

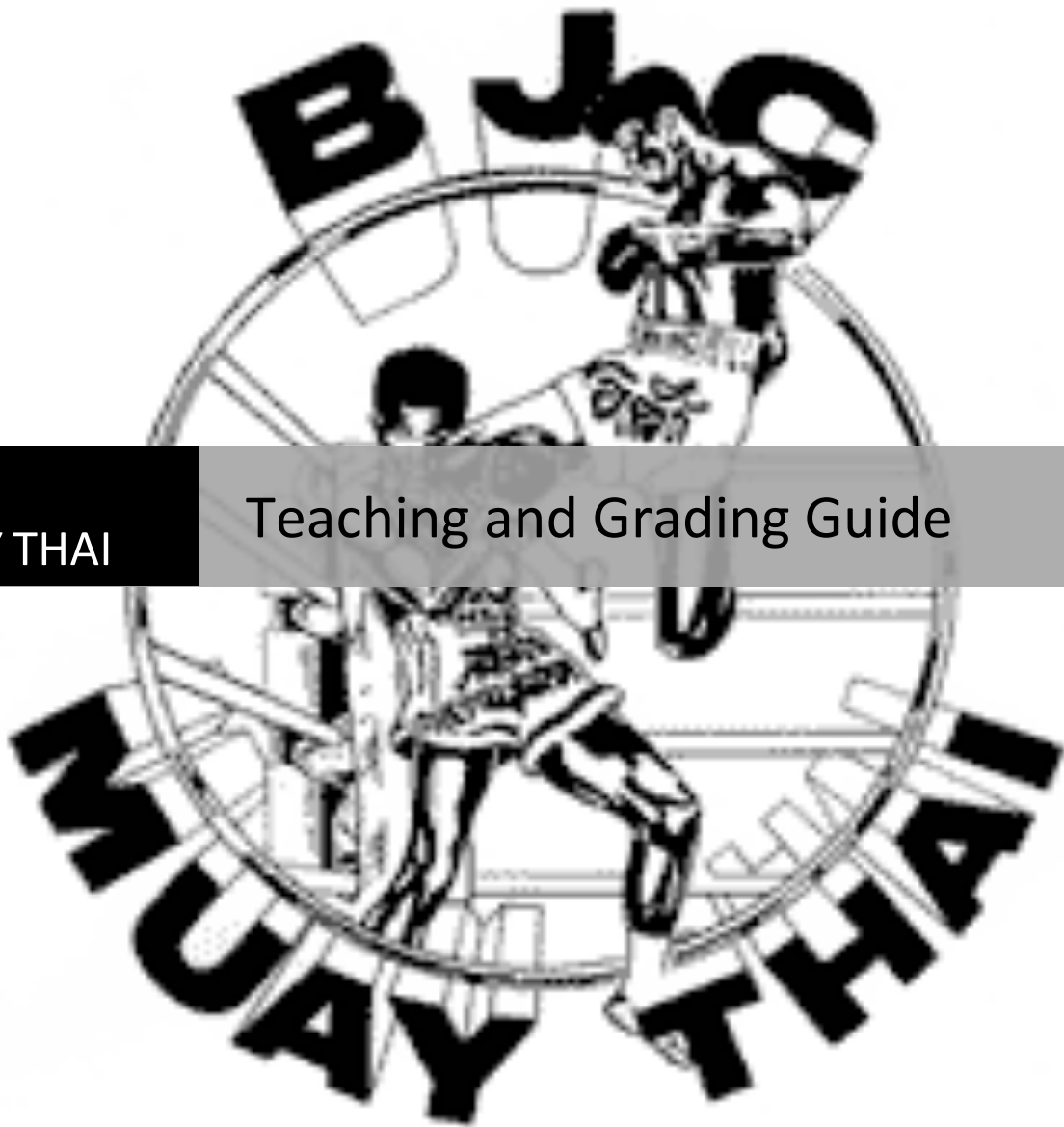


EST MARCH 1986



**BJC
MUAY THAI**

Teaching and Grading Guide



OVERVIEW

This teaching and grading guide was designed to develop student's ability and knowledge sequentially. This **DOES NOT** mean that students are not exposed to other ideas and concepts earlier instead this document sets out an order for evaluating student's progress. All BJMA instructors will need to purchase the BJMA curriculum; this guide supports the BJMA curriculum and should in no way be viewed as a substitute.

Techniques - The techniques contained in this document are set out in a sequential order although it is not uncommon during normal training for lower ranks to be exposed to higher rank techniques.

BJC Muay Thai History

When I first began training in the martial arts during the mid-Sixties (March 3rd, 1965) I developed a very keen interest in Muay Thai. But this was limited to brief newspaper articles and occasional television exposure in the form of obscure documentaries etc.

During the Seventies and 1980-81-82 while Benny 'THE JET' Urquidez was building a reputation as the world's best 'Kickboxer' (still wearing his trade mark Karate Belt and long pants) easily defeating all challengers including only the elite of Japans best champions - we had been busy in Australia (since 1976) developing the sport of kickboxing and World Kickboxing Association (WKA). All the while we just kept on hearing about these notorious fighters of Thailand.

Then we heard of Holland's Vos gym and the Chakuriki style of Thom Harinck with his top students in the early Eighties including Gilbert Ballantine, Tekken Donmez and many others; during 1983-84-85 they had gone to Thailand and trained and fought...Got knocked out - got flogged - lost on points.

These same guys patched up their wounds and their pride, trained harder and fought harder...Achieved some very tough fight drawn decisions - started winning on points - started to win by the occasional Knock Out. This paved the way for the next wave of champions, Holland's Rob Kaman and Ramon Dekker, and England's Ronnie Green.

An international situation (connected to Australia's Alan Bond and his Americas Cup) during 1986-87 had Rod Stroud and myself travelling the Globe all across America and throughout Europe (thanks to Alan Bond and West Australian Premier Mr Ray O'Connor paying all of our bills), which included Amsterdam, Holland. Of course, we trained with the Vos Gym and spent time with Thom Harrink. One night we were training with Tekken Donmez and I asked,

"Where did you learn to punch, kick, knee and elbow your combinations with so much power?"

"SITYODTONG THAILAND" was his very positive simple answer.

Before we left Holland Thom told me something else I have never forgotten,

"Bob, when you go home always train your fighters with 'eight weapons' (eg. Hand strikes, elbows, knees and kicks), it is much easier to take weapons out, than to add weapons in, you only need 'one week' of full training to delete 'one set' of weapons from any fighter who is fighting fit - you need months to add any extra weapons".

After training with the Vos gym and with Thom Harrink, Rod Stroud and I decided we would launch the Thai training quietly in WA and see how it would be received. Rod was already an accomplished kickboxing trainer and from his BJC - ZDK martial arts training was extremely good with elbows and knees. Thus, Thai boxing came easy to him. The proof is in the many champions he produced for many years to come.

1988-89 and 1990 were our first three of now over 21 annual trips (including 2011) to Thailand, training at one of the best gyms over there - 'SITYODTONG' - with Grand Master Sennin Yodtong as our major influence.

Kru Bob Jones



EXPECTATION

TIME FRAMES (approximate only)

<i>Rank</i>	<i>Senior</i>	<i>Junior</i>
White to Yellow	3mths	6mths
Yellow to Orange	3mths	6mths
Orange to Blue	6mths	6mths
Blue to Green	6mths	6mths
Green to Brown	9mths	9mths
Brown to Shodan-Ho	12mths	12mths
Shodan-Ho to Shodan	12mths	12mths
Nidan to Sandan	2 yrs (minimum)	2 yrs (minimum)
Sandan to Yondan	3yrs (minimum)	3yrs (minimum)
Yondan to Godan	4yrs (minimum)	4yrs (minimum)

TITLES

Kru - reserved for people 3rd degree and above

Expectations before grading

Before gradings students must be able to competently demonstrate:

<i>Rank</i>	<i>Physical</i>	<i>Mental</i>	<i>Spiritually</i>
White to Yellow	Fighters stance Make a fist Perform all areas of the training guide to a satisfactory standard	Know that Kru Bob Jones is the founder of BJC Muay Thai & Kickboxing in Australia.	Meditate at the beginning and end of each class
Yellow to Orange	Perform all areas of the training guide to a satisfactory standard	Know who's badge they wear on their pants and why.	Meditate at the beginning and end of each class
Orange to Blue	Perform all areas of the training guide to a satisfactory standard	Know history of BJC Muay Thai.	Meditate at the beginning and end of each class
Blue to Green	Perform all areas of the training guide to a good standard	What is a Tomadachi and when can you wear one.	Meditate at the beginning and end of each class
Green to Brown	Perform all areas of the training guide to a high standard	What are Bushido and Isha and when can you wear one.	Meditate at the beginning and end of each class
Brown to Shodan-Ho	Perform all areas of the training guide to a very high standard	Read Muay Thai: The Most Distinguished Art of Fighting	Discover Senjo

BJMA CROSSES

The awarding of BJMA crosses must be done at state grading or an authorised event such as Senjo presentation dinner. All awarding of crosses must first have been approved by Kru Brad.

Tomadachi	The word Tomadachi means friend and is presented in a long rectangular shape made from silver. They are presented to people above green singlet or to people who have supported BJMA.
Bushido	Bushido is a Japanese word used to describe certain tenets held dear by Samurai, the way of the warrior. The Bushido cross is presented to male black singlets in sterling silver by their immediate instructor and represents "Brother". At 3 rd degree upon being awarded Kru title the new Kru's students buy the new Kru a yellow gold Bushido as a symbol of giving back to the instructor as a sign of respect for all that the instructor has given them. People not training may also be awarded a Bushido cross as a sign of family or protection.
Ishoa	Ishoa means enlightenment and is presented to female black singlet in sterling silver by their immediate instructor and represents "Sister". At 3 rd degree upon being awarded Kru title the new Kru's students buy the new Kru a yellow gold Ishoa as a symbol of giving back to the instructor as a sign of respect for all that the instructor has given them. People not training may also be awarded a Ishoa cross as a sign of family or protection.
Kyunnin	This cross has never been awarded and is meant for people who do not train but are affiliated with the BJMA and have proven financial success on a grand scale for BJMA.

UNIFORM

Coloured	-	Rank coloured singlet & BJMA Thai shorts (with appropriate badges)
Shodan	-	Black Singlet white logo & BJMA Thai shorts (with appropriate badges)
Nidan	-	Black Singlet red logo & BJMA Thai shorts (with appropriate badges)
Sandan	-	Red Singlet & BJMA Thai shorts (with appropriate badges)
Yondan	-	Red & White Singlet & BJMA Thai shorts (with appropriate badges)
Godan	-	White & Red Singlet & BJMA Thai shorts (with appropriate badges)
Rokudan	-	Black Singlet/Red Stripe & BJMA Thai shorts (with appropriate badges)

Badges

To be allowed to wear someone's personal crest is a great honour and shows respect and learning lineage. Wearing the BJMA badge on your pants shows your loyalty to BJMA.

BJMA Badge goes on the left front of your shorts

<i>Instructor</i>	<i>Right front of pants - Current Instructor</i>
Matt	Kyoshi Brad (Brotherhood)
Kru Rob	Personal Crest (Sogo)
Kru Kyl	Personal Crest (Chikara)
Kru Bruce	Personal Crest (Clan)
Kru Brad	Personal Crest (Brotherhood)

BLACK SINGLET TRAINING

Brown to Shodan-Ho	-	Attend at least 2 Black Belt classes before pre-grading.
Shodan-Ho to Shodan	-	Attend at least 4 Black Belt classes before pre-grading.
Shodan to Nidan	-	Attend at least 8 Black Belt classes before pre-grading.
Nidan to Sandan	-	Attend at least 12 Black Belt classes before pre-grading.
Sandan to Yondan	-	Attend at least 16 Black Belt classes before pre-grading.
Yondan to Godan	-	Attend at least 20 Black Belt classes before pre-grading.

FAILING PROCEDURE

(To Fail to Prepare is to Prepare to Fail)

Whilst every effort should be made by the club instructor, area instructor and family head to ensure all students present at grading having a thorough understanding of the grading requirements it may be necessary from time to time to fail students who during the grading do not achieve the required level of demonstration of the grading requirements.

Grader acknowledges sub-standard performance. (Preferably in three areas)

Grader informs grade chanter of sub-standard performance.

Gradee is informed he/she will need to improve their performance.

Club instructor and Family Head or highest rank is informed if performance does not improve.

Discussion occurs between Family Head or highest rank, club instructor and grader or grade chanter occurs and decision made.

If the student is to fail the grader and club instructor are to notify student and sit them out of the grading.

Explanation is provided as to why they have been sat down and the process for them to re-grade at a later date.

Club instructor will work with student to improve their failing areas and represent them at the next official grading.

(no additional grading fee required)

Inappropriate contact or refusal to follow directions will result in gradee being sat out for an appropriate time and spoken to by a higher rank. If after the student returns he/she continues to use inappropriate contact or refuses to follow directions the student may be sat down and be asked to return to attempt their grading at a later date.

A dispute may be provided to Kru Brad in writing following the grading.

Reasons for failing a student may include but not limited to: unable to perform basic grade techniques, inappropriate use of contact, failure to follow higher ranks instructions, unable to perform basic fitness areas.

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GRADING GUIDE

WHITE SINGLET 1ST ARM BAND

****AWARDED DURING CLASS**

WARM UP

Light overall calisthenics – 3 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Hands Only (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

PUNCHES

Single Shots

Jab

Cross

Hook

Pad Work – Focus pads (2x2min)

R1 Punches – 1 to 3

R2 Punches – 1 to 3

1. Jab – Cross
2. Jab – Cross – Hook
3. Cross – Hook – Uppercut
4. Uppercut, Hook, Cross
5. 3-2-1 Weave Drill

SPARRING

N/A

YELLOW SINGLET

WARM UP

Light overall calisthenics – 3 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Hands Only (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Single Shots

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

GRAPPLING

Positional Control

PADWORK

FOCUS PADS (3x3min)

R1 Punches – 1 to 4

R2 Punches – 5 to 8

R3 Punches – Freestyle

1. Jab – Cross
2. Jab – Cross – Hook
3. Cross – Hook – Uppercut
4. Uppercut – Hook – Cross
5. 3-2-1 Weave Drill
6. Cross – Hook Weave Drill
7. Double Jab
8. Jab - Cross - Lead Hook - Rear Hook - Lead Body
Rip - Rear Body Rip

SPARRING

3 X 1 MINUTE ROUNDS BOXING

YELLOW SINGLET 1st ARM BAND

****AWARDED DURING CLASS**

WARM UP

Light overall calisthenics – 3 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Hands Only (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Single Shots

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

GRAPPLING

Positional Control

PADWORK

FOCUS PADS (3x3min)

R1 Punches – 1 to 4

R2 Punches – 5 to 8

R3 Punches – Freestyle

1. Jab – Cross
2. Jab – Cross – Hook
3. Cross – Hook – Uppercut
4. Uppercut – Hook – Cross
5. 3-2-1 Weave Drill
6. Cross – Hook Weave Drill
7. Double Jab
8. Jab - Cross - Lead Hook - Rear Hook - Lead Body
Rip - Rear Body Rip

SPARRING

N/A

ORANGE SINGLET

WARM UP

Light overall calisthenics – 3 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Kickboxing (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

KICKS

Front

Round

Inside Leg Kick

Outside Leg Kick

Checks

Inside

Outside

Cross Over

Rear High

GRAPPLING

Positional Control

Escapes

PADWORK

FOCUS PADS (1x2min)

R1 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

KICK SHIELD (2x2min)

R1 Kicks – 1 to 3 (CHANT)

R2 Kicks – 4 to 6 (CHANT)

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick

THAI PADS (1x2min)

R1 – 1 to 4 (CHANT)

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse

SPARRING

3 X 2 MINUTE ROUNDS KICKBOXING

ORANGE SINGLET 1st ARM BAND

**AWARDED DURING CLASS

WARM UP

Light overall calisthenics – 3 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Kickboxing (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

KICKS

Front

Round

Inside Leg Kick

Outside Leg Kick

Checks

Inside

Outside

Cross Over

Rear High

GRAPPLING

Positional Control

Escapes

PADWORK

FOCUS PADS (1x2min)

R1 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

KICK SHIELD (2x2min)

R1 Kicks – 1 to 3 (CHANT)

R2 Kicks – 4 to 6 (CHANT)

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick

THAI PADS (1x2min)

R1 – 1 to 4 (CHANT)

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse

SPARRING

N/A

BLUE SINGLET

WARM UP

Light overall calisthenics – 6 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Add Knees (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

KICKS

Front

Round

Inside Leg Kick

Outside Leg Kick

Knees

Straight

Elbows

Round

Uppercut

Checks

Inside

Outside

Cross Over

Rear High

GRAPPLING

Positional Control

Escapes

Knees Added

PADWORK

FOCUS PADS (1x3min)

R1 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

KICK SHIELD (1x3min)

R1 Kicks – Freestyle

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick
7. Switch front kick – spinning back kick

THAI PADS (3x3min)

R1 – 1 to 4 (CHANT)

R2 – 5 to 8 (CHANT)

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse
5. Cross – Hook – rear Thigh Kick
6. Rear Uppercut - lead hook - rear thigh kick
7. Jab - Cross – Step Through Downward Elbow
8. Jab – Cross – Step through Knee

SPARRING

3 x 3MINUTE ROUNDS KICKBOXING

BLUE SINGLET 1ST ARM BAND

****AWARDED DURING CLASS**

WARM UP

Light overall calisthenics – 6 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Add Knees (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

KICKS

Front

Round

Inside Leg Kick

Outside Leg Kick

Knees

Straight

Elbows

Round

Uppercut

Checks

Inside

Outside

Cross Over

Rear High

GRAPPLING

Positional Control

Escapes

Knees Added

PADWORK

FOCUS PADS (1x3min)

R1 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

KICK SHIELD (1x3min)

R1 Kicks – Freestyle

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick
7. Switch front kick – spinning back kick

THAI PADS (3x3min)

R1 – 1 to 4 (CHANT)

R2 – 5 to 8 (CHANT)

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse
5. Cross – Hook – rear Thigh Kick
6. Rear Uppercut - lead hook - rear thigh kick
7. Jab - Cross – Step Through Downward Elbow
8. Jab – Cross – Step through Knee

SPARRING

N/A

BLUE SINGLET 2ND ARM BAND

**AWARDED DURING CLASS

WARM UP

Light overall calisthenics – 6 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Add Knees (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

KICKS

Front

Round

Inside Leg Kick

Outside Leg Kick

Knees

Straight

Elbows

Round

Uppercut

Checks

Inside

Outside

Cross Over

Rear High

GRAPPLING

Positional Control

Escapes

Knees Added

PADWORK

FOCUS PADS (1x3min)

R1 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

KICK SHIELD (1x3min)

R1 Kicks – Freestyle

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick
7. Switch front kick – spinning back kick

THAI PADS (3x3min)

R1 – 1 to 4 (CHANT)

R2 – 5 to 8 (CHANT)

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse
5. Cross – Hook – rear Thigh Kick
6. Rear Uppercut - lead hook - rear thigh kick
7. Jab - Cross – Step Through Downward Elbow
8. Jab – Cross – Step through Knee

SPARRING

N/A

GREEN SINGLET

WARM UP

Light overall calisthenics – 6 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Hands Only (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

KICKS

Front

Round

Inside Leg Kick

Outside Leg Kick

Knees

Straight

Round

Elbows

Round

Uppercut

Downward

Thrust

Checks

Inside

Outside

Cross Over

Rear High

GRAPPLING

Positional Control

Escapes

Knees Added

Twisting Defences

PADWORK

FOCUS PADS – (1x3min)

R1 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

Kick Shield – (1x3min)

R1 Kicks – Freestyle

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick
7. Switch front kick – spinning back kick

Thai Pads

R1 – 1 to 4 (CHANT)

R2 – 5 to 8 (CHANT)

R3 – Freestyle

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse
5. Cross – Hook – rear Thigh Kick
6. Rear Uppercut - lead hook - rear thigh kick
7. Jab - Cross – Step Through Downward Elbow
8. Jab – Cross – Step through Knee
9. Switch Jab – Rear Knee
10. Jab – lead elbow
11. Rear Uppercut - Lead Hook – Rear Knee
12. Lead Round Elbow – Rear Downward Elbow – Rear Knee
13. Step Up Rear Knee – Grapple – Spin - Knee
14. Lead Uppercut Elbow – Right Cross – Step Through Knee

SPARRING

4 x 3Minute Rounds with Knees

GREEN SINGLET 1ST ARM BAND

WARM UP

Light overall calisthenics – 6 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Hands Only (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

KICKS

Front

Round

Inside Leg Kick

Outside Leg Kick

Knees

Straight

Round

Elbows

Round

Uppercut

Downward

Thrust

Checks

Inside

Outside

Cross Over

Rear High

GRAPPLING

Positional Control

Escapes

Knees Added

Twisting Defences

PADWORK

FOCUS PADS – (1x3min)

R1 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

Kick Shield – (1x3min)

R1 Kicks – Freestyle

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick
7. Switch front kick – spinning back kick

Thai Pads

R1 – 1 to 4 (CHANT)

R2 – 5 to 8 (CHANT)

R3 – Freestyle

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse
5. Cross – Hook – rear Thigh Kick
6. Rear Uppercut - lead hook - rear thigh kick
7. Jab - Cross – Step Through Downward Elbow
8. Jab – Cross – Step through Knee
9. Switch Jab – Rear Knee
10. Jab – lead elbow
11. Rear Uppercut - Lead Hook – Rear Knee
12. Lead Round Elbow – Rear Downward Elbow – Rear Knee
13. Step Up Rear Knee – Grapple – Spin - Knee
14. Lead Uppercut Elbow – Right Cross – Step Through Knee

SPARRING

4 x 3 Minute Rounds with Knees

GREEN SINGLET 2ND ARM BAND

WARM UP

Light overall calisthenics – 6 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Hands Only (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

KICKS

Front

Round

Inside Leg Kick

Outside Leg Kick

Knees

Straight

Round

Elbows

Round

Uppercut

Downward

Thrust

Checks

Inside

Outside

Cross Over

Rear High

GRAPPLING

Positional Control

Escapes

Knees Added

Twisting Defences

PADWORK

FOCUS PADS – (1x3min)

R1 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

Kick Shield – (1x3min)

R1 Kicks – Freestyle

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick
7. Switch front kick – spinning back kick

Thai Pads

R1 – 1 to 4 (CHANT)

R2 – 5 to 8 (CHANT)

R3 – Freestyle

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse
5. Cross – Hook – rear Thigh Kick
6. Rear Uppercut - lead hook - rear thigh kick
7. Jab - Cross – Step Through Downward Elbow
8. Jab – Cross – Step through Knee
9. Switch Jab – Rear Knee
10. Jab – lead elbow
11. Rear Uppercut - Lead Hook – Rear Knee
12. Lead Round Elbow – Rear Downward Elbow – Rear Knee
13. Step Up Rear Knee – Grapple – Spin - Knee
14. Lead Uppercut Elbow – Right Cross – Step Through Knee

SPARRING

4 x 3Minute Rounds with Knees

BROWN SINGLET

WARM UP

Light overall calisthenics – 9 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Hands Only (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

KICKS

Front

Round

Inside Leg Kick

Outside Leg Kick

Knees

Straight

Round

Flying Mare

Elbows

Round

Uppercut

Downward

Thrust

Spinning

Checks

Inside

Outside

Cross Over

Rear High

GRAPPLING

Positional Control

Escapes

Knees Added

Twisting Defences

Sweeps

PADWORK

FOCUS PADS – (1x3min)

R1 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

Kick Shield (1 X 3min)

R1 Kicks – Freestyle

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick
7. Switch front kick – spinning back kick

Thai Pads (5 x 3min)

R1 – 1 to 4 (CHANT)

R2 – 5 to 8 (CHANT)

R3 – 9 to 12 (CHANT)

R4 – Freestyle

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse
5. Cross – Hook – rear Thigh Kick
6. Rear Uppercut - lead hook - rear thigh kick
7. Jab - Cross – Step Through Downward Elbow
8. Jab – Cross – Step through Knee
9. Switch Jab – Rear Knee
10. Jab – lead elbow
11. Rear Uppercut - Lead Hook – Rear Knee
12. Lead Round Elbow – Rear Downward Elbow – Rear Knee
13. Step Up Rear Knee – Grapple – Spin - Knee
14. Lead Uppercut Elbow – Right Cross – Step Through Knee

SPARRING

5 x 3Minute Rounds with Knees

BROWN SINGLET 1st ARM BAND

WARM UP

Light overall calisthenics – 9 minutes

FITNESS

BJC Gladiator

Grade 1 - 3 minutes

Stretching – 3 Minutes

SHADOW SPARRING

Hands Only (1 x 3min)

STANCES

Attention

Fighting Stance

FOOTWORK

Stamp

Step Through/Changeover

PUNCHES

Jab

Cross

Hook

Uppercut

Overhand

Body Rip

KICKS

Front

Round

Inside Leg Kick

Outside Leg Kick

Knees

Straight

Round

Flying Mare

Elbows

Round

Uppercut

Downward

Thrust

Spinning

Checks

Inside

Outside

Cross Over

Rear High

GRAPPLING

Positional Control

Escapes

Knees Added

Twisting Defences

Sweeps

PADWORK

FOCUS PADS – (1x3min)

R1 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

Kick Shield (1 X 3min)

R1 Kicks – Freestyle

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick
7. Switch front kick – spinning back kick

Thai Pads (5 x 3min)

R1 – 1 to 4 (CHANT)

R2 – 5 to 8 (CHANT)

R3 – 9 to 12 (CHANT)

R4 – Freestyle

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse
5. Cross – Hook – rear Thigh Kick
6. Rear Uppercut - lead hook - rear thigh kick
7. Jab - Cross – Step Through Downward Elbow
8. Jab – Cross – Step through Knee
9. Switch Jab – Rear Knee
10. Jab – lead elbow
11. Rear Uppercut - Lead Hook – Rear Knee
12. Lead Round Elbow – Rear Downward Elbow – Rear Knee
13. Step Up Rear Knee – Grapple – Spin - Knee
14. Lead Uppercut Elbow – Right Cross – Step Through Knee

SPARRING

N/A

BROWN SINGLET 2nd ARM BAND

WARM UP

Light overall calisthenics – 9 minutes

FITNESS

BJC Gladiator
Grade 1 - 3 minutes
Stretching – 3 Minutes

SHADOW SPARRING

Hands Only (1 x 3min)

STANCES

Attention
Fighting Stance

FOOTWORK

Stamp
Step Through/Changeover

PUNCHES

Jab
Cross
Hook
Uppercut
Overhand
Body Rip

KICKS

Front
Round
Inside Leg Kick
Outside Leg Kick

Knees

Straight
Round
Flying Mare

Elbows

Round
Uppercut
Downward
Thrust
Spinning

Checks

Inside
Outside
Cross Over
Rear High

GRAPPLING

Positional Control
Escapes
Knees Added
Twisting Defences
Sweeps

PADWORK

FOCUS PADS – (1x3min)

R1 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

Kick Shield (1 X 3min)

R1 Kicks – Freestyle

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick
7. Switch front kick – spinning back kick

Thai Pads (5 x 3min)

R1 – 1 to 4 (CHANT)

R2 – 5 to 8 (CHANT)

R3 – 9 to 12 (CHANT)

R4 – 11 to 14 (CHANT)

R5 – Freestyle

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse
5. Cross – Hook – rear Thigh Kick
6. Rear Uppercut - lead hook - rear thigh kick
7. Jab - Cross – Step Through Downward Elbow
8. Jab – Cross – Step through Knee
9. Switch Jab – Rear Knee
10. Jab – lead elbow
11. Rear Uppercut - Lead Hook – Rear Knee
12. Lead Round Elbow – Rear Downward Elbow – Rear Knee
13. Step Up Rear Knee – Grapple – Spin - Knee
14. Lead Uppercut Elbow – Right Cross – Step Through Knee

SPARRING

N/A

BLACK SINGLET

WARM UP

Light overall calisthenics – 9 minutes

FITNESS

BJC Gladiator
Grade 1 - 3 minutes
Stretching – 3 Minutes

SHADOW SPARRING

Hands Only (1 x 3min)

STANCES

Attention
Fighting Stance

FOOTWORK

Stamp
Step Through/Changeover

PUNCHES

Jab
Cross
Hook
Uppercut
Overhand
Body Rip

KICKS

Front
Round
Inside Leg Kick
Outside Leg Kick

Knees

Straight
Round
Flying Mare

Elbows

Round
Uppercut
Downward
Thrust
Spinning

Checks

Inside
Outside
Cross Over
Rear High

GRAPPLING

Positional Control
Escapes
Knees Added
Twisting Defences
Sweeps

PADWORK

FOCUS PADS – (3x3min)

R1 Punches – 1 to 4 (CHANT)

R2 Punches – 5 to 8 (CHANT)

R3 Punches – Freestyle

1. Double Jab
2. Jab – Cross
3. Cross – Hook
4. Cross - Jab - Cross
5. Jab - Cross - Jab
6. Cross - Hook - Cross
7. Lead Uppercut - Rear Cross
8. Lead Uppercut - Rear Cross - Lead Hook
9. Cross - Hook - Rear Uppercut
10. Jab - Cross - Lead Hook - Rear Hook - Lead Body Rip - Rear Body Rip

Kick Shield

R1 Kicks – 1 to 4 (CHANT)

R2 Kicks – 5 to 7 (CHANT)

R3 Kicks – Freestyle

1. Lead check – Rear Front kick
2. Lead check – Rear Roundhouse
3. Lead check – Rear Thigh kick
4. Switch Lead front kick – Blitz Rear roundhouse
5. Rear front kick – changeover Rear roundhouse
6. Switch inside thigh kick – rear thigh kick
7. Switch front kick – spinning back kick

Thai Pads

R1 – 1 to 4 (CHANT)

R2 – 5 to 8 (CHANT)

R3 – 9 to 12 (CHANT)

R4 – 11 to 14 (CHANT)

R5 – Freestyle

R6 – Freestyle

1. Jab – Cross - rear Roundhouse
2. Jab - Cross - rear Front Kick
3. Double Jab - rear Thigh Kick
4. Jab - Cross – Hook – Rear Roundhouse
5. Cross – Hook – rear Thigh Kick
6. Rear Uppercut - lead hook - rear thigh kick
7. Jab - Cross – Step Through Downward Elbow
8. Jab – Cross – Step through Knee
9. Switch Jab – Rear Knee
10. Jab – lead elbow
11. Rear Uppercut - Lead Hook – Rear Knee
12. Lead Round Elbow – Rear Downward Elbow – Rear Knee
13. Step Up Rear Knee – Grapple – Spin - Knee
14. Lead Uppercut Elbow – Right Cross – Step Through Knee

SPARRING

6 x 3Minute Rounds with Knees

2ND DEGREE

2nd Degree

PRE GRADE REQUIREMENTS

Time Frame – 2 year after 1st Degree

Training – 6 Training Days since 1st Degree

Uniform – Black Singlet

GRADE REQUIREMENTS

Nidan - Junior

1. 4 X 11/2 Minute Rounds Shadow Sparring
2. 3 X 11/2 Minute Rounds Focus Pads
3. 3 X 11/2 Minute Rounds Kick Shields
4. 3 X 11/2 Minute Rounds Forearm Pads
5. 6 x 11/2 Minute Rounds Sparring
6. 45 Seconds break in between rounds
7. 2 Minutes stretching for warm down

Nidan – Intermediate

1. 4 X 2 Minute Rounds Shadow Sparring
2. 3 X 2 Minute Rounds Focus Pads
3. 3 X 2 Minute Rounds Kick Shields
4. 3 X 2 Minute Rounds Forearm Pads
5. 6 x 2 Minute Rounds SPARRING
6. 45 Seconds break in between rounds
7. 2 Minutes stretching for warm down

Nidan - Senior

1. 4 X 3 Minute Rounds Shadow SPARRING
2. 3 X 3 Minute Rounds Focus Pads
3. 3 X 3 Minute Rounds Kick Shields
4. 3 X 3 Minute Rounds Forearm Pads
5. 6 x 3 Minute Rounds Sparring
6. 45 Seconds break in between rounds
7. 2 Minutes stretching for warm down

Promotion Considerations

- To have trained a student through to 1st Degree Black Belt.
- To have maintained teaching on a regular basis.
- Develop greater fitness level.
- To have demonstrated the ability to endure greater pressure and endurance without the loss of control.
- Displayed greater maturity towards an understanding of the martial arts.
- Maintain training with supervising instructor.
- Blue Card (Adults)
- Level 1 Sports trainer Certificate (Sport & Rec. Qld)

3rd Degree - Kru

PRE GRADE REQUIREMENTS

Time Frame – 3 years after 2nd Degree

Training – 9 Black Belt classes since 2nd Degree

Uniform – Black Singlet Red Logo

GRADE REQUIREMENTS

THEORY

1. Chant a grading

GRADE REQUIREMENTS

PRACTICAL

1. Hold Pads for a 2nd degree
2. 3 x 3 minute rounds of sparring

AUDIO CD PRESENTATION

1. OF YOUR MARTIAL ARTS EXPERIENCES –
THOUGHTS AND CONSIDERATIONS

(Presented to your instructor prior to grading)

Promotion Considerations

- To have trained a student through to 2nd Degree Black Singlet.
- Continue to teach regularly.
- Endeavour to have more than one school under their instruction.
- Show further consolidation of martial arts experience and teaching skills.
- Show that they have moved from “instructor” to “teacher” by the increased depth of tuition in classes taken.
- Show balanced approach in tuition to cover more aspects of the martial arts.
- Have greater communication ability.
- Demonstrate that they are thinking more about what they are teaching.
- Have long-term teaching plans/objectives for the students.
- Thorough knowledge and understanding of Wai Kru.
- Maintain training with supervising instructor.
- Blue Card (Adults)
- Level 1 Sports trainer Certificate (Sport & Rec. Qld)

4TH DEGREE - KRU

4th Degree

PRE GRADE REQUIREMENTS

Time Frame – 4 years after 3rd Degree

Training – 12 Black Belt classes since 3rd Degree

Uniform – Red Singlet

GRADE REQUIREMENTS

THEORY

1. Coordinate grading day

GRADE REQUIREMENTS

PRACTICAL

1. Perform Wai Kru
2. 4 x 3 minute rounds of sparring

Promotion Considerations

- To have trained students through to 3rd Degree Black Singlet.
- To continue to teach regularly.
- To have demonstrated increased experience in martial arts training in particular weapons.
- Display organizational skills.
- To have the ability to look at things in a broad sense with increased objectivity.
- To demonstrate development of schools in terms of numbers and standard.
- Thorough knowledge and understanding of Ram Muay.
- Maintain training with supervising instructor.
- Blue Card (Adults)
- Level 1 Sports trainer Certificate (Sport & Rec. Qld)

5th Degree (Godan) - Shihan

PRE GRADE REQUIREMENTS

Time Frame – 5 years after 4th Degree

Training – 15 Black Belt classes since 4th Degree

Uniform – white/Red Singlet

GRADE REQUIREMENTS

THEORY

1. Coordinate grading day

GRADE REQUIREMENTS

PRACTICAL

1. Perform Wai Kru
2. Perform Ram Muay
3. 5 x 3 minute rounds of sparring

Promotion Considerations

- Demonstrate clear leadership
- Demonstrate co-ordination of directions from BJMA Executive to immediate students and instructors.
- Demonstrate on-going communication with instructors under their supervision.
- Liaise with BJMA founder and BJMA Executive.
- Run instructor classes for the advancement of students/instructors.
- Develop quality insurance programs to maintain professional standards.
- Keep abreast of current trends.
- Maintain efficient and proper business procedure in relation to the running of schools.
- Make themselves available at all times to subordinate instructors.
- Offer support and guidance to subordinate instructors.
- Ensure the proper discharge of BJMA rules and regulations.
- Thorough knowledge and understanding of Wai Kru and Ram Muay.
- Assist in the development of a network of schools under their supervision.
- Where possible run their own gradings for students under their control in accordance with BJMA guidelines, standards and requirements.
- Have regular personal contact with BJMA founder.

Please Note:

It should be noted that there might be some people who for personal or practical reasons cannot fulfill certain criteria; therefore judgment is made upon issues such as;

- Years training
- Maturity
- Level of proficiency
- What they have put into BJMA Muay Thai
- What they have brought into BJMA Muay Thai
- Support for the other instructors

- Further develop BJMA within the community
- Demonstrate clear leadership at a National level
- Demonstrate co-ordination of directions from BJMA Executive to immediate students and instructors.
- Demonstrate on-going communication with instructors under their supervision.
- Liaise with BJMA founder and BJMA Executive.
- Run instructor classes for the advancement of students/instructors.
- Develop quality insurance programs to maintain professional standards.
- Keep abreast of current trends.
- Maintain efficient and proper business procedure in relation to the running of schools.
- Make themselves available at all times to subordinate instructors.
- Offer support and guidance to subordinate instructors.
- Ensure the proper discharge of BJMA rules and regulations.
- Assist in the development of a network of schools under their supervision.
- Where possible run their own gradings for students under their control in accordance with BJMA guidelines, standards and requirements.
- Have regular personal contact with BJMA founder.

Please Note:

It should be noted that there might be some people who for personal or practical reasons cannot fulfill certain criteria; therefore judgment is made upon issues such as;

- Years training
- Maturity
- Level of proficiency
- What they have put into BJC Muay Thai and BJMA
- What they have brought into BJC Muay Thai and BJMA
- Support for the other instructors