

MTM Curriculum 2011
Level #1 - Instructor



ทูตสันถวไมตรีมวยไทย

Muay Thai Goodwill Ambassador

Muay Thai MISSIONS

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MTM – Muay Thai Missions is on a mission to bless and to give back to Thailand. Many in Muay Thai make a lot of money from this Sport and most do not give back to Thailand. One way MTM is going to give back is by using this booklet and curriculum to raise funds. Endless hours, time, research and money has gone into this Curriculum and there have been hundreds of years of teaching and training that Thailand has done to develop Muay Thai. Please show honor, respect and be humble to protect this Curriculum from those who want it for selfish gain and to just sell it for the money it can bring. Please sign below as a declaration that you will do all you can to protect this MTM Curriculum.

Instructor: _____ Date: _____

Witness: _____ Date: _____

Workout #1 - จอดมวย = "jaawt^L muay^M" – Fighting Stance

- Thailand Words: W#1 = มวยไทย = "Muay^M Thai^M" – Muaythai.
 W#2 = สวัสดีครับ = "sa^L wat^L dee^M khrap^H".
 W#3 = ขอบคุณครับ = "khaawp^L khoon^M khrap^H".
 W#4 = พระเจ้าอวยปณ = "Phra^H JAO^F uay^M bpohn^M".
 W#5 = จอดมวย = "jaawt^L muay^M".
 W#6 = เดินมวย = "deern^M muay^M".
 W#7 = กำหมัด = "gam^M mat^L".
 W#8 = ขวา = "khwaa^R".
 W#9 = ซ้าย = "saai^H".
 W#10 = Counting One to Eleven (1 to 11).

หนึ่ง = "neung ^L ". – ONE.	สอง = "saawng ^R ". – Two.
สาม = "saam ^R ". – Three.	สี่ = "see ^L ". – Four.
ห้า = "haa ^F ". – Five.	หก = "hohk ^L ". – Six.
เจ็ด = "jet ^L ". – Seven.	แปด = "bpaaet ^L ". – Eight.
เก้า = "gaao ^F ". – Nine.	สิบ = "sip ^L ". – TEN.
สิบเอ็ด = "sip ^L et ^L ". – Eleven.	

Muay Thai Morals: MTM Morals = Why are you doing Muay Thai ??

M#1 Purpose = "PPPP = People Parish NO Passion Purpose."
 Excellent Fighter's Example = UFC Champ - Vitor Belfort.
<http://www.iamsecond.com/seconds/vitor-belfort/>

M#2 Martial Art Style = "Muay Thai is an OPEN Book System."

Muay Thai History: Do you know Muay Thai History ??

H#1 Ayutthaya, Siam and Burma ... connected to Muay Thai ??

H#2 200 BC, Buddha and Elephants ... connected to Muay Thai ??

- Exercises:
- Body Center Core:
- E#0 – JUMping Rope. OR
 E#1 – Jumping Jacks. E#2 – Crunch Baby Back Ups.
 E#3 – Crunch Leg Raises. E#4 – Crunch Sit Ups.
 E#5 – Crunch Buns & Hammies. E#6 – Flex Back NECK.
- Upper Body:
- E#7 – Crunch MT Push Ups. E#8 – Hand Stand Push Ups.
 E#9 – Crunch Circle Shoulders. E#10 – Crunch Pull Ups.
- Lower Body:
- E#11 – Crunch Squats.
 E#12 – Crunch Calf Flexes. E#13 – Crunch SHIN Flexes.
- Circle Body Joints:
- C#1 – Circles.
 C#2 – Bent Over Twists R/L. C#3 – Standing Twists R/L.
- Stretching:
- S#1 – Stretch Basics. S#2 – Upper Body Stretches.
 S#3 – Wai-Kru & Ram-Muay Stretch & Show Respect.
 S#4 – Butter Fly, Outside Hip, Pancake.
 S#5 – Final Chinese & American SPLITS.
- Techniques:
- T#1 – “jaawt^L muay^M” – Get into a Fighting Stance.
- Hand Blocks for 1-2 (Jab, Cross, Straight) Punches.
 - Head Butt Block.
 - Arm Blocks for 3-4 (Hook, Upper Cut) Punches & Elbow strikes.
 - Lean Back Block.
- T#2 – “deern^M muay^M” – Fighting Movement = Footwork.
- Open Door Backwards.
 - Open Door Frontwards.
- T#3 – “gam^M mat^L” – Make a Fist.
- T#4 – W#13 = “mat^L naa^F” – Front Punch = JAB.
- T#5 – W#14 = “mat^L lang^R” – Rear/ Back Punch = CROSS.
- T#6 – W#15 = “mat^L wiiang^L” – Hook (swing) Punch.
- T#7 – W#16 = “mat^L ngaa^M” – Upper Cut Punch.

DRILLS: D#1 – W#11 = "sa^Lbaai^Msa^Lbaai^M"–Relax Relax & open your EYES !!

D#2 – Breathing = Practice IN and Out Nose breathing.

D#3 – Shadow Sparring = Do Techniques against the AIR.

- a. Practice Fighting Stance = T#1 – Instructor CALL out =
"jaaw^L muay^M khwaa^R" or "jaaw^L muay^M saai^H".
- b. BLOCKS = T#1a, T#1b, T#1c, T#1d – Instructor CALL out =
"Hand Blocks R or L" or "Head Butt" or
"Arm Block R or L" or "Lean Back".
- c. FOOTWORK = T#2 – "deern^M muay^M". – Instructor CALL out =
D#3a. = "jaaw^L muay^M khwaa^R" or "jaaw^L muay^M saai^H".
Students will start in a Fighting Stance R or L. Instructor CALL out =
W#8 "khwaa^R" or W#9 "saai^H" or
W#08 "naa^F" or W#09 "lang^R".
- d. T#2a, T#2b – Open Door Footwork. Instructor CALL out =
"khwaa^R lang^R" or "khwaa^R naa^F" or
"saai^H naa^F" or "saai^H lang^R".
- e. T#3, T#4, T#5, T#6, T#7, – Fist & PUNCHes. Instructor CALL out =
D#3a. = "jaaw^L muay^M khwaa^R" or "jaaw^L muay^M saai^H"
then say = "gam^M mat^L", "mat^L naa^F", "mat^L lang^R",
"lang^R mat^L wiiang^L" or "naa^F mat^L wiiang^L",
"lang^R mat^L ngaa^m" or "naa^F mat^L ngaa^m" !!
- f. T#4, T#5, T#6, T#7, – Punch COMBO = 1-2-3-4-3-2. Each student
will practice this on their own, they will practice this COMBO from a
Right & Left Fighting stance.

D#4 – PARTNERS Visualize your Techniques against someone.

- a. Fighting Stance DANCE = Partner Students up !!
- b. SLAP Sparring Game = Partner Students up !!
- c. OPEN DOOR = T#2a – Open Door Backwards & T#2b – Open Door
Frontwards. Partner Students up !!

d. BOXing = T#1a, T#1b, T#1c, T#1d = Blocks
and Punches = T#4, T#5, T#6, T#7.

Partner Students up, have them get GLOVES on, they can be in right or left fighting stance and again they can change stance at any time.

D#5 – Thai PAD Training. Hit the Thai Pads and let them hit you back !!

Punches, Blocks and Footwork ... this is Muay Thai at its BEST !!

Thai PAD Training is what separates it from all other Martial Arts because you have a LIVE Punching Bag that moves, makes you move, strikes you back and you can strike it back as hard as you can !!

Optional for BOXing only, you can use Thai Pads or small Focus Boxing Mitts and a lot of Muay Thai gyms in Thailand are doing this to develop better hand boxing skills. Thai Pad HOLDER is a fighter because holding the PADS develops fighting skills.

D#6 – BAG Work. Practice your Techniques against the Heavy Bags.

- a. Start off doing single punches against the BAG.
Get comfortable with relaxed, fast, speed and then hard strikes.
- b. Have the students get into a squared stance in front of the bag. Have them get up on the balls of the feet because they will do little hopping steps as they do 1-2 punches. The punches are fast, relaxed and let the bone knuckle weapons hit the bag in a proper way.
They do this for a 2 to 4 minute round so you can see they have to relax and build up their Endurance. You CAN Do It !!
This can be done at the beginning or the end of class !!

D#7 – CLOSE Class.

- a. Wai-Kru Stretch ... then bow (3) and pray. ;-)
- b. Sit up and the Instructor will Ask, “What did you Learn in Class ??”
Instructor give Announcements, Fun Events and Testing Schedule ??

Wai Respect and the whole class will say,
“Phra^H JAO^F uay^M bpohn^M”.

Jump up and let's go home !!

****** NOTE this is only a Sample ******