

Entry Level Test Format

Kickboxing Form

1. Boxing Stance
2. 4 Direction Step & Slide
3. 1/4 turn
4. Punches 1-6
5. Kicks 1-6
6. Break Fall & Technical Rise
7. Muay Thai Kick Stance

Stick Work with Partner

1. Abecedario 4 Count
2. Abecedario 6 Count
3. Kob-Kob 6 Count

Focus Mitts

1-6 Basic Punches

1. Jab
2. Cross
3. L & R Hook
4. L & R Uppercut

1-6 Basic Kicks

1. L & R Jik Tek
2. L & R Now Tek
3. L & R Juk Tek

Tight Cover Drill

1. Tight Cover R&L Hook & Return 3 punches

Thai Pads

1. Right & Left Kicks
2. Right & Left Knees
3. Left Horizontal Elbow
4. Right Down Elbow
5. Kickboxing Requirements

Details

Boxing Stance

- Feet Shoulder width
- Knees bent, weight 50/50
- Heel to toe alignment
- Front foot-10°, rear foot 45°
- Rear heel off the ground
- Rear hand on jaw, Front hand out
- Elbows in, Chin Down

Kick Stance (Muay Thai)

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

Punching

- Shoulder protect jaw
- Opposite hand on jaw when punching
- Rotate foot, knee, hip, and shoulder into R cross
- Pivot front foot on L hook
- Chin down when punching

Focus Mitts

- Hold punches close to center line
- Keep opposite hand up when punching
- Kick with proper part of foot

Tight Cover

- eyes forward
- chin down
- elbow points forward

Double Stick Requirements

- Use "cutting motion"
- Hit with end of sticks (proper range)
- Target the body
- Turn body into Kob-Kob

Policy

- Wear your school t-shirt
- Arrive on time and ready to test at scheduled time.
- Only execute techniques when instructor asks
- If you fail a section, instructor will reschedule specific sections that need to be demonstrated