



MUAY THAI KICKBOXING MUAY LAO JANG WA

LEVEL 1 - WHITE

DEFENSIVE TECHNIQUES

Basic Blocking Set (Straight Punches)

Stalking

Shin Block (For Leg Kicks)

OFFENSIVE TECHNIQUES

Jab (Nung)

Cross (Song)

Push Kick / Front Kick (Teep)

Basic Leg Kick (Tae Kah)

Basic Stomach Kick (Tae Tong)

COMBINATIONS

1. Jab, Cross

2. Jab, Rear Leg Kick

3. Lead Leg Push Kick, Rear Leg Kick

4. Lead Leg Shin Block, Rear Stomach Kick

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor And Must Be Able To Do Three Rounds of Pad Work (Two Minute Rounds)

Required Equipment-Muay Thai Shorts, Shin/Instep Pads, Gloves, Groin Cup (males)



MUAY THAI KICKBOXING

MUAY LAO JANG WA

LEVEL 1 - WHITE

Knowledge

Page 2 of 2

Stances

Attention

"Wai" (Greeting)- it's somewhat like the equivalent of a Thai handshake/greeting.

Defensive Stance

When we do the "Wai" before class and after class it's merely a showing of respect and courtesy. This is usually done facing the flag of Thailand, because that's where Muay Thai (which means "Thai fighting") originated. It is nothing more than a respectful recognition.

Knowledge

School Name- Plus One Defense Systems

Type of Kickboxing- Muay Lao Jang Wa ("Rhythm Fighting" style of Muay Thai)

Accrediting Authority- Muay Lao Jang Wa Association and the United Martial Arts Alliance

Association Heads- Ajarn Nelson (MLJWA) and Professor Robert Austin (UMAA)

**Muay Thai, like American Boxing, does not have a belt system. (i.e. Nobody is a "black belt" in boxing.) Different associations and academies provide recognition for advancement in different ways. As authorized via the MLJWA, students at Plus One earn advancement through "leveling up."*

Testing for the different levels is offered quarterly throughout the year. If a student passes to the next level, he or she will receive a certificate acknowledging their accomplishment. From an instructor's perspective, it is important to be able to ascertain what level a student has obtained. As such, students receive a sash with an appropriate color to designate which level of training they have reached.

These sashes are to be worn only during an exam, and not during regular classes. Exams are optional, and students are free to train without taking them. Check with your instructor to see when the next exam is scheduled. They occur quarterly, on a Saturday, and the cost to participate is \$20.

Required Terminology

Instructor-"Kru" (Not all trainers are at the Kru level, but "Kru" means "Teacher" in Thai.)

Count To Ten in Thai- Nung, Song, Sam, Si, Haa, Hok, Jet, Bpat, Gow, Sip

Sa Wah Dee Kup- "Hello" or "Goodbye"



MUAY THAI KICKBOXING

MUAY LAO JANG WA

LEVEL 2 - YELLOW

DEFENSIVE TECHNIQUES

Basic Blocking Set For Outside Techniques
Shelling & Covering Out
Bobbing/Weaving
Universal Block

OFFENSIVE TECHNIQUES

Hook Punch (Sam)
Uppercut Punch (Si)
Inside Leg Kick
Horizontal Elbow Strike (Sok)
Side Teep (Front and Rear)
Switch Round Kick

COMBINATIONS

1. Jab, Lead Hook, Step through Round Kick
2. Switch Round Kick, Cross
3. Jab, Cross, Lead Uppercut
4. Front Teep, Rear Leg Round Kick/Side Kick, Cross
5. Side Teep, Rear Leg Teep, Jab, Lead Hook Punch

KICKBOXING

As Requested, Student Must Be Able To Complete One Round Of Light Sparring and Demonstrate Pad Work for Three Rounds (Two Minute Rounds).

Required Equipment: Mouthpiece, Headgear

Required Terminology

Sa Bai Dee Mai Kup- "How Are You?" Dee-"Good" Kup Hoon Kup-" Thank You" Ma Pa Lei- "You're Welcome"



MUAY THAI KICKBOXING

MUAY LAO JANG WA

LEVEL 3 - ORANGE

DEFENSIVE TECHNIQUES

Defensive Work From the Four Basic Angles

Head Motion

Blocking Set for Inside Techniques

OFFENSIVE TECHNIQUES

Outside Crescent Kick (Front and Rear)

Inside Crescent Kick (Front and Rear)

Switch Round Kick

Ball-of-the-Foot Round Kick (Front and Rear)

Backfist

Referencing with Punches in a Sparring Environment

COMBINATIONS

6. Jab, Cross, Switch Round Kick

7. Step Through Side Teep, Backfist, Cross

8. Lead Teep, Jab, Lead Crescent Kick, Rear Side Teep

9. Lead Uppercut, Cross, Lead Hook, Rear Uppercut

10. Lead Side Teep, Lead Crescent Kick, Rear Side Teep,
Rear Outside Crescent

KICKBOXING

As Requested, Student Must Be Able To Do Five Rounds of Pad Work, And Complete One Light-Continuous Round of Sparring.

Required Equipment: Advanced Shin Pads and Approved 14 or 16 oz Gloves

Required Terminology- Teep- "Foot Jab" Toi- "Punch" Sok- "Elbow"
Kau- "Knee" Tae- "Kick" Sai- "Left" Gwa- "Right"



MUAY THAI KICKBOXING

MUAY LAO JANG WA

LEVEL 4 - GREEN

DEFENSIVE TECHNIQUES

- Defensive Work From All Eight Basic Angles
- Proper Use of Zoning/Working The Zone
- Basic Blocking Set For The Body
- Proper Use Of Slipping & Passing
- Proper Use Of Weaving
- Two Defenses to a Caught Thai Kick

OFFENSIVE TECHNIQUES

- Double Kicks (Changing Level from Low to High)
- Skip Round Kick
- Elbow Strikes- 3 Basic (Downward/Upward/Horizontal)
- Spin Side Teep
- Knees (Rounded/ Straight/ Skip Step)

COMBINATIONS

1. Front Leg Kick (Lo-Hi), Rear Leg Kick (Lo-Hi), Cross, Backfist
2. Lead Side Teep (Lo-Hi), Rear Leg Teep,
Double Jab, Cross, Lead Hook Punch (Lo-Hi)
3. Jab, Cross, Rear Leg Round Kick (Lo-Hi), Lead Side Teep
Spin Side Teep

KICKBOXING

As Requested, Student Must Do Five Rounds of Pad Work, Two Rounds of Light Sparring

Terminology

Yok Ti- "Round" Mot- "End," Dtoa- Foot, Fahn!- Cutting, Tang!- Stabbing, Mahk- Very



MUAY THAI KICKBOXING

MUAY LAO JANG WA

LEVEL 5- BLUE

DEFENSIVE TECHNIQUES

Leg Check w/ Twist Kick
Shoulder Check
Hip Check

OFFENSIVE TECHNIQUES

Spin Crescent Kick
Step-Together Side Teep
Step-Together Front Teep
Step-Together Round Kick
Axe Kick (Front and Rear)
Hook Kick (Front and Rear)

COMBINATIONS

1. Nung, Song, Sam Si, Sam, Spin Side Teep, Rear Teep
2. Lead Hook Kick, Spin Crescent Kick, Rear Leg Round Kick, Spin Crescent
3. Switch Round Kick, Jab, Cros, Rear Leg Twist Kick
4. Step-Together Front Kick, Cross, Lead Uppercut, Rear Teep

KICKBOXING

As Requested, Student Must Do Five Rounds of Pad Work, Four Rounds of Light Sparring

Required Terminology:

Hua- "Head" Tong- "Stomach" Kah- "Leg" Gunko- "In The Neck"



MUAY THAI KICKBOXING

MUAY LAO JANG WA

LEVEL 6 - PURPLE

DEFENSIVE TECHNIQUES

Re-Direction Of Opponent

Use Of Opposing Motion in Blocking & Striking

Use Of Linear Motion Through Evasion

Break Falls/Rolls (Rear, Side, and Forward)

OFFENSIVE TECHNIQUES

Spinning Hook Kick

Spinning Axe Kick

Leg Sweep Takedown from Caught Round Kick

Jump Front Kick (Lead and Rear with Leg Pump)

Jump Side Kick (Standing and Running)

Basic Offense Work from the Clinch

COMBINATIONS

1. Lead Leg Hook Kick, Rear Round Kick, Spinning Hook

2. Jab, Cross, Lead Hook Punch, Rear Uppercut Punch,
Rear Hand Hook Punch, Lead Uppercut, Lead Hook

3. Lead Jump Front Kick, Rear Inside Leg Kick,
Horizontal Elbow, Backfist

4. Shoulder Check, Inside Leg Kick, Front Kick, Spin Side

KICKBOXING

As Requested, Student Do Six Rounds of Pad Work, Five Rounds of Light Sparring



MUAY THAI KICKBOXING

MUAY LAO JANG WA

LEVEL 7 - BROWN

ASSISTANT INSTRUCTION

Minimum Of 25 Logged Hours Assisting With Pads

TECHNIQUES

Butterfly Kick (Optional)

Tornado Kick (Optional)

Flying Knee Strike

Jump Rear Front Kick (Straight- No Leg Pump)

COMBINATIONS

1. *Butterfly Kick*, Spin Crescent, Cross, Jab,
Lead Hook, Rear Uppercut
2. *Tornado Kick*, Spin Side Kick, Rear Twist Kick, Switch
Stance Step-Together Side Kick
3. Double Jab, Cross, Lead Double Hook (Lo-Hi), Rear
Uppercut, Flying Knee
4. Switch, Step Through Punch, Lead Leg Front Kick
Jab, Switch Round Kick, Spin Crescent Kick

KICKBOXING

As Requested, Student Do Seven Rounds of Pad Work, Five Rounds of Light Sparring



MUAY THAI KICKBOXING MUAY LAO JANG WA LEVEL 8- BROWN & RED

ASSISTANT INSTRUCTION

Student Is To Hold Pads for an Instructor for One Round

TECHNIQUES- OPEN HAND (NO GLOVES)

Sticky Hands Drill

Arm Bar Takedown from a Punch

Basic Escape from the Clinch

Created Defense Against A Left (& Right) Straight Punch

Created Defense Against A Left (& Right) Hook Punch

Created Defense Against A Two-Handed Push

Created Defense Against A Straight Kick

Created Defense Against A Front Choke

Created Defense Against A Rear Choke

Created Defense Against A Bear Hug

Created Defense Against A Front Push Kick

Created Defense Against A Round Kick

Created Defense Against A Straight Shoulder Grab

Created Defense Against A Cross Shoulder Grab

Created Defense Against A Side Shoulder Grab

KICKBOXING

As Requested, Student Do Eight Rounds of Pad Work, Six Rounds of Light Sparring

Required Terminology: Reo Reo- Quickly, Chaah Chaah- Slowly, Yut!- Stop



MUAY THAI KICKBOXING MUAY LAO JANG WA LEVEL 9 - RED

ASSISTANT INSTRUCTION

Student Is To Hold Pads for an Instructor for Two Rounds

TECHNIQUES

Advanced Clinched Escapes / Swimming from Clinch

Swimming Punches

Be Able To Wrap Somebody Else's Hands

COMBINATIONS

1. Lead Leg Front Teep, Jump Rear Front Teep, Step
Through Side Teep, Front Teep (Lo-Hi)

2. Personal Choice-Hand Techniques (Created By Student)

2. Personal Choice- Leg Techniques (Created By Student)

KICKBOXING

As Requested, Student Do Nine Rounds of Pad Work, Seven Rounds of Light Sparring



MUAY THAI KICKBOXING

MUAY LAO JANG WA

LEVEL 10 - BLACK

ASSISTANT INSTRUCTION

Student is to Hold Pads for an Instructor for Three Rounds

TECHNIQUES

Linear Footwork (push/step/drag, step together, step/drag)

Angular Footwork (Triangle Footwork)

All Twelve of the Muay Jang Wa Style Elbows

(Horizontal, Vertical, Downward Diagonal, Upward Diagonal,

Downward Vertical, Short, Stabbing, Downward Flying,

Flying Horizontal, Spinning Elbow, Back Stabbing, Reverse Spinning)

Demonstrate & Be Able to Teach Stretching / Warm-Up

Demonstrate & Be Able to Run the Technique Portion of Class

COMBINATIONS

1. Create Your Own Using Triangle Footwork

2. Create Your Own Using The Twelve Elbows

KICKBOXING

As Requested, Student Do 10 Rounds of Pad Work, Seven Rounds of Light Sparring

- Student Must Turn In Paper On The Topic Of Ethics As Related To The Martial Artist, With A Section On The Meaning And Purpose Of Being a Level 10 in Muay Thai / Muay Jang Wa Style Kickboxing.