

Entry Level Test

Shadowboxing

Boxing Stance

- Body tilted inward
- Front foot about 10 deg. turned in
- Rear foot 45 deg.
- Heel/Toe alignment (width of stance)
- Knees bent, weight 50/50
- Hands at eye level, elbows in
- Rear hand on jaw, front hand out
- Chin tucked

Step 'n' Slide 4 Directions (hitting position)

- Maintain boxing stance while moving

1/4 Turn

- Pivot on front foot
- Maintain stance

1-6 Punches

- Opposite hand on jaw
- Elbow up on hook
- Dip shoulder for uppercuts

Kick Stance (Muay Thai)

- Front foot faces straight ahead
- Rear foot 45 deg.
- "Rocking" rhythm
- Hands at eye level
- 60/40 weight (on back foot)
- Tummy tucked

1-3 Elbows

- Opposite hand on jaw, elbow protect body
- Drive hips & shoulder into Rear Elbow
- Don't pivot on L #1 Elbow

Straight Knees

- Lift up Body
- Hips drive forward
- Hands stay up and in front

Break Fall

- Roll on back
- Keep chin tucked
- Slap palms on mat

Technical Rise

- Proper guard position
- Front hand up
- Push back on rise

Double Stick

Abecedario 4 Count

- Proper grip
- Slash downward diagonal
- Proper range (long)

Kob-Kob 4 Count

- Turn hip&shoulder into strike
- Proper targets
- Proper grip

Focus Mitts

Punches 1-6

- Holding punches in the center line
- Bend elbows a little
- Keep pads closed till signal hits
- Circle a little in between strikes

Kicks - Jik Tek, Now Tek, Juk Tek (R & L)

- Proper hold for kick angles
- Top of foot on Jik Tek & Now Tek
- Hit with heel on Juk Tek

Tight Cover - Return C-H-C or H-C-H

- Good feed of wide punch
- Hit with inside of mitt
- Arm tight to head
- 90 deg angle for punches

Thai Pads

Knees

- Stack top pad on top of bottom
- Knee goes straight into pads

Kicks to Body

- 45 deg turn of pads
- Kick middle of shin across center of pads

Elbows 1-3

- Hold pads far from face
- Hold in the centerline
- Tip of elbow strikes center of pads