



มวยไทย

YELLOW PRA-JIAD

MUAY THAY PROMOTION 1

This exam will consist of basic four count combinations. It will evaluate student's speed and accuracy during all stages of the test.

Students must demonstrate strong proficiencies in basic Muay Thai mechanics with each coach who is assessing the promotional exam.

Each round will consist of 2 minutes with a one minute break between each performance round. If a student cannot continue after a break, he or she will fail the exam.

This promotional exam is a testament of a student's hard work and time invested in the craft of Muay Thai. Skill and endurance are equal factors.

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Shadow box (1 round)  
Focus mitts (1 round)

- Jab
- Cross
- Low Jab
- Low Cross
- Lead Hook
- Rear Hook
- Lead Body Hook
- Rear Body Hook
- Lead Uppercut
- Rear Uppercut
- Lead Overhand
- Rear Overhand
- 

Jump rope (2 rounds)

1. Double leg
2. Single Skips

Heavy Bag  
(2 rounds)

- 60 Jab + Cross
- 60 double Jab + Cross

Thai Pad Drill B  
(1 Round)

1. Jab, Cross
2. Jab, Cross, Hook, Cross
3. Bob and Weave on L Hook & Cross, Hook
4. Bob and Weave on R Hook & Hook, Cross
5. L Body Hook & L Uppercut, Cross
6. R Body Hook & R Uppercut, Hook, Cross

Thai Pad Drill A  
(1 Round)

1. Jab, Cross, R Kick, L Kick
2. Jab, Cross, L Kick, R Kick
3. Jab, Cross, R Kick, R Kick
4. Jab, Cross, L Kick, L Kick
5. L Kick, Cross, Hook, R Kick

Stomach

- 3 planks (45 seconds)
- 50 Crunches
- 25 knuckle push ups



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# BLUE PRA-JIAD มวยไทย MUAY THAY PROMOTION 2

This exam will consist of basic four count combinations. It will evaluate student's speed and accuracy during all stages of the test.

Students must demonstrate strong proficiencies in basic Muay Thai mechanics with each coach who is assessing the promotional exam.

Each round will consist of 3 minutes with a one minute break between each performance round. If a student cannot continue after a break, he or she will fail the exam.

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## มวยไทย

Shadow box (1 round)  
Focus mitts (1 round)

- Jab
- Cross
- Low Jab
- Low Cross
- Lead Hook
- Rear Hook
- Lead Body Hook
- Rear Body Hook
- Lead Uppercut
- Rear Uppercut
- Lead Overhand
- Rear Overhand
- Knees (switch)
- Side Knees
- Clinch and Knees

### Jump rope (2 rounds)

Single Skips

Tire Toe Taps

### Heavy Bag Sequenced

20 double Jab + Cross

40 Knees

20 Side Knees

20 Thai Kicks

### Thai Pad Drill B (2 Round)

1. Jab, R Kick, Cross
2. Jab, Cross, Hook, R Kick, Cross
3. Cross, L Hook & Cross , Switch Kick
4. Bob and Weave on R Hook & Cross, L Knee
5. L Body Hook & L Uppercut, Cross, R Knee

### Thai Pad Drill A (2 Round)

1. Jab, Cross, R Kick, L Kick
2. Jab, Cross, L Kick, R Kick
3. Jab, Cross, R Kick, R Kick
4. Jab, Cross, L Kick, L Kick
5. L Kick, Cross, Hook, R Kick

### Stomach

- 3 planks (45 seconds)
- 50 Crunches
- 50 Pinch & Punch Crunches
- 25 knuckle push ups



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# BLUE PRA-JIAD มวยไทย

## MUAY THAY PROMOTION 3

*This exam will consist of basic four count combinations. It will evaluate student's speed and accuracy during all stages of the test.*

*Students must demonstrate strong proficiencies in basic Muay Thai mechanics with each coach who is assessing the promotional exam.*

*Each round will consist of 3 minutes with a one minute break between each performance round. If a student cannot continue after a break, he or she will fail the exam.*

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#### Jump rope (2 rounds)

Single Skips  
Single leg tire bursts  
(1 minute)  
Tire Toe Taps

#### Heavy Bag Sequenced

20 double Jab + Cross

40 Knees

20 Side Knees

20 Thai Kicks

20 Teeps

#### Thai Pad Drill B A (2 Round)

1. Jab, R Kick, Cross, Clinch 2 rear knees cross
2. Jab, Cross, Hook, R Kick, Cross two switch knees
3. Cross, L Hook & Cross, Switch Kick Rear Knee cross
4. Jab Rear Uppercut Lead Hook Clinch Four Knees
5. Teep Cross Clinch Four Knees rear elbow Double Jab

#### Shadow box (1 round) Focus mitts (2 round)

- Lead Body Hook
- Rear Body Hook
- Lead Uppercut
- Rear Uppercut
- Lead Overhand
- Rear Overhand
- Lead Down Elbow
- Rear Down Elbow
- Lead Horizontal Elbow
- Rear Horizontal Elbow
- Lead Diagonal Up Elbow
- Rear Diagonal Up Elbow
- Lead Vertical Elbow
- Rear Vertical Elbow

#### Sparring (2 Round)

Students will Spar with two coaches

#### Stomach

3 planks (45 seconds)  
50 Crunches  
50 Pinch & Punch Crunches  
25 knuckle push ups



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