

# Kickboxing Manual

(Beginners-Intermediates)



## White singlet –Green Singlet

All Stars Head Office  
236-262 East Boundary Road  
Bentleigh East, Victoria 3165

Phone : (613) 9579 0800  
Email: [info@allstars.net.au](mailto:info@allstars.net.au)  
Web: [www.allstars.net.au](http://www.allstars.net.au)  
Updated 1/04/2007

## **Disclaimer/Waiver**

The writer has no control over the use of these manuals by other persons, parties and institutions and will not accept liability and denies any liability to any person, party or institution using, relying or in any manner whatsoever dealing with these manuals or any part thereof.

### **WARNING.**

These manuals cannot be used in the absence of direct face to face instruction with an experienced and qualified trainer.

***PART 1 BEGINNERS-INTERMEDIATES***

**White to Blue Singlet**– Emptying the Cup

**Blue to Green Singlet** - Opponent awareness

***PART 2 INTERMEDIATES-ADVANCED***

**Green to Brown Singlet** - Inner awareness

**Brown to Black Singlet** -The gathering of knowledge

***PART 3 ADVANCED***

**The Dan Levels** - Development of the Doctrine

***PART 4 TEACHERS***

**The Teachers Training** - The sharing of knowledge

# *PART 1*

## *White to Blue Singlet* **“Emptying the Cup”**

### **INTRODUCTION**

*"Beginners start at white singlet indicating purity in the martial arts sense. i.e. one of no knowledge. As a white belt you spend most of your time learning individual techniques and the "rules of thumb" as to how the system works".*

## *Blue to Green Singlet* **“Opponent Awareness”**

### **INTRODUCTION**

*“This is green singlet and is an incentive colour. There is little new material at this level with the bulk of your time being spent “threading techniques together”. Partner sparring begins here”*

# Part 1

## CONTENTS

<b>Disclaimer/Waiver .....</b>	<b>2</b>
<b>About the Founder.....</b>	<b>8</b>
<b>Introduction .....</b>	<b>9</b>
<b>Statement of Purpose.....</b>	<b>10</b>
Our Aim.....	10
Scope .....	10
Methodology.....	10
Our Method.....	10
<b>Origins of Kickboxing.....</b>	<b>11</b>
Muay Thai History .....	11
Military and Ancient Thai Fighting Systems.....	13
Muay Thai Training .....	13
Hard and soft in Muay Thai Techniques.....	13
Secret rites .....	14
Teacher's Day.....	14
Wai Kru (Simple Version).....	15
Kickboxing History.....	15
<b>Stable Etiquette.....</b>	<b>16</b>
Basic rules of etiquette .....	16
Supplementary Rules.....	16
<b>Code of Conduct .....</b>	<b>17</b>
Objectives .....	17
Participant Understanding .....	17
Instructor Qualifications.....	17
Safety.....	18
Training Area Etiquette .....	18
Uniforms & Training Gear .....	18
Sparring requirements .....	19
Sickness or Injury.....	19
Other Health Issues .....	19
Training Area Ethics .....	19
Grading Conditions .....	20
Training Session Restrictions .....	20
<b>Obligations of the Student and Parents .....</b>	<b>21</b>
Parents responsibilities .....	21
Your responsibility as a Kickboxing Student .....	21

<b>Principles of Exercises &amp; Stretching</b> .....	<b>24</b>
Exercise Sets .....	24
Principles Covered During your Training .....	25
<b>Uniform</b> .....	<b>27</b>
All Stars Crest or Badge .....	28
<b>Singlet System</b> .....	<b>29</b>
Colour of singlets and their meanings .....	29
White singlet .....	29
Blue singlet .....	29
Green singlet .....	29
<b>Stable Procedures</b> .....	<b>30</b>
Stable Duties .....	30
Before Practice .....	30
Bow .....	30
Bowing Procedure .....	30
<b>Warm up</b> .....	<b>31</b>
<b>Breathing</b> .....	<b>32</b>
<b>Kamae (fighting ready stance)</b> .....	<b>33</b>
<b>Drills</b> .....	<b>34</b>
Tools of drills .....	34
Training methods .....	34
Defensive themes .....	34
Categories of fighting .....	34
<b>Sparring Drill List</b> .....	<b>35</b>
Blue singlet to green singlet .....	35
<b>Legal Implications</b> .....	<b>36</b>
<b>Grading System</b> .....	<b>37</b>
<b>Grading Requirements Kickboxing</b> .....	<b>38</b>
White - 1 Blue stripe .....	38
Blue singlet .....	39
Blue – 1 Green stripe .....	40
Green singlet .....	41

<b>Grading Requirements Muay Thai Kickboxing .....</b>	<b>43</b>
White - 1 Blue stripe .....	44
Blue singlet .....	45
Blue – 1 Green stripe.....	46
Green singlet.....	47
<b>Terminology .....</b>	<b>49</b>
Muay Thai Terminology.....	50
<b>Extra Training .....</b>	<b>54</b>
<b>Fee Structure.....</b>	<b>55</b>

## About the Founder

Rod Catterall was born in October of the year of the snake. Rod's family have all been involved in some form of teaching or training, starting with his father's cousin who was a special tactics instructor during World War 2 to an elite secret commando unit unknown to Australians until after the war called Z-Force. Rod met two members of that unit and they started teaching him all they knew about hand to hand combat and the martial arts. (the skills that kept them alive during those war years)

These two men fought in the early years in underground death matches to determine who was the best in the world. They both were world champions and are still alive today to talk about it. They are brothers. They are also pioneers in their own right, studying many different forms of martial arts, for example Savat, La Savat, Judo, Kodakan, Karate, Jujitsu, Sumo, Shou Shu and Chinese boxing. Rod's father, too, did his time in the military for some years stationed in Australia, much of which is unknown. His grandfather served in the great war, World War 1 and was a decorated hero. Rod's grandfather was a boxer who fought in the old circus or carnival days when they went from town to town and took on or comers in bare knuckles fighting.

Rod began his martial arts training in 1972 in a school of Judo, then a couple of years later in 1979, decided to take up a style of *karate do* called Zen Do Kai, under *Sensei* George Zakaria, under the wildcat family headed by Shihan Raff Lanciana, in conjunction with Kyoshi Bob Jones. *Sensei* Rod Catterall later founded All Stars Self Defence Centre in 1991. A prominent tutor and lecturer of self defence in Victoria, in his school years Rod excelled in sport, *karate do*, judo, boxing, weapons and taught karate in his spare time. During his early years of training he competed in various karate tournaments and became State Champion in weapons, combat and *kumite* or fighting. He also competed in various full contact kickboxing bouts and later retired undefeated after starting full time work. He continually studies and researches his chosen art form, recently being awarded, in December 2001 his full 4<sup>th</sup> dan in Zen Do Kai. He has appeared on national television, featured in films both here and overseas. He has been featured in radio interviews, published in numerous newspapers and magazines.

In later years he spent time working with the Department of Sport and Recreation and the Martial Arts Control Board. Developing guidelines for licencing of instructors, training of coaches at an Olympic level, and implementing effective strategies for teaching women self defence. He is also a lecturer for ACU (Australian Catholic University) and instructor to the PDT (Police Defensive Tactics Instructor Unit).

In recent times he has been researching and designing corporate training and personal development programs, for example, corporate games, motivation, conflict resolution, stress control, anger management, harassment and bullying etc.

He has had the pleasure of working with such people as Sam Neil, Jackie Chan, Anthony Hopkins, Samo Hung, Marcus Graham, Guy Pearce to name a few.

# Introduction

Welcome to the world of the All Stars Self Defence Centre's. Since being founded over 11 years ago the organisation has grown into one of the largest martial arts schools in Victoria with over 2000 Students.

Our back ground in training is of Thai origins, and western style kickboxing methods, but our methodology and ideology is universal. We incorporate the latest up to date training methods from around the world to give you a comprehensive and practical systems for kickboxing. What this means for you is a system of training that is unrestricted in what we have to offer you, but is also well structured to give you the best results. Pure kickboxing focusing on mutual confrontations.

The challenge in training is from you to yourself. We build strength where there is none. We show you how to use the strength you already have. We build confidence where there is none. We show you how to use the confidence you have. Strength and confidence comes from within.

The first thing you will notice when you begin training is the physical conditioning aspect. Over a short period, regular training will greatly increase your aerobic fitness, lower your heart rate, improve your circulation, strengthen major body muscles and reduce excess weigh, making you feel alive, fit and healthy.

## **Our system is based on teaching the 8 essentials of kickboxing,**

- Loyalty
- Truth
- Benevolence
- Self Control
- Etiquette
- Courage
- Justice
- Honour

As the organisation grew students became instructors, they opened their own school which where known as Families. That brings me to us, we are apart of the All Stars Family with our head trainer being Rod Catterall. Our Club is called the All Stars Stable. All Stars being the name of the club and Stable being the place which we conduct training. All Stars was officially opened in 1991 and has produced over 100 instructors.

I understand that you could have trained at any one of a dozen clubs in the area but chose All Stars. I would like to thank you very much for doing so and hope to live up to expectations.

Yours in service  
Rod Catterall

# Statement of Purpose

## Our Aim

We aim to enhance our system without losing focus of the methods to achieve this. We aim to develop students with strong moral and ethical values as well as strong character. Who are fit, balanced, disciplined individuals. Who can enjoy life, focus, set goals and find there place in society knowing and respecting others.

## Scope

The All Stars are a heath and fitness teaching organization, providers of quality and professional trainers. We have helped personally develop some of Australia's top professional's through our wide range of programs. Our strong client base ranges from some of Victoria's major corporate, educational and sporting institutions, to training the police tactics unit at the academy.

This is but one of the many aspects our company is proud to enjoy in today's market place. Our commitment, reputation and the name of All Stars is everything, as we strive for excellence in delivering a level of service and training others would only dream of.

## Methodology

Our methodology is one of teaching the physical aspects of the student and developing the mind through strict discipline, which the student needs, and together they build a strong moral philosophy, which is essential to the overall development of the students spirit.

## Our Method

- Physical development
- Development of intellect
- Awareness of inner self
- Development of self discipline
- Expression of self
- Development of a data base through drills
- Frontline leadership
- Development through reflection
- Progressive loading principals of combinations
- Understanding training methods and defensive themes
- Fighting without fighting
- Physical conditioning
- Defence against a single opponent
- Applying fight strategies
- Peaking physically

# Origins of Kickboxing

## Muay Thai History

No one knows precisely when or how Muay Thai developed, as records go back only 700 years (while estimates of its age go back 2,000, originating in what is now China). Muay Thai started way back in the medieval ages when wars were fought with bows and arrows, swords, and pikes. And in hand-to-hand combat arms, legs, knees, and elbows were also used as weapons.

But it is clear that it is the sport of kings, used, according to the Chiang Mai annals, in 1411, when King Sen Muajng Ma died and his two sons literally fought to "the first blood" for the throne. This sport which was included in military training was made famous by King Nareusan 1560 A.D. During one of the many battles between Burma and Siam he was captured. The Burmese knew of his prowess as the best unarmed fighter in the realm and gave him a chance to fight with their best for his freedom. Upon his return to Siam he was hailed as a hero and Siamese-style boxing, as it was called then, was soon recognized as a national sport. Boxing in this style reached its zenith of popularity about two hundred years ago, i.e., in the reign of Prachao Sua (King Tiger), when it was indulged in by all classes of the population.

Most remarkable of these was Phra Buddha Chao Sua, known as the "Tiger King". The historical chronicles of the Ayudhya period, which was a period of consecutive fighting against the neighboring countries of Burma, Cambodia and Vietnam, history records state that King Sri San Petch or Khun Luang Sorasak known as Phra Chao Sua (The Tiger King) often boxed incognito in various up-country temple fairs. He is said to have been a skilled boxer, and enjoyed the sport so much that he often disguised himself thus in order to test his skill against villagers and thus became quite a legend in his own time. When Ayudhya fell in 1767 A.D. many Thais became prisoners of war. In 1774 the King of Burma held a festival to celebrate the Chedi containing the Buddha's relics in Rangoon, with various forms of entertainment and festivities. This included a boxing display for the King by a Boxer named "Nai Khanom Tom" a prisoner of war from Ayudhya. Pit against Burmese boxers, Nai Khanom Tom defeated 10 Burmese opponents in a row, and also became quite a legend.

During the reign of King Tak Sin the Great, the King had a close aid-de-amp named "Phraya Pihai Dab Hak" who had studied the art of Muay Thai with many famous teachers and displayed his talent for the King. As a result, he was chosen to become a soldier, and was later promoted to the position of Chao Muang (governor) with his name recorded in history.

In the Ratanakosin Period, Muay Thai was still a national art form, with competitions in annual national festivities. Time-keeping was done by floating a pierced coconut shell. When the coconut sank, a drum would be beaten to signal the end of a round.

In 1788, during the reign of King Rama I, two french brothers arrived in Thailand by boat, having defeated many boxers across the Indo-China Penninsula. King Rama I consulted the Crown Prince, his brother, who offered to find boxers to fight against the Frenchmen. Phraya Phra Klang would accept the challenge, settling the bet at 50 chang (4,000 bhat). The Crown Prince chose a boxer named Muen Plan of the Royal Guards. The match was held in the grounds

of the Grand Palace. Muen Plan wore full battle regalia--bare-chested, seeped in magic charms, cabalistic writing and oils to ensure invulnerability. When the fight began, the large French fighter tried to attack, aiming for the neck and collar-bone. Muen Plan defended himself with Muay Thai. The other Frenchman, seeing his brother making no progress became frustrated, and pushed Muen Plan's back to stop him from backing away. Members of the Royal Guards saw this break of boxing etiquette and proceeded to help Muen Plan tackle the two Frenchmen until they had to be carried back to the boat. They set sail the next day, with no thought of ever challenging a Thai Boxer again.

During the reign of King Rama V, Muay Thai matches were Royal Command fights and winners were granted military titles by the King. The Royal connection continues to this day. Muay Thai has changed. A hundred years ago, there were no timekeepers, no rounds (and thus no rest periods), no clearly defined divisions by weight, and boxers bound their lower arms and fists with cotton thread woven into a chain-like configuration, then dipped them in glue and finely-ground glass or grit.

During the reign of King Rama VI, Thai boxing matches became more widespread. Matches that used to be held in make-shift rings in any available courtyard became a standard raised ring surrounded by ropes. The first ring was built in 1921 at Suan Kularp field. Although standard rings were available, boxers still bound their hands with rope. Foreign boxers came to take on Thai boxers. An important free-style match took place between Young Harntalay and Chin Chang from China which attracted a huge crowd of spectators. The result was that Young Harntalay floored Ching Chang with a beautiful kick. In this period, they also had referees in the ring, and kept time by the clock. These innovations were probably adopted from abroad.

Rope binding was needed until 1929 when boxing gloves took its place greatly reducing the death and serious injury rates. Earlier at the Lumpini Park Ring, a Filipino boxer gave an international style boxing exhibition with boxing gloves. Later, gloves were also used in student boxing matches called "Muay Farang", and in professional international boxing between Thai and foreign boxers. This led the organizers of Thai-Style boxing to see that gloves are less dangerous than rope-binding, and decided that gloves should be adopted in Muay Thai, but fighting with elbows, knees, feet and fists would still be allowed.

During the reign of King Rama VII, in the revolutionary period, permanent boxing stadiums were established both in Bangkok and in the provinces. They gradually disappeared in 1942 during World War II. After the war, boxing stadiums sprang up like mushrooms overnight. Skilled boxers from up-country flocked to Bangkok to take part in tournaments. Finally the first standard boxing stadium was established--the Rajdamnern Stadium, in 1945. Rules were set, and later on regular bouts were set at 5 rounds of 3 minutes each, with a two-minute interval between rounds. The weight was taken down in stones like race-horses, and later converted into kilograms.

Muay Thai is an ancient art of self defense, and it is believed that many of the deadlier forms of this art have been lost over the centuries, as each teacher or "Archarn Muay" has been said to have kept the highest forms to himself to prevent his students from disobedience.

Unlike other martial arts, Muay Thai has musical accompaniment which consists of a drum or "Krong", small brass cymbals called "Ching Chup" and a Thai clarinet commonly called "Pee."

At the beginning of each fight the contenders dance to the rhythm of the music around the ring to pay homage to their respective Archarn or Kru Muay (teacher), usually for five to ten minutes.

### **Military and Ancient Thai Fighting Systems**

Muay Thai, known worldwide as "Thai Kick Boxing," is the Kingdom's national sport and one of the fastest growing martial arts in the world. Traditional muay Thai has a long history in Thailand as a martial art used by the military. The military style of muay Thai is called Lerdrit. Lerdrit (pronounced lerd-lit) is the military style of Muay Thai. Its principle is to get the opponent off balance fast in order to crush him with strikes in order to crush him with strikes from the hardest bone of the body or to knock him out with the hardest bone of the body. While today's "sport muay Thai" slightly varies from the original art and uses kicks and punches in a ring and with gloves similar to those used in boxing. Muay Thai is also known as 'The Science of Eight Limbs' as the hands, feet, elbows and knees are all used extensively in this art.

There exists a Malaysian derivative of Muay Thai known as Tomoi that is practised primarily in northern Malaysia, in the states that share a border with Thailand. The ethnic Malays in southern Thailand also refer to muay Thai as Tomoi.

### **Muay Thai Training**

The Thai's make great use of the shin, using it to strike an opponent's head, body or supporting leg; a common tactic is to destroy an opponent's mobility by kicking his thighs and lower legs, then move in with the knee, elbow and fists to finish the match. The shin is regarded as the Thai fighter's major weapon of attack and destruction. Traditionally, the popular method for hardening the shin was the repeated kicking of the banana tree. Today, this training has transferred to a western style heavy bag filled with either sand or loose cloth or material.

### **Hard and soft in Muay Thai Techniques**

Within kickboxing there are various balances that need to be addressed. They are the hard and soft; hard being the devastating aggressive attacks seen in kickboxing with the shin kicks and elbows and knees combined with grappling. The soft being the checking, deflecting and trapping techniques used to soften the hard attacks.

In addition to this we can analyse the use of these forces in relation to sparring, pad work and shadow sparring being the yin or softer, and what it develops. Shadow sparring develops fluidity, balance, movement and a sense of space, flowing the techniques together. Whereas sparring develops distance, timing and commitment to the technique, reading the reacting to certain responses found only in combat.

Hopefully this adds a deeper meaning to the training associated with Thai boxing and how it too is a martial art that has traditions, an ideology a methodology and philosophy. But to find this we must look deeper than just on the surface, we must look beneath the pages of its existence and dig to find the meaning of things and its purpose. Everything has a purpose and every purpose has a meaning, this much we know is true.

## **Secret rites**

Muay Thai fighters are incredibly superstitious, fighters often place a leaf under their tongue before a fight. This is suppose to protect the fighter from blows and heavy kicks. Another good luck charm is a arm band called kruang rang, usually a piece of braid or cord. Underneath is concealed a miniature figure of the buddha, indicating he fights with them during the bout. Before the fight begins every fighter performs a ritualistic dance to music called a ram muay.

No fighter would ever consider beginning a bout without first performing the ram muay. Every training camp – and there are about 800 plus of these in Thailand – has its own dance or (Ram Muay). All of this is suppose to instill fear into the opponent, while building up the performers confidence. When the dance is finished the fighter walks to his corner bows his head before his Kru – (teacher), who utters a short prayer for victory and then blows three times on the fighter’s forehead. This is known as the ‘breath of Buddha’. Most Thai’s are devout Therevada Buddhists.

The Wai Kru (respects to the teacher) also known as Ram Muay (boxing dance) is an important part of any evening watching Thai Boxing. These are ceremonies that are performed before each Muay Thai bout. Sometimes the Wai Kru are brief and basic, but other times they may be eloquent performances that draw praise and applause from the crowd. It is said that those who see well can determine who will win the fight by watching two fighters perform their Wai Kru.

Teachers are highly respected in Thai society, and many artistic disciplines, not just Muay Thai, perform Wai Kru or "respects to the teacher". Foreigners viewing these rituals should take care to be polite and not act disrespectfully regarding the Wai Kru. The Thais take seriously any insult to the Wai Kru, just as you would if somebody insulted your spiritual beliefs.

## **Teacher's Day**

The Thai Boxing Association of the USA celebrates Teacher's Day every October 16th. On this day students are asked to make a ceremonial gift in thanks to their teacher. A typical Teacher's Day present would include the following:

- 1 candle
- 3 sticks of incense
- Small amount of uncooked rice (~1/2 cup)
- Piece of Fruit
- Dry natural flowers

These items are put in a bowl and presented to the teacher. At the time of presentation the student faces the teacher and assumes a kneeling Wai position. Then the student will bow three times in respect and thanks to the teacher.

## **Wai Kru (Simple Version)**

This is a ceremony performed before a fight to honor one's teacher.

1. The fighter stands in his own corner and prays. The trainer places the Mong Kon (ceremonial head-band) around the fighter's head and prays, finally blowing his spirit into the fighter.
2. The fighter goes to the center of the ring and kneels down facing the direction of his home and places their hands in a Wai (praying) position. The fighter thinks of his religion, father & mother, teacher and someone who has passed away.
3. Bow three times in respect, first for country (chat), religion (sassana) and then for king (ramma) then return to the Wai position.
4. Bend over, opening your hands, and roll your hands down and in a circular motion. "Like an eagle," says Ajarn Chai. As your hands come together extended straight in front of you the index fingers and thumbs come together to form a diamond. Then, while maintaining the diamond hand position, swoop your hands into your stomach. Then extend the same structure out and up over your head to a vertical position as you look through the diamond. Finish the motion by bringing your hands straight down and into a kneeling Wai position.  
Repeat this three times.
5. Rise to a kneeling position by picking up your right leg. Hands move into an overhand guard position reminiscent of Krabi-Krabong
6. Rise to a standing position to perform the Yam Sang Kung (three step dance). Ajarn Chai's version of this dance is heavily influence by the defensive hand and body mechanics of Krabi-Krabong.
7. While performing the Yam Sang Kung make your way to each corner, stopping at each point to pay respects. (Note: Do not stamp your feet in your opponent's corner as this is a signal that you intend to kill your opponent--unless you have an armed escort to make sure you make it out of the stadium alive.)
8. Return finally to your own corner to pay respects last in that corner.

## **Kickboxing History**

Kickboxing started in the US during the 1970's when American karate practitioners became frustrated with strict controls on martial arts competitions that didn't allow full contact kicks and punches. Many questions were raised when the sport began about the high risk of injury. As a result, safety rules were improved and protective clothing was added. As this is a relatively new sport there are no long-term traditions. The sport has undergone changes and been refined during the last two decades. Competitors use sparring, kicks, punches, kick blocks, shadow boxing, and wood breaking that is learned and applied under professional instruction.

# Stable Etiquette

Formalities are observed in almost all phases of kickboxing practice. The rigid training methods are partly due to the military training of the art. There are many benefits to a detailed code of behaviour in a stable (training hall). These customs have been handed down from ancient times and is continued today as part of kickboxing training. Follow these rules of etiquette in all your kickboxing training. Students of kickboxing are encourage to look to the senior students to learn proper behaviour. The senior students are relied upon as role models, and are treated with respect. The trainer, or instructor, needs only to correct the senior student, and all others are expected to take the same criticism to heart.

## Basic rules of etiquette

1. Always bow when ENTERING and LEAVING the stable.
2. Bow to your partner at the start and finish of each practice.
3. Greet the head trainer first when you enter or leave a class.
4. If you arrive late to class do not proceed onto the training area until the instructor acknowledges you.
5. Never touch another student's equipment without permission.
6. If your equipment or uniform becomes loose stop practice and bow to your partner, correct your equipment or uniform and return to training. Remember to bow to your partner.
7. Never leave the training area during training without the permission of the trainer or instructor.
8. Always obey the trainer's commands quickly and without question.
9. Where possible, never walk in front of a higher rank, walk behind them.

## Supplementary Rules

1. Never swear, spit or use any other form of bad behaviour.
2. Students will maintain a serious attitude at all times. No profanity or loud talking is permitted in the dojo.
3. No student will provoke violence outside the dojo or allow himself to be provoked into violence, under pain of expulsion from the sport of kickboxing for life
4. If you are not sure what to do, follow the example of the senior students or ask for help.
5. At all times, show respect to your parents, *sensei*, fellow students and equipment.
6. Spectators are to please keep quiet and seated until class has finished.
7. Always show your training card and sign in before class.
8. Do not smoke or eat in the *dojo*.
9. Never lean on the walls or other places.
10. Leave all non-essential equipment in the change rooms.

# Code of Conduct

## Objectives

The Training Academy (“TTA”) has as its key objectives:

1. Providing instruction in a safe environment in the martial art of All Stars Self Defence Centres.
2. Developing the mental and physical tools for improving personal safety and security.
3. Promotion of good health and vitality.
4. Development of positive self-esteem and self-confidence.
5. Development of a person as a positive role model in the community.
6. Creating expertise in confrontation management.
7. Pro-active crime prevention through increased awareness and positive attitudes.
8. Developing healthy community attitudes and values.

All persons participating in a class or course conducted by TTA must agree to be bound by this Code of Conduct. TTA reserves the right to make amendments or additions to this Code of Conduct at any time.

## Participant Understanding

All Stars Self Defence Centre is a contact martial art, meaning it involves physical contact with one or more other practitioners in ways designed to simulate as closely as possible the self-defence options available to a practitioner when confronted with physical aggression and/or threatening behaviour. As in any other physically demanding recreational activity, there is always a risk of injury. Any person participating in a class conducted by TTA does so with the full understanding that whilst it is the policy of TTA to minimise this risk, the nature of contact physical activity prevents its total elimination. Persons participating in a class conducted by TTA do so of their own volition and at their own risk.

## Instructor Qualifications

1. All unsupervised Instructors must have either a current National Coaching Accreditation Scheme (NCAS) accreditation or National Martial Arts Instructor Accreditation Scheme (NIAS) accreditation.
2. All unsupervised Instructors are bound by the "Instructors Code of Ethics" of the Martial Arts Industry Association.
3. All unsupervised Instructors must have current Work Cover approved Senior First Aid certification.
4. All unsupervised Instructors must have in place appropriate public liability and professional indemnity insurance.
5. All Instructors will be bound by this Code of Conduct and the National Code of Practise for Martial Arts Instructors.

## **Safety**

1. Instructors will ensure that the training area is clear of any dangerous and/or sharp objects that may provide a risk of injury.
2. Instructors will have access at all times to a fully equipped first aid kit.
3. Persons must not wear jewellery or watches during training.
4. All persons participating in training agree to maintain self-control at all times and maintain all care in the application of any technique.
5. Any person who, in training, exhibits behaviour that, in the judgement of the Instructor, is a danger to other participants, shall not be allowed to continue training until the Instructor determines the danger is no longer present.
6. Any injury must be reported to the instructor in charge with all details of incident documented.

## **Training Area Etiquette**

1. Persons will bow in the appropriate manner upon entering the Training Area.
2. Shoes must be taken off before entering the training area unless the shoes are special martial arts footwear approved by the Instructor (see “Clothing” below).
3. Persons must be punctual, preferably early, so that they are ready to train when class commences. If arriving late, a person must wait at the side of the Training Area until the Instructor indicates that a person may join the class.
4. Persons must not chew gum whilst training.
5. Food and/or drink (including water) must not be consumed whilst on the training area.
6. Mobile phones must be turned off during training. Mobile phones inadvertently left on during training may not be answered. Any person who is “on-call” for work may seek approval from the instructor prior to the commencement of class to leave his or her mobile phone on.

## **Uniforms & Training Gear**

All Persons must wear the following approved clothing during all training sessions:

1. Pants: Plain white karate pants, and approved kickboxing shorts.
2. Tops: Plain white karate tops, and approved colour singlet or shirt for kickboxing.
3. Shoes: Only special martial arts training footwear which has been approved by the instructor.
4. Belts: Graded students must wear their belts.
5. All clothing must be free of all logos or markings unless the logo is that of TTA.
6. Persons inappropriately attired will not be allowed to train.
7. In addition to the general uniform requirements, persons must bring a towel and filled water bottle to each training session.

## **Sparring requirements**

1. Persons participating in sparring activity must purchase and wear an approved mouth guard and bring this mouth guard to every training session.
2. As boxing drills are a regular conditioning activity, persons are encouraged to purchase their own set of boxing mitts of an approved 14oz or 16oz size.
3. In addition to their personal mouth guards, persons participating in sparring must wear full protective clothing, either their own or as supplied by TTA, comprising body guards, head guards, shin guards, groin guards and 14oz or 16oz boxing mitts.
4. Sparring is to be of the non contact to touch contact kind during training sessions, all sparring is to be supervised by one senior ranked student at all times. (The ratio is 1 supervisor to 2 students sparring)

## **Sickness or Injury**

1. Persons must not train if they are suffering from the flu or other viral infection that may be passed on to other persons.
2. Persons must advise the Instructor if suffering from any injury or medical condition, either permanent or temporary, which may be adversely affected by certain types of training. Some examples of this may include blood pressure problems and cardiac disorders, neck and back injuries, diabetes and asthma.
3. If requested by the Instructor, persons with the above or like conditions must show this Code of Conduct to their physician and secure a medical certificate clearly stating that the person is able to participate in classes conducted by All Stars Self Defence Centres and whether there are any restrictions or conditions applicable.

## **Other Health Issues**

1. Persons must not attend training under the influence of alcohol or illegal drugs.
2. Smoking is not allowed in the Training Area.
3. Persons training must give proper attention to personal hygiene and exhibit clean grooming; and ensure that fingernails and toenails are trimmed and clean.
4. Persons with a cut or bleeding injury must cease training immediately and receive appropriate first aid. Rejoining the training session will not be allowed until the instructor has deemed that is safe to do so.
5. Persons administering first aid to a person suffering a cut or bleeding injury must wear protective gloves.

## **Training Area Ethics**

1. Persons must always be courteous and helpful to each other.
2. Physical contact between persons who are training must be appropriate to the situation and necessary for the skill development of those persons.
3. Sexual harassment, defined as being where a person is subjected to unwanted or uninvited sexual behaviour, will not be tolerated.
4. Any form of discrimination based on sex, ethnic origin, language, colour, or other form of differentiation will not be tolerated.

## **Grading Conditions**

1. Opportunity to grade under the TTA syllabus occurs only four times per calendar year. A person may only grade at these times subject to the final determination of the instructor.
2. Grading fees must be paid one month prior or no later than two week before the grading.
3. In assessing a person's readiness to grade, the Instructor takes into consideration such factors as consistency of attendance, attitude, focus and attention during training sessions, as much as a person's knowledge of the TTA syllabus to the point he or she wishes to grade.
4. To secure grading under the TTA syllabus a person must be a current financial member of TTA.
5. Membership of TTA requires a person to agree to be bound by this Code of Conduct.
6. TTA reserves the right to revoke the grading of any person who breaches this Code of Conduct or is convicted of any criminal offence.

## **Training Session Restrictions**

1. Training sessions with TTA are structured as either Conditioning Training Sessions or Technical Training Sessions with a 1-hour class usually comprising a Conditioning Training Session of 30 minutes followed by a Technical Training Session of 30 minutes.
2. Only persons authorised by the Instructor are allowed to participate in any physical contact drills as required for gradings.
3. Persons who commence training with TTA for the first time may take part in regular soft drill work, but no hard partner contact drill training for a period of 9 months or their first full grade, whichever ever comes first.

# Obligations of the Student and Parents

When a new student starts kickboxing there can be problems and confusion. Kickboxing is a traditional Thai combative sport and for many that have not trained in any form of kickboxing, the tradition that comes with kickboxing is of hard work. However, that is what kickboxing is all about, and many people join kickboxing because of the tradition.

## Parents responsibilities

Responsibility as a parent is just as important as the responsibilities of your child. Your child relies upon you, in most cases to get to training, and attend any other important sessions as required by the trainer. We require you as parents to help enforce these responsibilities/obligations set down by the trainer as though you were the teacher yourself. This in turn will develop the discipline and responsibilities you as parents want to see developing in your child. We cannot achieve what you want to see, without your support entirely.

## Your responsibility as a Kickboxing Student

### Pay Attention

Pay attention to the instructor and listen. Try to understand what is being said and shown. No speaking when the instructor is speaking.

### No Messing Around

Most injuries occur when messing around.

### Concentrate

You should be concentrating on the aspect of what is being taught, not on what happened at work or at home.

### No Disruptions

Do not create any distractions when in class. Complaining demands that someone else has to pay attention to try to fix your problem. Fussing with your equipment, standing and stretching, talking to someone, practising something else or any of the other little things you might do, destroys the concentration of the class.

*“To hear is to forget, to see is to remember,  
to do is to understand”*

*Chinese proverb*

### **Regular Attendance**

Missing a class means you don't learn. Missing a class without good reason is simply rude, especially if the classes are small and there is a chance your trainer will end up alone. It also shows your teacher that you don't take training seriously.

It is bad discipline to decide not to go to training at the last minute. Part of the lesson of kickboxing is to discipline yourself to go to classes even though you feel like having a rest. Okay – you have had a busy day at work, you feel mentally stressed out or you just feel like staying home and relaxing in front of the TV. How would you feel turning up to class, and you were told your trainer wasn't coming to class tonight, because there was a good program on TV that he/she wanted to watch?

With all the classes available each week, there should be no excuse.

### **Arriving late**

Coming late disrupts the class. Due to work commitments it is not always possible to leave work on time and we realise this. It is better to turn up late for training than not at all. There is no excuse for being late, but if it is unavoidable, come in quietly. Prepare your equipment, warm up quickly and wait by the side of the floor. Catch the trainer's eye, bow, then join in as instructed or directed.

You should endeavour to let your trainer know prior to class if you will be unable to attend, especially if you will be away for a while.

### **Extra Practice**

It is your trainer's job to present the material, it is your job to learn it. Those who do not practice outside the class, especially at the beginners level, keep the rest behind. Your trainer must teach the whole class, if there is uneven effort, there is uneven progress.

### **Skepticism**

Copying a move with no idea what it means is blind faith. This causes a search for the "true meaning" much further down the road. Students must question themselves why each movement is performed. It is not for students to doubt the movement. Find the reason, don't doubt the move.

### **Ego**

There is no place in the stable for someones ego. There will often be students whose personalities clash. Students must work to prevent this. Avoid the outside battle, instead fight the inner one of ego, that teaches us to be full of pride.

*"Knowing others is intelligence; Knowing yourself is true wisdom.  
Mastering others is strength; Mastering yourself is true power."*

*Lao-tzu Chinese philosopher*

### **Empty your Cup**

Enter the stable with your cup empty. There is a saying often echoed in the stable by the trainer. Translated it means upon entering a school of kickboxing you should empty your cup of knowledge and leave all of what you think you know and can do, outside the door of the stable. In turn listen to your trainer and fill your cup of knowledge with all he/she can teach you during your stay. This should be done with an open mind and integrity that will withstand the test of time.

### **Duty and Loyalty**

Students have no inherent duty or loyalty to either kickboxing or the trainer. A student must earn the privilege to being loyal to kickboxing or their trainer through many years of hard work.

### **Medical**

If you have any medical condition that the instructor should be aware of, you should notify him/her prior to training. During the course of training, if you become ill or have an injury, notify your instructor immediately.

There is a difference with pushing yourself in training and putting up with a medical problem that may affect yourself and training.

### **Personal Hygiene**

Students must maintain a level of cleanliness. Your hygiene also affects others.

1. Finger and toenails must be clean and short to avoid injury. With the quick movement of hands and feet during training, long or sharp nails can easily cut your opponent.
2. Long hair can cause irritation to the eyes, distracting you at a critical moment during training. Long hair must be pulled back in a bun or ponytail.
3. Your uniform must be clean and pressed and in good order.
4. Keep your body clean. Make sure your hands are clean. Grimy hands will soil your uniform and other students' uniforms and equipment.
5. If you start bleeding in any way, shape or form, stop immediately and notify the instructor. Ensure that any blood is cleaned up properly prior to resuming training.
6. Bad body odour is distracting and shows a lack of courtesy to others.
7. Students must never come to class after drinking alcohol. It is too dangerous for everyone concerned.

### *Student Creed*

*I intend to develop myself in a positive manner, to avoid anything that would reduce my mental growth and my physical health.*

*I intend to develop self-discipline in order to bring out the best in myself and others.*

*I intend to use what I learn in class constructively and defensively, to help myself and others and never to be abusive or offensive.*

# Principles of Exercises & Stretching

## Exercise Sets

*All exercises are done FIRST with the principle of NON INJURY and SECOND for improvement/development. Students should have their exercise movements checked by their instructor before proceeding on to any great numbers.*

### 1. Push ups

**Main aim**- development of Triceps and Pectorals

**Main chronic injury concern** - lower back

**To avoid main chronic injury concern** - curve lower back slightly by crunching the stomach.

### 2. Sit ups -

a. upper abs

b. lower abs

c. diagonals

**Main aim** - development of abdominal muscle group

**Main chronic injury concern** - lower back and back of neck

**To avoid main chronic injury concern** - curve lower back slightly by crunching the stomach (so that the lower back is touching the ground) & tuck chin into chest.

### 3. Squats (shoulder)

**Main aim** - development of quadriceps

**Main chronic injury concern** - lower back

**To avoid main chronic injury concern** -look up at 45 degrees when squatting

### 4. Jump (tuck)

**Main aim** - development of jumping muscle groups: ie, quadriceps, calves and hip flexes.

**Main chronic injury concern** - ankles, knees and lower back.

**To avoid main chronic injury concern** - land on balls of your feet and bend the knees as you land.

### 5. Floor sprints (shuttle runs).

These have you running from one side of the Dojo to the other touching base lines, running forward, side and backwards. Across and back being one count.

**Main aim** - development of total body mobility

**Main chronic injury concern** - fainting.

**To avoid main chronic injury concern** - awareness and stop if you feel dizzy.

### 6. Stretching

Stretching must be done in the following order:

a. body joint mobilisation

b. static stretching (floor work first, then standing)

c. developmental stretching (done after body temperature has risen, ie, after exercises)



**16. Sparring**

To improve our fight responses in movement mode.

**17. Grappling**

To change the situation & control attacker.

**18. Bow out**

To check our numbers, acknowledge those who have taught us and to re focus.

# Uniform

The way we dress directly effects our state of mind. The uniform is the traditional uniform for kickboxing. It gives you a feeling that you belong to a group who are trying to achieve similar goals. The colour of the top is traditionally white; white represents purity and a new beginning. The pants or shorts are of Thai design in various colours. By placing the uniform on you should immediately feel your whole attitude change, a feeling that you have been charged up ready for an explosive session of training. Having a crisp, clean white top is very important. It shows that you have respect for the art and those you train with. No one wants to train with someone who cannot keep themselves or their uniform clean.

## **Putting on your uniform correctly means:**

- pants first (right leg then left leg)
- singlet or T'shirt either tucked in or hanging out
- ankle supports are optional in either black or white
- hand wraps are recommended and come in various colours, start with the thumb and start wrapping around the back of your hand, weaving or plating fingers , starting from little finger first, keeping your palm open uncovered.

## **Procedure for Putting on your Hand Wraps.**

Step 1. Put pinky finger through loop of wrap and pull over top of hand towards the body and keep tight.

Step 2. Wrap underneath the wrist come back over the top of hand in between first finger and thumb.

Step 3. Wrap underneath thumb and around back on top of hand pulling away from body then wrap underneath wrist till back on top of hand.

Step 4. Pull towards outside of pinky finger then wrap underneath pinky then bring back on top of hand towards body.

Step 5. Wrap under wrist bring back on top of hand in between thumb and first finger then wrap underneath first finger and pull back towards body.

Step 6. Wrap under wrist and back on top of hand pull in between of first finger and middle finger, wrap underneath middle finger and pull back on top of hand towards body.

Step 7. Wrap under wrist and back on top of hand in between middle finger and third finger, wrap underneath third finger and pull back on top towards body.

Step 8. Wrap under wrist and back on top of hand pulling towards thumb and first finger then wrapping underneath thumb and back on top pulling it away from the body this time and continuing to wrap under the wrist until comfortable and then simply Velcro the strap down.

Note: Remember there are 5-6 different variations on how to apply. Pull nice and tight but not to the point of cutting circulation or feeling uncomfortable. If applied properly the Hand Wraps will help support the wrists and cover the knuckles but should not be the sole protection when punching Thai/focus pads, kick shields or heavy bags. They should be worn underneath your bag or boxing gloves.

## All Stars Crest or Badge

The All Stars badge is quite unique, taking some 2 years to come up with the design. It is only once you have been given permission from your *sensei*, are you allowed, only at a *sensei* level, are you able to design a crest and have your students wear it, to identify your own school and family. The tradition here is very old, dating back to the feudal times in Japan.



The overall shape of the badge is circular in design representing what comes around goes around, that which is kama. The triangle inside a circle represents the three pinnacles of life's existence the energies that facilitate that process, heaven, sun and the earth. The final circle inside the triangle represents the centre, oneness achieved through strict disciplined training and meditation. The white centre represents purity where knowledge flows from, the diagonal lines signifies eight offensive and defensive directions, with the figure identifying the founder.

The three colours seen in the crest are of extreme importance. Red identifying strength, courage and aggression. Yellow signifies intellect, ingenuity, optimism and knowledge. Blue identifies trust, diplomacy, stability, resourcefulness, spirituality and devotion of the art. These three primary colours also represent the three major personalities types, described above when explaining the colours. Within the crest design you will see two locations for each colour in opposite locations, representing the opposites in ones personality, ie the good qualities and the negative qualities found in ones personality yin and yang.

# Singlet System

The Singlet is more than just letting people know what level you are. It is a reminder to you every time you put on your singlet, of what you have achieved and where you are heading. One does not compete against another to gain ranks; you compete against yourself. Do not chase for ranks, instead seek to improve your knowledge as well as your technique and the rest will fall into place.

## Colour of singlets and their meanings

### White singlet

Beginners start at white singlet indicating purity in the martial arts sense. ie one of knowledge. As a white singlet you spend most of your time learning individual techniques and the rules of how the system works.

### Blue singlet

The next colour is blue singlet and is in an incentive colour. There is little new material at this level with the bulk of your time being spent threading techniques together. Partner sparring begins here.

### Green singlet

The next level is green singlet and is the first sign of strength. The strength mentioned is the physical awareness that techniques practiced in the stable are developing to a point where perhaps the student could make them work in a practical situation. This in turn builds a psychological awareness of confidence. At this level you are introduced to circular movements.

# Stable Procedures

## Stable Duties

Students should get to class early and help with any preparation of the stable. Before getting changed move any obstacles from the training area and sweep or vacuum the floor. If this is impossible due to other classes, all students should be ready to move in and do what is needed prior to class commencing. If class starts ten minutes late, it is no reason to show up ten minutes late. If you arrive to see your trainer cleaning the floor, you should feel ashamed, even if the your trainer wants to do it, its your job, not his/hers.

## Before Practice

After the stable is ready for training, change into your uniform. Your uniform should be clean and in good order. The rest of your equipment should be placed at the back of the stable in line according to rank. While waiting for class to start, stretch and warm up for training. On colder days and nights, give yourself more time for this. The older you get, the more warm up time is required.

## Bow

Every kickboxing practice starts and finishes with a standing bow. Students line up according to rank, the lowest rank takes the position to the left of the higher or senior rank. The command will be called by the head student to line up. Then the trainer will say one clap of hands all together held up to the front of face about forehead height, and a short bow. This is both a show of respect and a promise to try ones best.

## Bowing Procedure

### Start and end of Class

- *line up* (straight line facing front, feet together)
- *one clap of hands* (hands up to forehead height)
- *bow* (hand down)
- *begin training*

# Warm up

Before you can exert yourself, you must go through a set of warm up exercises. Practice usually begins with a group warm up session that loosens your tendons and ligaments, touches on all the major muscle groups and get blood flowing to your muscles. The head student will call out the commands of each exercise. When exercising, do so correctly and with purpose. Your frame of mind here will effect the rest of your training for the session. If a particular exercise causes pain to an injury, do another in its place. Remember each person has different levels of fitness and flexibility. Listen to your body. This is especially so as a beginner and after an illness.

Stretching must be done in the following order

1-body joint mobilisation

2-static stretching(floor first, then standing)

3-developmental stretching(done after body temperature has risen, ie, after exercises)

During all stretching, movements should be slow and with maximum control of body weight and movement; slow, passive, controlled three stage breathing should be used. Stretching should be stopped immediately if an sharp pain occurs.

# Breathing

Too much emphasis is wrongly placed in the development of 'muscular control' rather on the internal development of the energy, by the use of proper breathing methods. The words often echoed in the stable by the trainer, 'synchronise your breathing with your muscular activity'. The art of directing one's breath is the art of the concentration of one's strength.

Each of us inhale and exhale 28,000 times per day, only one fifth of the oxygen is retained in our body, while the rest is exhaled. When your body gets the oxygen it needs, your muscles will relax, allowing greater speed in executing moves. Breathing helps you to have a calm mind (mushin), making it easier to focus on your target (although this takes more than just breathing). An adult breathes 16 times per minute, inhaling about 600ml of air per breath. This intake adds up to about 900 litres of air per day. The maximum a person can inhale or exhale in one breath is called vital capacity. A good vital capacity is related to a greater life expectancy.

During combat or in daily life we should always breathe through our nose, not through our mouth. An exception to this rule is when striking, kicking, blocking, etc. in such cases you should exhale through your mouth using your trachea to condense and produce small bursts of air to guide your Ki.

Deep breathing increases the rate of toxic elimination by as much as 15 times the normal rate, increase oxygen to cells, so when cells get enough oxygen, cancer will not, cannot occur.

*"Without mastering breathing, nothing can be mastered."*

*By G. I. Gurdjieff*

## **Kamae (fighting ready stance)**

There are many types of good kamae , each having their own strengths and weaknesses. After green singlet, when sparring becomes a larger time piece of your class training, you will need to examine / experiment with these different kamae and, working with the your instructor, select one that is best for you.

Your selection will be influenced by:

- a. Your preferred fighting style
- b. Who you are fighting (their fighting style)
- c. Ma ai = distancing. ( Before green singlet however your kamae MUST be,)
  - \* Fighting stance
  - \* Fist closed
  - \* Leading hand chin height, minimum 150 mm away
  - \* Reverse hand within the range of leading elbow height ~100 mm, away and chin height ~100 mm away from face.

This kamae offers (to the white and blue singlet) the maximum versatility for protection of face, chest, stomach, ribs and groin with minimum readjustment.

# Drills

Partner drills are a series of offensive and defensive movements systematically put together for partner practice. Designed with 4 specific partner drills per grade, facilitating the development of progressive loading principles for each grade. Each style of kickboxing has a number of drills or combinations. They are done at different speeds and look like choreographed fights, within them unfolds effective counter attack techniques. These counter attack techniques in drills are found in 3 distances, they are long range, medium range and short range. Long range is associated with straight punches and kicks. Medium range is inside outside thigh kicks, rips, hooks and uppercuts. Short range is elbows, knees, and grappling. Within the ranges there are various principles addressing the small man and tall syndrome associated with fighting.

Drills have served as a principal vehicle through which the secrets of kickboxing have been safeguarded, improved upon and transmitted. Drills addresses the 20 attacks and corresponding counter attacks with variations associated with ring fighting.

## Tools of drills

Drills brings together 5 fundamental sets of tools;  
Hands, legs, footwork, grappling, defensive.

## Training methods

Classically speaking 4 sets of associated combination sequences facilitated the development of these tools. Historically speaking, delivery systems reflect an individuals interpretation of these tools and represent individual teaching styles.

## Defensive themes

The 5 fundamental defensive themes intertwined within drills include;  
Reading and reacting, counter attacks, impacting zones, distancing.

## Categories of fighting

Fight strategies fell into 5 separate categories;  
Stick and move, crush, play possum, corners, combinations.

# Sparring Drill List

## Blue singlet to green singlet

- *Drill for a left jab, right cross*
- Jam their left jab with your right hand in front of your face, deflect their right hand with your left hand across to right hand side of your face, counter with straight right hand
- *Drill for straight right hand*
- Deflect their right hand down and scoop out to left hand side with your left hand, then you throw your left leg front to stomach
- *Drill for right leg front kick*
- Side step and deflect their right leg front kick with your left hand across body towards your right hand side, then you throw a straight right hand to their chin
- *Drill for right leg thigh kick*
- Step away to your right hand side left leg thigh check either half or full check, landing forward with left leg, throwing a straight left right head punch

# Legal Implications

The Law; You should only use as much force to stop the completion, continuance of the offence or attack. You must not continue to use force after they have stopped. Force must be legally justifiable in the circumstances. Must be reasonable and proportionate. Force means type, amount and duration.  
(Section 462A of the Crimes Act).

*Always act from a position of strength,*  
*-Physically*  
*-Lawfully*  
*-Mentally*

Legal justification; -ones own defence  
-defend another person under our care

# Grading System

Beginners start of on White singlet and by examinations or gradings they progress through the grades.

Followed by;

White 1 bar

Blue singlet

Blue 1 bar

Green singlet

Green 1 bar

Brown singlet

Brown 1 bar

1<sup>st</sup> dan Black singlet

2<sup>nd</sup> dan Black singlet (red writing)

3<sup>rd</sup> dan Red singlet (white writing)

4<sup>th</sup> dan

5<sup>th</sup> dan

6<sup>th</sup> dan

7<sup>th</sup> dan etc

Gradings are held four times a year at the end of each school term. There is no minimum time between gradings generally, but the focus is not to progress quickly but rather to learn thoroughly. If a student attends many classes regularly, puts in extra training at home and can perform the necessary grading requirements with the correct attitude mentally, he can attempt the next grading. If the standard of the examination is sufficiently high enough, the applicant can be asked to attempt the next grading on the same day or be awarded the above grading. A grading certificate is awarded on passing the grading.

# Grading Requirements

## White - 1 Blue stripe Kickboxing

### Demonstrate the following

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (10)
- 2x1 minute rounds of skipping non stop

### Footwork demonstrated;

- lunge forward, backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward

### Blocks demonstrated in pairs;

- inside deflection of either arm, lower deflection of either arm, jamming of a jab punch of either arm, downward deflection on either arm

### Checks demonstrated in pairs;

- half leg check off either leg, full check or high check off either leg

### Strikes demonstrated on pads;

- left jab, straight right punch, circular elbows

### Basic kicks demonstrated on pads;

- straight front kick off either leg, thigh kick, inside or outside off either leg, stright knees

## **Blue singlet Kickboxing**

Full gradings fee for blue singlet is \$40.

### **Demonstrate the following**

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (20)
- 3x1 minute rounds of skipping non stop

### **Footwork demonstrated;**

- lunge forward, backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward

### **Blocks demonstrated in pairs;**

- inside deflection of either arm, lower deflection of either arm, jamming of a jab punch of either arm, downward deflection on either arm

### **Checks demonstrated in pairs;**

- half leg check off either leg, full check or high check off either leg

### **Strikes demonstrated on pads;**

- left jab, straight right punch, circular elbows

### **Basic kicks demonstrated on pads;**

- straight front kick off either leg, thigh kick, inside or outside off either leg, straight knees

### **Shield work demonstrated**

- 1x1 minute round of hands elbows only
- 1x1 minute round of legs knees only

## **Blue – 1 Green stripe Kickboxing**

### **Demonstrate the following**

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (25)
- 1x2 minute rounds of skipping

### **Footwork demonstrated moving**

- lunge forward, backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward

### **Blocks demonstrated in pairs;**

- inside deflection of either arm, lower deflection of either arm, jamming of a jab punch of either arm, downward deflection on either arm

### **Checks demonstrated in pairs;**

- half leg check off either leg, full check or high check off either leg

### **Strikes demonstrated on pads;**

- left jab, straight right punch, circular elbows

### **Basic kicks demonstrated on pads;**

- straight front kick off either leg, thigh kick, inside or outside off either leg, stright knees

### **Shield work demonstrated moving**

- 1x1 minute round of legs only
- 1x1 minute round of knees only
- 1x1 minute round of legs and knees only

### **Focus pad work demonstrated moving**

- 1x1 minute round of hands only
- 1x1 minuter round of elbows only

### **Sparring drills demonstrated**

Blue singlet

- defence against a left jab, right cross
- defence against a right cross

### **Sparring optional**

- 1x1 minute round of attacking sparring only
- 1x1 minute round of defending sparring only

### **Shadow sparring**

- 1x1 minute round of fighting in with hands, elbows,knees
- 1x1 minute round of fighting out with hands and legs only

## **Green singlet Kickboxing**

### **Demonstrate the following**

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (30)
- 2x2 minute rounds of skipping

### **Footwork demonstrated moving**

- lunge forward, backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward

### **Blocks demonstrated in pairs;**

- inside deflection of either arm, lower deflection of either arm, jamming of a jab punch of either arm, downward deflection on either arm

### **Checks demonstrated in pairs;**

- half leg check off either leg, full check or high check off either leg

### **Strikes demonstrated on pads;**

- left jab, straight right punch, circular elbows

### **Basic kicks demonstrated on pads;**

- straight front kick off either leg, thigh kick, inside or outside off either leg, stright knees

### **Shield work demonstrated moving**

- 1x2 minute round of legs only
- 1x2 minute round of knees only

### **Focus pad work demonstrated moving**

- 1x1 minute round of hands only
- 1x1 minuter round of elbows only
- 1x1 minuter round of hands and elbows only

### **Sparring drills demonstrated**

Blue singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

### **Sparring optional**

- 1x1 minute round of attacking only
- 1x1 minute round of defending only
- 1x1 minute round of mixed sparring

**Shadow sparring**

-1x1 minute round of fighting in with hands,

-1x1 minute round of fighting out with hands and legs only

-1x1 minute round of circle work with hands, legs,

# Grading Requirements

## White - 1 Blue stripe Muay Thai Kickboxing

### **Demonstrate the following**

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (10)
- 2x1 minute rounds of skipping non stop

### **Footwork demonstrated;**

- lunge forward, backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward

### **Blocks demonstrated;**

- inside deflection of either arm, lower deflection of either arm, jamming of a jab punch of either arm, downward deflection on either arm

### **Checks demonstrated;**

- half leg check off either leg, full check or high check off either leg

### **Strikes demonstrated;**

- left jab, straight right punch

### **Basic kicks demonstrated;**

- straight front kick off either leg, thigh kick, inside or outside off either leg

### **Elbows demonstrated;**

- circular off either side

### **Knees demonstrated;**

- straight off either side

## **Blue singlet Muay Thai Kickboxing**

Full gradings fee for blue singlet is \$40.

### **Demonstrate the following**

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (20)
- 3x1 minute rounds of skipping non stop

### **Footwork demonstrated;**

- lunge forward, backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward

### **Blocks demonstrated;**

- inside deflection of either arm, lower deflection of either arm, jamming of a jab punch of either arm, downward deflection on either arm

### **Checks demonstrated;**

- half leg check off either leg, full check or high check off either leg

### **Strikes demonstrated;**

- left jab, straight right punch

### **Basic kicks demonstrated;**

- straight front kick off either leg, thigh kick, inside or outside off either leg

### **Elbows demonstrated;**

- circular off either side

### **Knees demonstrated;**

- straight off either side

### **Shield work demonstrated**

- 1x1 minute round of hands elbows only
- 1x1 minute round of legs knees only

## **Blue – 1 Green stripe Muay Thai Kickboxing**

### **Demonstrate the following**

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (25)
- 1x2 minute rounds of skipping

### **Footwork demonstrated moving**

- lunge forward, backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward

### **Blocks demonstrated moving;**

- inside deflection off either arm, lower deflection off either arm, jamming of a jab off either arm, downward deflection off either arm

### **Checks demonstrated moving;**

- half leg check off either leg, full check or high check off either leg

### **Strikes demonstrated moving;**

- left jab, straight right punch

### **Basic kicks demonstrated moving;**

- straight front kick off either leg, thigh kick, inside or outside off either leg

### **Elbows demonstrated;**

- circular off either side

### **Knees demonstrated;**

- straight off either side

### **Shield work demonstrated moving**

- 1x1 minute round of legs only
- 1x1 minute round of knees only
- 1x1 minute round of legs and knees only

### **Focus pad work demonstrated moving**

- 1x1 minute round of hands only
- 1x1 minuter round of elbows only

### **Sparring drills demonstrated**

Blue singlet

- defence against a left jab, right cross
- defence against a right cross

**Sparring**

-1x1 minute round of attacking sparring only

-1x1 minute round of defending sparring only

**Shadow sparring**

-1x1 minute round of fighting in with hands, elbows, knees

-1x1 minute round of fighting out with hands and legs only

## **Green singlet Muay Thai Kickboxing**

Full gradings fee for green singlet is \$50.

### **Demonstrate the following**

- Basic understanding of warm up
- Required number of push ups, sit ups, squats, (30)
- 2x2 minute rounds of skipping

### **Footwork demonstrated moving**

- lunge forward, backward sideways, change over coming forward and going backward
- switch on the spot or coming forward or backward

### **Blocks demonstrated moving;**

- inside deflection off either arm, lower deflection off either arm, jamming of a jab off either arm, downward deflection off either arm

### **Checks demonstrated moving;**

- half leg check off either leg, full check or high check off either leg

### **Strikes demonstrated moving;**

- left jab, straight right punch

### **Basic kicks demonstrated moving;**

- straight front kick off either leg, thigh kick, inside or outside off either leg

### **Elbows demonstrated;**

- circular off either side

### **Knees demonstrated;**

- straight off either side

### **Shield work demonstrated moving**

- 1x2 minute round of legs only
- 1x2 minute round of knees only

### **Focus pad work demonstrated moving**

- 1x1 minute round of hands only
- 1x1 minuter round of elbows only
- 1x1 minuter round of hands and elbows only

### **Grappling demonstrated**

- 1x1 minute round of grappling around neck defending
- 1x1 minute round of grappling around neck attacking

### **Sparring drills demonstrated**

Blue singlet

- defence against a left jab, right cross
- defence against a right cross
- defence against a right leg front kick
- defence against a right leg thigh kick

### **Sparring**

- 1x1 minute round of attacking only
- 1x1 minute round of defending only
- 1x1 minute round of mixed sparring

### **Shadow sparring**

- 1x1 minute round of fighting in with hands,
- 1x1 minute round of fighting out with hands and legs only
- 1x1 minute round of circle work with hands, legs,

# Terminology

Besides the dialogue contained within the teaching curriculum the  
**English Words to be Used in Class:**

The Gap	=	The distance between you and your target.
The Target	=	The opponent.
Shot	=	A single technique fired at the target.
Firing Shots	=	Combinations of several techniques.
Rapid Fire	=	Combination techniques done fast.
Trigger	=	Direction of the angle of the heel of the supporting foot during a particular kicking technique.
Torque	=	The twisting action of the lower back muscles.(i.e. the amount of "torquing" the body does between the mind and central nervous system for development of power).
Pump Action	=	The thrusting reverse arm action, "pumping power" into
Scanner	=	the kicking leg The forward arm action of defence during the above pump action kicking technique.
Safety Catch	=	When the reverse arm comes forward for "extra defence" during shorter range kicking shots.
Tight Grouping	=	A direct fighter scoring shots to a confined area of the target.
Target Areas	=	There are "three centre line" target areas, (i.e. face, body and-groin). Right and left areas of neck, ribs and legs make a total of nine target areas.
Scatter Fighter	=	A fighter capable of firing shots continuously to all nine areas of the target.
Radical Fighter	=	(Rad) A scatter fighter with a more superior ability to score with these shots.
Loose Fighter	=	In the dojo or on a tournament day, a loose fighter is the most relaxed, best scoring fighter of the occasion.
Line of Sight	=	Having a good focus/concentration.
Long Range	=	Kicking shots.
Medium Range	=	Hand shots.
Close Range	=	Elbows and knees/grappling.
Target Scoring	=	Having "no desire to hurt the opponent".

## **Muay Thai Terminology**

Aenken	Anklet, protecting instep and shin
Andap	Ratings
Baak	Mouth
Bangkok	Capital of Thailand
Bat	Block
Chaikrong	Floating ribs
Champ	Champion
Chiang Mai	Provincial capital in the North. Second largest city in Thailand
Chok	Fight
Choraked faad haang	Turn kick, literally 'crocodile thrashes its tail'
Dadsin	To judge, to decide
Daihuachai	Region under the heart, a vital point.
Dermpan	A form of betting.
Dontree Muay	The music played during a match
Dtaa	Eyes
Dtaai	To die
Dtae	To kick
Dtae Kao	Knee kick
Dtae Tao	Kick with foot
Dtae Wiang	Round kick
Dtai	Kidneys, a vital point.
Dtai Kao	Knee kick from side
Dtee	To hit
Dtee Mat	To hit with the fist
Dtee Sawk	To hit with the elbow
Dtoi	To box, boxing
Dtoi Lom	Shadow boxing, literally to box with the wind or air.
Faad	To thrash, wipe, swipe
Faidaeng	The red corner
Fainamnerng	The blue corner
Gamagan	Referee
Gaan Dadsin	Judging
Gangkeng Muay	Boxer's trunks
Gawn Welaa	Literally before time. "Gawn welaa" bouts, reserved for novices, are held before the program starts.

Grajab	Groin guard
Grammon Srisa	Top of head, a vital point
Grasawb	Bag, punching bag
Hua	Head
Huajai	Heart
Hook	Hook, word borrowed from English.
Jad	Promote
Jamook	Nose
Kaa	Leg
Kaen	Arm
Kai	Camp
Kai Muay	Boxing camp
Kagangai	Jawbone, a vital point
Kamab	Temples, vital points.
Kao	Knee
Kao Kong	Over-arm knee kick
Kao Loy	Jumping knee kick
Kao Drong	Frontal knee kick
Khuen Kroo	The ceremony during which a teacher accepts a new student.
Koo Ek	Main bout on a card, literally the "number one pair".
Kradot	Jump
Dradot Dtae	Jump kick
Druang Rang	Bands worn around biceps
Kroo Muay	Boxing teacher
Kwaa	Right, to the right
Lang Tao	Instep
Limpee	Solar Plexus, a vital point
Mat	Fist
Mat At	Uppercut
Mat Drong	Straight punch
Mao Mat	"Punch drunk"
Mongkon	The headband worn during pre-fight ceremony
Muay Acheep	Professional boxing
Muay Thai	Thai-style boxing
Muay Sakon	International-style boxing
Na Kaeng	Shin
Nak Muay	Boer
Namnak	Weight

Na Paang	Forehead
Nuam	Gloves
Pang-nga	To dodge, evade
Paa Pan Mue	Bandages worn under gloves
Pee Liang	Seconds
Raigaan Muay	Boxing program
Ram Muay	Boxing dance, part of the pre-fight ritual
Run	Weight category
Saai	Left, to the left
Sanam Muay	Boxing stadium
Sawing	Swing, the word comes from the English "swing"
Sawk	Elbow
Sangwien	Ring Ropes
Sawk Chieng	Diagonal Elbow
Sawk Hug	Levering Elbow
Sawk Klab	Reverse Elbow
Sawk Ku	Double Elbow
Sawk Sob	Chopping Elbow
Sawk Tad	Jab Elbow
Sawk Tong	Smashing Down Elbow
Taitai	Nap, a vital point
Tao	Foot
Teep	Push or thrust with the underside of the foot
Teep Dan Lang	Foot thrust to the rear
Teep Duen Son	Heel push
Teep Drong	Straight forward foot push
Ting	Throw
Tong	Stomach
Tong Noi	Lower stomach, a vital point
Uppercut	Uppercut, borrowed from English
Wai Kroo	Obeisance to the teacher, part of the pre-fight ritual.
Wehtee	The ring, a stage
Wong	Band
Wong Muay	The orchestra that plays during matches
Yaeb	Jab, borrowed from English
Yaek	Break, used by referee in the ring to separate fighters.
Yang gan fan	Mouth guard
Yang Sam Kung	Three step dance, part of the Ram Muay

Yok	Round
Yud	Stop, used by referee

### **Commonly Used Phrases**

Sa wadee	Hello
La kon	Goodbye
Aroon sa wadee	Good morning
Sayan sa wadee	Good evening
Ra tree sa wadee	Good night
Chan shue	My name is
Khob chai mark	Thanks, very much
Khob ton rub tharn	You are welcome
Tharn sa bi dee rhuee	You are welcome
Chan mai khao chai	I don't understand
Shuay chan noi doi ma?	Can you help me?
Chan ma chark saha rat	I am from the U.S.
Tharn wa yarng rai?	How do you say?
We la tao r ai?	What time is it?
Chan ma chark saha rat	I can't speak Thai
Chan pood dai tae pasa English	I speak English
Prode pood hai sah kwa nee	Please speak more slowly

### **Basic Numbers 1 through 10**

Nueng	One
Sorng	Two
Sarm	Three
Se e	Four
Ha	Five
Hok	Six
Ched	Seven
Paed	Eight
Kao	Nine
Sib	Ten

# Extra Training

There is a wealth of knowledge to learn in kickboxing. The beginner's manual is intended to give the beginner a fundamental grasp of the basics and to prepare him/her to enter the main stream of kickboxing.

You should be attending a minimum of two classes a week. Plus training in your spare time for at least twenty minutes a day. If you adhere to this schedule you will have no problems succeeding in the training. If you can attend more than two classes a week you will find the training much easier. With six classes a week to choose from there is no excuse why you cannot train often. If you miss your regular class you should try to make up a class on any of the other nights and locations.

## Rules of training

1. Practice the next day what you have learnt the previous lesson.
2. Don't make excuses why you can not practice, you are only fooling your self.
3. Make it a duty to your self to practice each day.

# Fee Structure

Monthly fees allow you to train at all of the stables with unlimited classes during that time. Monthly fees do not include seminars or advanced classes that may occur during the year. The prices do include GST.

Block cards are available to members only and are for students who find themselves training less frequent than they would like and need flexibility to attend various classes at various times. Keeping in mind regularity and consistency is the key to following the way.

Upon becoming a member you will receive your personal ID card which must be presented to your instructor every time you train or attend gradings when you attempt rank.

A “student” is regarded as a person studying full time.

Membership cost is for a continuous 12 month period from the date joined. The premium covers your membership requirements, affiliation fees to the organisation and also includes the comprehensive student beginners manual.

## *Black Singlet Pledge*

*I vow to live my life by the Principles of a Black Singlet*

*Sincerity.....Modesty.....Courtesy.....Self Control.....Etiquette.....Integrity.....*

*and an Unbeatable Spirit*