review & Refine
2. Instructor's Choice