



SMILING TIGER MUAY THAI
Thai Boxing Level 1/White
Ajarn Kevin Seaman

Stance and Defense

Name _____ Date _____

Wai....._____

Muay Thai Stance....._____

Boxing Stance....._____

Square Out Evasion....._____

Hollow Out Evasion....._____

Three Kick Shields (Low/Mid)_____

Two High Kick Shields (R/L)_____

Boxing Hands

Lead Jab....._____

Rear Cross....._____

Lead Hook....._____

Uppercut (R/L)....._____

Parry The Straight Punches....._____

Shield The Hook....._____

Boxing Footwork /Four Ways....._____

Boxing Pivot....._____

Circle Out....._____

Muay Thai Kicks

Rear Round Kick....._____

Step Into Rear Round Kick....._____

Switch Lead Kick....._____

Step Into Lead Kick....._____

Kick On The Thai Pads 2 Min. Round....._____

Score_____

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