

BEGINNER ROADMAP

YOUR BASICS

Lets start with mastering the following:

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- 1) Your Muaythai stance
- 2) Footwork & directional movement (learn the Muaythai rhythm)
- 3) Basic Muaythai strikes: Punches, Kicks, Elbows, and Knees
- 4) Shadowboxing



PADHOLDING

Learn how to be a good pad holder.

You will have to learn timing and bracing.

Padholding progression:

- 1) Start with learning how to hold for the basic strikes - start with single strikes
- 2) Holding for combinations
- 3) Incorporate defense for your striker



PARTNER DRILLS

Get comfortable with contact - hitting and getting hit.

Practice safe contact and learn:

- 1) How to land your strikes
- 2) How to defend against others' strikes
- 3) Get conditioned - toughening up the body and mind for this contact sport - build up to sparring



CLINCHING

The Muaythai grapple - welcome to learning the following:

- 1) Body and arm positioning
- 2) Clinch positions and how to win
- 2) Elbows and knees in close range)
- 3) Defending and staying safe



APPLICATION

Time to apply all you've learnt to more realistic scenarios.

- 1) Freestyle sparring and clinching
- 2) Competitions - test your skills in various competitive tiers (from lowest to highest):

Interclubs; Amateurs; Semi- Professional; Professional

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