

LEVEL ONE: WHITE

FOOTWORK

Drag step four directions
Circle pad both directions

STRIKING

PAD DRILLS:

1. Jab
2. Double jab
3. Jab cross and hook
4. Cross hook/ slap-cross
5. Jab-cross-hook-rear round kick

KICK PAD:

Five front kicks and five round kicks each leg

DEFENCE

BOX:

Box against four blows: jab, cross. Lead and rear hooks

BOX-OVER HOOK:

Over hook, round kick and punch to swing (throw kick to the right and round kick)
Vs round kick

SPLIT :

Split single to body both sides

INTEGRATION:

Lead pendulum round kick to groin and hand trap; lop sau to ABC (Attack by combination)
(three punches)

Single pak sau to ABC (three punches.)

SPARRING:

Lead hand only to top of head. Showing range and measure

LEVEL TWO: LIGHT GREY

FOOTWORK

Curve left and right around pad

Slide and step with or without front kick and punches

STRIKING

PAD DRILLS:

Numbers. Plus single pak and single lop to ABC (Attack by combination)

Add challenge: 1. Slow round kick to initiate curve left and right. 2. Bob and weave (single and double)

KICK PAD:

Five front and five round kicks on the kick pad

Front kick round kick (from rear and lead)

One step side kick

DEFENCE

BOX:

Box static

Four directions

Random

Parry-shoulder roll-cross hook round kick

SPLIT

Split single to body both sides

Split double both sides (left hook finish)

KICKS

Vs lead front kick: Scoop outside reply with rear roundkick to leg, body or head

INTEGRATION:

Slip to leg pick up and inside reap or double leg tackle

SPARRING:

Isolation sparring. Jab and lead leg. Jab cross and hook

LEVEL THREE: DARK GREY

FOOTWORK

Shadow boxing four directions, including pivot, using drag step and slide and step

STRIKING

PAD DRILLS:

Numbers. 1-5 previous challenges.

Four count drills:

1. Jab, cross, hook, rear round kick
2. Jab, cross, low lead round kick, rear round kick
3. Lead kick, cross, hook ,rear kick
4. Rear round kick, lead round kick, cross, hook

KICK PAD:

Front kick round kick both sides.

Round kick to side kick

DEFENCE

BOX:

Four directions

Free manipulation

Vs jab and straight right: Parry and return combo
Shoulder roll and return combo

Vs jab and left hook: Box-to slap combo
Box to fold and slap combo

SPLIT:

Inside triple, outside triple

KICK DEFENCE: Front kick

1. Elbow deflection either arm.Return strikes.
2. Lead arm sweep or scoop

Round kick:

1. Cover and rear overhook then scoop
2. Overhook and swing to roundkick

INTEGRATION:

Slip and body tackle, mount and strike, throat pin, get up

SPARRING: Isolation sparring. Jab and lead leg. Jab cross and hook only

LEVEL FOUR: YELLOW

FOOTWORK

Triangle footwork: Either side with a rear punch and a lead punch
Clinch rotation pivot

STRIKING

PAD DRILLS:

Numbers plus bob and weave

Challenge: Toreador pivot against tackle

Jab three (angled) or Thai hook to rear round kick

Jab four (step through) and round kick

Trapping: Pak sau to ABC. Single pak sau to body fold, ground and pound

Kick shield: Any previous, Double round kick. Round kick to side kick, Lead round kick to spinning back kick

DEFENCE

BOX:

Challenged numbers randomly. Single or double

Vs jab and cross:

Parry parry, punch, elbow pivot break and knee

Parry, half beat hit to ABC. Wrist lock or under hook and finish

Vs lead hook:

Over hook wrench and ABC

Fold and spike to biceps or chest and ABC

SLIP: Inside and outside triple and triple flow

FLOW DRILLS:

1. Vs round kick: Leg shield flow, lead and rear knee

2. Body hook, head hook drill

CLINCH

1. **50/50** to over hook, swing wrench and guillotine

2. **Wrist pummeling.** Show three changes

INTEGRATION: Slip with body tackle attempt. Counter with knee and guillotine.
Both side

SPARRING: Hands only. Hands and legs

LEVEL FIVE: DARK YELLOW

FOOTWORK

L step: walk circle or traverse and reapply punching

STRIKING

PAD DRILLS:

1. High round kick. Snap on lead. Swing on rear
2. Low to high round kick
3. Numbers with any previous challenge plus Zombie over hook pivot two punches and high round kick
4. Corner turning: Head turn 1 behind head and 2 bar in front of head

THAI PADS: Front kick challenge

1. Double round kick
 2. Rear front kick, lead low round kick, cross, hook ,round kick
 3. Foot jab, lead low round kick, cross, hook, round kick
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KICK FOR KICK: Round kick only

DEFENCE

BOX:

1. Vs Jab: slip and hip drag to finish
2. Vs lead hook: arm drag and hockey punch
3. Vs Rear cross: parry parry, punch, underhook, pivot knee
4. Vs Rear hook: overhook, swing and guillotine

KICK DEFENCE:

1. Vs Front kick: Elbow deflection, crossover parry scoop
 2. Vs Round kick: Under hook and throw with inside reap (in direction of kick)
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CLINCH

50 / 50 and free pummelling using biceps and wrist and head

Body lock takedown from 50/50. Ground and pound.

Body lock counter and recounter to windmill throw (puta)

LOCKS: Simple three

SPARRING: Clinch snooker: Two onto one. Close quarter boxing. Hands and legs.

LEVEL SIX: GREEN

FOOTWORK

1. Lead change punching both sides. Change at front and rear in shadow box.
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PADWORK:

CROSS REPLIES: All to ABC

1. Shoulder roll
2. Outside parry
3. In and out or Jut sau
4. High elbow fold

Numbers plus corner turning 1 and 2

Mask or head grab to repeat cross or punch and descending elbow

THAI PADS: Double round kicks. front and round, round and knee

BOX

Box to under hook, over hook and arm drag without striking.

1. Vs Jab: Lead split single, double or drive by
 3. Vs Hook: Inside slap or over hook to either hockey punch or back-sweep and knee
 4. Vs Jab and cross: Split to straight blast
 5. Vs Jab and cross: In and out, to head grab punch, elbow, side clinch and knee
 6. Vs round kick: Crush, jam, stop kick and evade with cut kick. 5 of each
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CLINCH

Head and arm/hand control to single head throw

HUBUD:

1. Basic flow
2. Palm change and roll change with wrist lock to finish
3. Two on one: both sides

THAI CLINCH: change and three knees

30 SECOND CHALLENGE: Head evasion and footwork

SPARRING: Clinch to takedown. Boxing/kickboxing unmatched leads

LEVEL SEVEN: LIGHT BLUE

FOOTWORK

Foot trap triangle

PADWORK:

1. Hand combos to high round kicks
2. High round kick to spinning hook kick. Both sides
3. Exhausted Four/Five count combinations. Runs or burpees/pushups to exhaust

KICK SHIELD: Foot jab to low round. Jab to low round. Thai hook to low round

KICK FOR KICK: With shield and cut kick

DEFENCE

BOX:

Vs Jab: High split to folding wrench-hammer and arm pit arm bar or take the back

Vs Cross: In and out to head control variations

Vs Hook: Arm drag to single arm choke

Vs rear hook: Over hook to two on one and clinch cycle one

CLINCH

Single head control: Counters three of each

Single trap to clinch attempt/seat belt and rear face bar and choke

Double hand control to straight blast

TRAPPING

1. Counters to pak sau

2. Finger jab to lead groin kick, lop sau, armpit arm bar

HUBUD: Armpit arm bar, both sides. Elbow control series

LOCKS: Five count lock flow series one

SPARRING: 30 second challenge; head evasion. 30 second challenge; Box.

Two on one clinch snooker. 1 minute . Free sparring.

LEVEL EIGHT: DARK BLUE

FOOTWORK

Shadow: All footwork patterns.

STRIKING

PADWORK:

1. Low round kick to high round kick
2. Round kick to spinning hook kick

Hammers: vs cross

1. Fold horizontal hammer to cross, backhand hammer, hook cross hook
 2. Fold to down fig 8 moving forwards and cross hook cross
 3. Fold to horizontal hammer and heaven three, hook cross hook
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DEFENCE

BOX:

Double hand pin to ABC, straight blast or body lock/clinch

SPLIT SERIES 1-5: Split box series lead only. Single, double, alternate, semi clinch, clinch

FOLD Vs right hooks. Fold Box and hammer

CATCH Vs Round kick: Overhook

Inside reap to boston crab

Inside reap to leg wrench

CLINCH

50/50:

1. Umbrella switch and rear bump takedown
2. Body lock counter

Thai clinch knee counters:

1. Cross bar
2. Knee counter
3. Rotation

Body routes 1 (over or under hook-guillotine) and 2 (over hook, two on one, scoop, biceps control, over hook)

HUBUD: Five changes: To three outside arm bars

30 second challenge, box retention, wall pressure testing

SPARRING: Kickboxing

LEVEL NINE: PURPLE

FOOTWORK

Stand up from base

Lead change both sides. Change at front and rear. Add circling behind jab

STRIKING

PADWORK:

FOCUS PADS: Free form with both hands and legs. Jab catch drill

ELBOWS:

1. Left and right horizontal
2. Left and right horizontal with half beat
3. Right diagonal and right drop elbow

HALF GUARD:

1. Kidney slap
2. Elbow flip
3. Bump and uppercut

KICK SHIELD:

Lead round kick to back kick

Rear round kick to side kick

Back kick with set ups: Jab, shoulder roll, round kick retreat

THAI PADS: four minute round. Changes and knee, swing and knee

DEFENCE

BOX: Manipulation in four directions plus double hand pin

Overhook, underhook and arm drag without striking

Cross trip from outside parry, roll or shoulder roll

CLINCH

Overhook and elbow fold change sides drill

Pummelling: (All types) to Japanese double leg or hip throw

Body lock counter re-counter to windmill throw (puta) or quarter nelson or body fold

DOUBLE HAND CONTROL: 1-3 (straight blast, swing and tackle)

50/50 : Pummelling to body lock series

HUBUD: Five changes

TRAPPING: Five simple traps to ABC.

SPARRING: unmatched leads. Tag. Multiple opponent snooker long. Multiple opponent clinch.

LEVEL TEN: BROWN

FOOTWORK

Ground series one (squat sit out, S base, cat) and two (knee drop, S base, sit out, round kick)

Advancing stance change, walk through or kick in shadow boxing

STRIKING

PADWORK:

Jab and horizontal, Mask and lead horizontal-rear diagonal-lead horizontal, Mask and lead horizontal half beat back elbow and drop elbow, Lead vertical to horizontal and diagonal, Jab counter to punch and rear drop elbow

HALF GUARD:

1. Kidney slap
2. Elbow flip
3. Bump and uppercut
4. Take the back and shoulder pull one with cross
5. Shoulder pull two with head control and uppercuts

SPLIT SERIES: 1-5 both sides (single, double, alternate, semi clinch, clinch)

THAI PADS: Four minute challenge

DEFENCE

BOX: Vs Cross All sectors to ABC and manipulation or clinch

SPLIT VS JAB

1. High split to neck lock and takedown
 2. Mid split to body tackle or rear takedown
 3. Low leg split to knee drag and finish
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CLINCH

Double hand control: Show three ways into double hand control finishes

- 50/50:**
1. Head and arm throw either way
 2. Body lock series

TRAPPING: Float series either hand. (pak, hop scotch, split, parry, roll and hammer)

INTEGRATION

Countering and recounting

1. Slip cross and tackle attempt countered by guillotine and stocks
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SPARRING: Kickboxing matched and unmatched leads. Tag. Multiple opponent clinch. Padded stick sparring

LEVEL ELEVEN: DARK BROWN (BROWN 2)

FOOTWORK

Boxing: drag step, slide and step, L step, curve and pivot, triangle, in out of distance sparring

Ground traversing: shuffle and round kick, hook kick

Circle kicking

STRIKING

PADWORK:

Numbers, four five counts, elbows

Sector replies to ABC

Kick pad: Front, round and side kick (five of each)

BOX

In and out to head control series

Double backhand (like shoulder roll) hammer step through

Broken box: any two

Roll and hammer

Roll and bar to left hook

Roll and pick up to wrist lock finish

CLINCH

Show all clinch positions 50/50, collar tie, biceps, wrist to two of the following:

Arm drag and take the back

Back-sweep

Hip throw

Body lock

Giraffe head control to single leg or tackle

HUBUD: Five changes, double hand control, elbow control

Show into lock flow number one

Show five arm bars

TRAPPING: Pak sau, lop sau, gwa choi

Float series two. Rear hand

Wrist pummelling: wrist, knife, double stick

INTEGRATION

Break in break out: Knife parry loops into back hands and Hubud

Two counters to presets

Parry parry: counter on any number

Overhook and back sweep: Counter on back sweep

SPARRING: Close quarter boxing, kickboxing, multiple opponent snooker, wall pressure test