

BROWN

1. Ram Muay Thai (Ritual Dance)

2. Self Defence

You will show 5 self defence techniques (2 from weapons). They must show controlled aggression and look realistic.

3. Exercise

- Press Ups x 30
- Jump Ups x 30
- Sit Ups x 30
- Squats x 30
- Calf raises x 30

4. Clinch & Knees

- Clinch & knee technique x 3 (both left and right side)

5. Combinations

- Full Thai combination x 4 (all with a clinch technique, 4-8 strikes)

6. Defend & Counter

You will be asked to show defend and counter from 2 techniques from each discipline.

- Box
- Elbow
- Knee
- Kick

7. Shadow Sparring

- 2 x 2 min rounds shadow sparring (using all disciplines)

8. Sparring

4 x 1 minute rounds

- Clinch and knee
- Box and elbow
- Kickboxing
- Full Thai rules

9. Teaching

Teach me how to: Jab / Front Knee / Low Kick (both left and right).

10. Rules

You will tell me 4 rules by number – they must be word perfect to achieve A+.

Try to relax during your exam. Take your time when demonstrating your technique. If you have any questions do not hesitate to ask your Instructor.

I wish you all the best in your exam.

Michael Johnston, Senior Instructor