

Orpington Combat Sports

Keddle's Thai Boxing - UK

Junior Grading Syllabus

Yellow and White Praciat

Orange and White Praciat

Green and White Praciat

Blue and White Praciat

Brown and White Praciat

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

Notes on Junior Syllabus

This syllabus has been designed to help junior members assess how they are progressing in the art of Muay Thai. In Thailand there are no grading systems available within **Muay Thai** as the only measure of progress is the fighters own fight record. However for many of the junior students in this club, where there is no intention of fighting or entering the ring, the option of being able to grade is a good way to gauge the students progress.

To mark each grading achieved a different coloured armband will be awarded. The reason for this is because in Thailand in the past when a warrior was going away to fight he wore many little good luck charms. These came in many different forms but are collectively known as **Kruang Ruangs**. These charms would range from a lock of your wife's hair or a tiny statue of your preferred Buddhist deity. The **Kruang Ruang** we have chosen to represent the grading is called a **Praciat** and is a simple armband that can be worn on either arm or indeed both at the same time. We do not use belts in **Muay Thai** as that tradition belongs to other countries and styles such as Karate from Japan, Kung Fu from China and Taekwondo from Korea.

There are 5 gradings' within this clubs syllabus. The first grade that can be achieved is the 'Yellow and White **Praciat**' that is followed by Orange and White, Green and White, Blue and White, Brown and White. Until a student has been graded they may only wear a pure white **Praciat**. The reason for using the white mixed with all the colours is to differentiate between senior graded, who use solid colours, and junior graded people. There will be 2 gradings held each year and there will be a minimum time period allowed in between gradings of 6 months until the student has passed their Green and White **Praciat**. There will then be a gap of 1 year in between gradings.

When a junior is old enough (13-16 years old depending on maturity and experience) to join the senior classes they may transfer their grades across: -

- Green and White **Praciat** - Adult Intermediate / Yellow **Praciat**.
- Blue and White **Praciat** - Adult Advanced / Green **Praciat**.
- Brown and White **Praciat** - Adult Assistant Instructor / Blue **Praciat**.

These gradings are designed to be hard work both physically and mentally. This means that taking a grading is not a right but a privilege that is awarded at one of the Senior Instructors discretion, based on the knowledge that the instructor is certain of the students' ability to pass the grading. If it is thought a junior member is not ready to grade through either lack of fitness, knowledge or skill they will not be allowed to make the attempt. It is hoped that this will encourage even greater amounts of effort from the students during lesson time. While this may seem harsh to some people it is vital that each **Praciat** is earned on merit and not cheapened by being given away as an attendance present. Each junior member must know that each time they put on their **Praciat** that they have, without question, earned the right to wear that colour.

This will inevitably leave the occasional disappointed student who will not quite perform well enough on the day but it is hoped that they will learn from this experience and try harder. **Muay Thai** is a fighting art and that means sometimes you will loose. This is only a bad thing if you fail to learn from the experience and do not let it make you a stronger person.

Junior Club Rules

1. Always listen to the instructor.
2. Do not talk in the class.
3. Always maintain eye contact with your training partner.
4. Always be in a stance.
5. Always keep a high guard.
6. Always keep your heels off the floor when in stance.
7. Never have you legs straight.
8. Try to better than you were last week.

Yellow and White Praciat

1. Punching

In a **1 x 2** minute round on the pads, at the examiners request, demonstrate: -

1. Left and right Hooks.
2. Left and right Uppercuts.
3. Left Jabs.
4. Right Crosses.

2. Kicking

In a **1 x 2** 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 **1 x 2** minute round on the pads demonstrate: -

1. Left Jabs.
2. Right Crosses.
3. Left and right Uppercuts.

4. Knees and Clinch

In a **1 x 2** 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 a **1 x 2** minute rounds on the pads demonstrate: -

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

In a **1 x 2** minute rounds holding the pads demonstrate: -

1. Show you can set the pads for at least 2 of the clubs numbered combinations.

Yellow and White Praciat continued

6. Safety

Explain the importance of the following: -

1. Safety equipment used in sparring: - Shin Guards, Box, and Gumshield.
2. Tell the examiner 2 of the club rules.

7. Sparring

In a minimum of **2 x 1** 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 fighter i.e. fighters who are over 70kgs will wear 16oz gloves and those below 70kgs will wear the 14oz gloves.
5. Head guards for are compulsory.

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.

Orange and White Praciat

1. Punching

In 2 x 1 ½ minute rounds on the pads demonstrate: -

1. Left and right Hooks.
2. Left and right Uppercuts.
3. Left Jab.
4. Right Cross.
5. All the above punches must be used in combinations of a minimum of 3 strikes e.g. a Left Jab - Right cross - Left Hook, as well as individually.

2. Kicking

In 2 x 1 ½ minute round on the pads demonstrate: -

1. Push Kicks with both legs.
2. Jumping lead leg push kicks with the lead leg.
3. Low, Body and Head roundhouse kicks with both legs.

3. Elbows

In 2 x 1 ½ minute round on the pads demonstrate: -

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

4. Knees and Clinch

In 2 x 1 ½ 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. Escape from a person restraining you in a "hugging" position.
6. Straight and Round Knees from the clinch position.
7. Elbows to the body.

Orange and White Praciat continued

5. Padwork

In 2 x 1 ½ minute rounds on the pads demonstrate: -

1. Combinations of all the previously listed striking and clinching techniques.

In 2 x 1 ½ 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 a bruise or swelling.
2. Tell the Examiner 4 of the club rules.

7. Sparring

2 x 1 ½ 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 fighter i.e. Fighters who are over 70kgs will wear 16oz gloves and those below 70kgs will wear the 14oz gloves.
5. Head guards are compulsory.

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. Right body roundhouse kick.
2. Left jab.
3. Left push kick.

9. History and traditions of Muay Thai

1. Demonstrate the full "Wai Kru".
2. Explain what "Wai Kru" means.

Green and White Praciat

1. Punching

In **2 x 2** minute rounds on the pads demonstrate your full knowledge of the punches used in Muay Thai.

2. Kicking

In **2 x 2** minute rounds on the pads demonstrate your full knowledge of the kicks used in Muay Thai.

3. Elbows

In **2 x 2** minute rounds 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.

3. Knees and Clinch

In **2 x 2** minutes 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 hacking techniques.
9. Leg jamming techniques.

5. Padwork

In **2 x 2** minute rounds on the pads with different padmen demonstrate: -

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

In **2 x 2** minute rounds, holding the pads for two different people, 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.

Green and White Praciat continued

6. Safety

1. Explain what the procedure is when somebody is injured during training.
2. The examiner will ask you to explain any 3 of the club rules and state why you think they are important.

7. Sparring

1. In **2 x 2** 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.
2. In a **2** minute round 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.

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 Left roundhouse kick.
2. Left Hook.
3. Left push kick (Teep).
4. Right roundhouse to the Head.

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 4 famous Thai Boxers of any nationality

Blue and White 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.

5. Padwork

In **2 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 fighters' defences and set for counter attacks.

Blue and White Praciat continued

6. Safety

1. Explain what the procedure is when somebody is injured during training.
2. The examiner will ask you to explain any 5 of the club rules and state why you think they are important.
3. Explain how to deal with a nosebleed.

7. Sparring

1. In **2 x 3** minute rounds of light sparring with full safety equipment demonstrate: -
All the previously stated techniques listed in these sections including knees and clinch.

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 3 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.

Brown and White 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.

5. Padwork

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

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

In **3 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

1. Hold a current and recognised first aid certificate.

Brown and White 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. The last round will be fought with elbow pads on and under full Thai rules.

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 **2** 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 8 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 once in either: -

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