

Orpington Combat Sports

Keddle's Thai Boxing - UK

Adult Grading Syllabus

Intermediate / Yellow Praciat

Advanced / Green Praciat

Assistant Instructor / Blue Praciat

Instructor / Brown Praciat

Senior Instructor / Red Praciat

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*** Any section in any grading may be omitted at the examiners discretion on medical grounds. ***

Intermediate / Yellow Praciat

1. Punching

In a 3 minute round on the pads demonstrate: -

1. Left and right Hooks.
2. Uppercuts.
3. Left Jabs.
4. Right Crosses.
5. All the above punches must be used in combinations of a minimum of 3 strikes, e.g. Left Jab followed by Right Cross followed by Left Hook.

2. Kicking

In a 3 minute round on the pads demonstrate: -

1. Basic Push Kicks with both legs.
2. Basic Low and Body roundhouse kicks with both legs.

3. Elbows

In a 3 minute round on the pads demonstrate: -

1. Left and right Hooks.
2. Left and right Uppercuts.
3. Left Jabs.
4. Right Crosses.
5. Right "Over-the-top".
6. All the above elbows must be used in combinations of a minimum of 3 strikes e.g. Left Jab followed by Right Cross followed by Right Uppercut.

4. Knees and Clinch

In a 3 minute round on the pads demonstrate: -

1. Long and Round Knees from open fighting position.
2. Basic Head Control of the Opponent / Padman.
3. Basic Turn of the Opponent / Padman and then Knee.
4. Long and Round Knees from the clinch position.

5. Padwork

In 2 x 3 minute rounds on the pads demonstrate: -

1. Combinations of all the above striking and clinching techniques.

In 2 x 3 minute rounds holding the pads demonstrate: -

1. A good variety of techniques when you are holding the pads and show you have learned how to set the pads for all of the above techniques.
2. Show you can set the pads for a good variety of combinations.

Continued...

Intermediate / Yellow Praciat continued

6. Safety and Hygiene

Explain the importance of the following: -

1. Safety Equipment used in sparring: - Shin Guards, Box, Gumshield and Glove weights.
2. How to use hot and cold treatments to bruised injuries.
3. Importance of respecting other people by not wearing soiled clothing or turning up for training without either showering or applying suitable deodorants.

7. Sparring

2 x 3 minute rounds of light sparring (each round must be against a different opponent) .in which full safety equipment is to be worn: -

1. Shin protectors
2. Groin Guard
3. Gumshield
4. 14oz or 16oz Gloves depending on the weight of the boxer i.e. Boxers who are over 70kgs will wear 16oz gloves and those below 70kgs will wear the 14oz gloves.
5. Head guards for juniors are compulsory and optional for adults.

8. Defences

Demonstrate a defence or evasion and then a counter combination or take down against each of the following attacks (each of which will be demonstrated 3 times): -

1. Low right roundhouse kick.
2. Right cross
3. Left push kick

Advanced / Green Praciat

1. Punching

In a 3 minute round on the pads demonstrate: -

1. Left and right Hooks.
2. Uppercuts.
3. Left Jabs.
4. Right Crosses.
5. Right stepping punches.
6. Right Jumping punches.
7. All the above punches must be used in combinations of a minimum of 3 strikes e.g. a Left Jab - Right cross - Left Hook.

2. Kicking

In a 3 minute round on the pads demonstrate: -

1. Basic Push Kicks with both legs.
2. Jumping Push kicks with both legs.
3. Basic Low, Body and Head roundhouse kicks with both legs.
4. Lead leg roundhouse kicks.
5. Switching lead leg round house kicks.

3. Elbows

In a 3 minute round on the pads demonstrate: -

1. Left and right Hooks.
2. Left and right Uppercuts.
3. Left Jabs.
4. Right Crosses.
5. Right "Over-the-top".
6. Sliding Elbows
7. Angled Uppercuts
8. All the above elbows must be used in combinations of a minimum of 3 strikes e.g. Left Jab - Right Cross - Right Angled Uppercut.

4. Knees and Clinch

In a 3 minute round on the pads demonstrate: -

1. Long and Round Knees from open fighting position.
2. Basic Head Control of the Opponent / Padman.
3. Basic Turn of the Opponent / Padman and then Knee.
4. Counter to being turned.
5. Show a back-throw and the counter to it.
6. Long and Round Knees from the clinch position.
7. Elbows to the body.

continued...

Advanced / Green Praciat continued

5. Padwork

In 2 x 3 minute rounds on the pads demonstrate: -

1. Combinations of all the above striking and clinching techniques.

In 2 x 3 minute rounds holding the pads demonstrate: -

1. A good variety of techniques and show you have learned how to set the pads for all of the above techniques.
2. Understanding of setting the pads at the right ranges for the right techniques.
3. Show you can set the pads for a good variety of combinations.
4. Show attacks to test the boxers' defences and set for counter attacks.

6. Safety

Explain the following: -

1. How to treat cuts on the head and nosebleeds.
2. How to immobilise an arm using a sling.

7. Sparring

2 x 3 minute rounds of light sparring (each round must be against a different opponent), in which full safety equipment is to be worn: -

1. Shin protectors
2. Groin Guard
3. Gumshield
4. 14oz or 16oz Gloves depending on the weight of the boxer i.e. Boxers who are over 70kgs will wear 16oz gloves and those below 70kgs will wear the 14oz gloves.
5. Head guards for juniors are compulsory and optional for adults.

8. Defences

Demonstrate a defence or evasion and then a counter combination or take down against each of the following attacks (each of which will be demonstrated 3 times): -

1. Low right roundhouse kick.
2. Left jab.
3. Right cross
4. Left push kick
5. Right roundhouse to the body

9. History and traditions of Muay Thai

1. Demonstrate the full "Wai Kru" then explain the actions and their meanings.
2. Name 3 famous Thai Boxers of any nationality and explain a little about one of each of their fights and who their opponents were. Explain your favourite techniques used in each fight.

Assistant Instructor / Blue Praciat

1. Punching

In a 3 minute round on the pads demonstrate your full knowledge of the punches used in Muay Thai

2. Kicking

In a 3 minute round on the pads demonstrate your full knowledge of the kicks used in Muay Thai

3. Elbows

In a 3 minute round on the pads demonstrate your full knowledge of the elbows used in Muay Thai including: -

1. Elbows to the body and head.
2. Turning/spinning elbows to the body and head.

4. Knees and Clinch

In a 3 minute round on the pads demonstrate: -

1. Long and Round Knees from open fighting position.
2. Basic Head Control of the Opponent / Padman.
3. Basic Turn of the Opponent / Padman and then Knee.
4. Counter to being turned.
5. Show a back-throw and the counter to it.
6. Long and Round Knees from the clinch position.
7. Knees to the head.
8. Leg jamming techniques.
9. Leg hacking techniques.
- 10.

5. Padwork

In 2 x 3 minute rounds on the pads demonstrate: -

1. Combinations of all the above striking and clinching techniques.

In 2 x 3 minute rounds holding the pads demonstrate: -

1. A good variety of techniques and show you have learned how to set the pads for all of the above techniques.
2. Understanding of setting the pads at the right ranges for the right techniques.
3. Show you can set the pads for a good variety of combinations.
4. Show attacks to test the boxers' defences and set for counter attacks.

In a 3 minute round of light sparring with full safety equipment demonstrate: -

1. All the previously stated techniques listed in this section on "Knees and Clinch" and also the "Elbows" section.

6. Basic First Aid

1. Check for concussion.
2. Understand the basics of mouth-to-mouth resuscitation.
3. Understand the Recovery Position.

continued...

Assistant Instructor / Blue Praciat continued

7. Sparring

3 x 3 minute rounds of light sparring (each round must be against a different opponent), in which full safety equipment is to be worn: -

1. Shin protectors.
2. Groin Guard.
3. Gumshield.
4. 14oz or 16oz Gloves depending on the weight of the boxer i.e. Boxers who are over 70kgs will wear 16oz gloves and those below 70kgs will wear the 14oz gloves.
5. Head guards for juniors are compulsory and optional for adults.

8. Defences

Demonstrate a defence or evasion and then a counter combination or take down against each of the following attacks (each of which will be demonstrated 3 times): -

1. Low right roundhouse kick.
2. Left jab.
3. Right cross.
4. Left push kick.
5. Right roundhouse to the body.

9. History and traditions of Muay Thai

1. Demonstrate the full "Wai Kru" including "Sealing the Ring" and explain the actions and their meanings.
2. Name your favourite 6 famous Thai Boxers of any nationality (At least 3 of Thai nationality). Explain what techniques or qualities that make each of these fighters appeal to you.

10. Exercising and warm up routines

Take a group of at least 10 people to demonstrate and explain your way through a thorough warm-up routine using: -

1. At least 10 different exercises.
2. 3 drills and/or exercises done in pairs.
3. 5 stretches for different muscle groups

Take a group of at least 10 people to demonstrate and explain your way through the following techniques (also answer any queries your students may have): -

1. 5 different striking or clinching techniques.

11. Fight record

To have fought at least once in either: -

1. An inter-club competition
2. A real bout.

12. Corner Work

Demonstrate or explain: -

1. What materials are available to the corner man during a fight?
2. Explain how to look after a fighter both before and after a fight.
3. To have worked in at least 5 different fighters corners at either fights or inter-club competitions.

Instructor / Brown Praciat

1. Punching

In a 3-minute round on the pads demonstrate your full knowledge of the punching techniques used in Muay Thai.

2. Kicking

In a 3-minute round on the pads demonstrate your full knowledge of the kicking techniques used in Muay Thai.

3. Elbows

In a 3-minute round on the pads demonstrate your full knowledge of the elbow techniques used in Muay Thai.

4. Knees and Clinch

In a 3-minute round on the pads demonstrate your full knowledge of the kneeing techniques used in Muay Thai.

In 2 x 3 minute rounds of light sparring with full safety equipment demonstrate: -
All the previously stated techniques listed in this section on "Knees and Clinch" and also the "Elbows" section.

5. Padwork

In 3 x 3 minute rounds on the pads demonstrate: -
Combinations of all the above striking and clinching techniques.

In 2 x 3 minute rounds holding the pads demonstrate: -

1. A good variety of techniques and show you have learned how to set the pads for all of the above techniques.
2. Understanding of setting the pads at the right ranges for the right techniques.
3. Show you can set the pads for a good variety of combinations.
4. Show attacks to test the boxers' defences and set for counter attacks.

6. First Aid

Hold a current, officially recognised First Aid Certificate.

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Instructor / Brown Praciat continued

7. Sparring

3 x 3 minute rounds of light sparring (each round must be against a different opponent), in which full safety equipment is to be worn.

8. Defences

Demonstrate a defence or evasion and then a counter combination or take down against each of the following attacks (each of which will be demonstrated 3 times): -

1. Any techniques chosen by the examiners.
2. Minimum of 6 different attacks

9. History and traditions of Muay Thai

1. Demonstrate the full "Wai Kru" including "Sealing the Ring" and explain the actions and their meanings.
2. Demonstrate a full Ram Muay of your choice. This must not be your own creation.
3. Name at least 5 different techniques in the native language of Thailand and translate them for the examiners.
4. Name your favourite 6 famous Thai Boxers of any nationality (At least 3 of Thai nationality).
5. Explain what techniques or qualities that make each of these fighters appeal to you.
6. Explain about 2 different forms of Kruang-Ruangs and what they signify.

10. Teaching

Take a group of at least 10 people to demonstrate and explain your way through the following techniques (also answer any queries your students may have): -

1. 5 different striking or clinching techniques.
2. Combine the above strikes into 3 combinations and explain the reasoning behind the combination.

11. Fight record

To have fought at least 3 times in either: -

1. Inter-club competitions.
2. Real bouts.

12. Corner Work

Demonstrate or explain: -

1. The importance of positive motivation before during and after a fight.
2. Explain how to warm-up and stretch a fighter before and after a fight.
3. To have worked in at least 10 different fighters corners at either fights or inter-club competitions.

Senior Instructor / Red Praciat

1. **Punching**

In a 3-minute round on the pads demonstrate your full knowledge of the punching techniques used in Muay Thai.

2. **Kicking**

In a 3-minute round on the pads demonstrate your full knowledge of the kicking techniques used in Muay Thai.

3. **Elbows**

In a 3-minute round on the pads demonstrate your full knowledge of the elbow techniques used in Muay Thai.

4. **Knees and Clinch**

In a 3-minute round on the pads demonstrate your full knowledge of the kneeing techniques used in Muay Thai.

In 2 x 3 minute rounds of light sparring with full safety equipment demonstrate: -
All the previously stated techniques listed in this section on "Knees and Clinch" and also the "Elbows" section.

5. **Padwork**

In 3 x 3 minute rounds on the pads demonstrate: -

1. Combinations of all the above striking and clinching techniques.

In 2 x 3 minute rounds holding the pads demonstrate: -

1. A good variety of techniques and show you have learned how to set the pads for all of the above techniques.
2. Understanding of setting the pads at the right ranges for the right techniques.
3. Show you can set the pads for a good variety of combinations.
4. Show attacks to test the boxers' defences and set for counter attacks.

6. **First Aid**

1. Hold a current, officially recognised First Aid Certificate.

continued...

Senior Instructor / Red Praciat continued

7. Sparring

3 x 3 minute rounds of light sparring (each round must be against a different opponent), in which full safety equipment is to be worn.

8. Defences

Demonstrate a defence or evasion and then a counter combination or take down against each of the following attacks (each of which will be demonstrated 3 times): -

1. Any techniques chosen by the examiners.
2. Minimum of 8 different attacks.

9. History and traditions of Muay Thai

1. Demonstrate 3 full Ram Muays of your choice. These must not be your own creation.
2. Either present the panel with an essay that includes a brief history of Thailand and some of its more prominent people, or explain the same points orally and field questions from the panel.

10. Teaching

Take a group of at least 20 people to demonstrate and explain your way through the following techniques (also answer any queries your students may have): -

1. 5 different striking combinations.
2. How to use the pads safely for each combination.

11. Fight record

To have fought at least 3 times in either: -

1. Inter-club competitions.
2. Real bouts.

12. Corner Work

To have worked in at least 20 different fighters corners at either fights or inter-club competitions.

13. Business

In your opinion list the 3 most important things to do in setting up a new club.