

MUAY THAI/ KICKBOXING

Level 1: Foundation - Assessment sheet



Name.....

Start Date.....

Do you have the KO insurance?

1- Warm Up

1.1 Demonstrate 5 Pre- Engagement Exercises

2 - Frequency

2.1 You must attend at least three classes per week.

3 - Fitness

3.1 Able to climb up and down the mountain, and also skip for 3 minutes without stopping.

4 - Equipment

4.1 Hand Wraps, Gum Shield, Shin Guards, Gloves, Groin Guard (males)

4.2 KO Kit (-shirt and shorts)

5- Striking

Jab, Cross, Hook , Upper Cut Teep, Low Kick, Body Kick, Knee

6 - Footwork

Forward & backward foot control Lateral left & right movement

Circular motion Pivot

7 - Defences

Parries (punch, teep) Check (low, mid kick) Guard (single, double)

Slip Lay back, step back, march back

8 - Shadow Boxing

8.1 Demonstrates core shape, balance, rhythm and technique throughout.

8.2 Shows clear visualisation, imagining an opponent, executing strikes, defences and footwork.

9 - Partner Drills/Theory

9.1 Theory: explain 'Five C's' - Core Balance, Concentration, Composure, Contact, Control and DTA

9.2 Practical: can efficiently partake in drills demonstrating 5 C's.

10 - Pad Work

10.1 Theory: explain and understand the '3 jobs of the padholder'.and +/C+

10.2 Practical: can hold correctly demonstrating a mixture of strikes, defences, footwork and counters.

11 - Technical Sparring/Play

Capable of partaking in light technical 'play', thus able to show control, composure and technique throughout (LACK OF CONTROL = FAILURE).