

1st - White £16

Jab
Rear Cross
Front Kick
Roundhouse Kick
Side Kick
(all with defences)

3rd - Orange £16

Angular Jab
Gazelle Punch
Overhead Punch
Spin Side Kick
Spin Back Kick
Angled Front Kick
(all with defences)
1 x 2 Min Sparring

5th - Blue £16

Axe Elbow
Spin Axe Elbow
Spin Elbow
Spin Rising Elbow
Shin Kick
Skip Front Kick
Skip Roundhouse Kick
Skip Side Kick
(all with defences)
3 x 2 Min Sparring

2nd - Yellow £16

Hook Punch
Upper Cut
Outside Leg Kick
Inside Leg Kick
Long Knee
(all with defences)

4th - Green £16

Spinning Hammer Fist
Cross Elbow
Rising Elbow
Whipping Elbow
Whip Kick
Side Knee
Axe Kick
Spinning Kick
(all with defences)
2 x 2 Min Sparring

6th - Purple £16

Combination of Punches
& Elbows
Skip Axe Kick
Skip Shin Kick
Skip Knee
Extended Front Kick
(all with defences)
4 x 2 Min Sparring

7th - Red £20

Combination of Punches
& Elbows
Jump Front Kick
Jump Roundhouse Kick
Jump Side Kick
Jump Knee
(all with defences)
5 x 2 Min Sparring

9th - Black Tag £30

Combination of Punches
& Elbows
Jump Axe Kick
Jump Shin Kick
Jump Spinning kick
(all with defences)
4 x 3 Min Sparring
2 x 2 Min Padwork

8th - Brown £25

Combination of Punches
& Elbows
Jump Axe Elbow
Jump Spin Back Kick
Jump Spin Side Kick
(all with defences)
3 x 3 Min Sparring
1 x 2 Min Padwork

10th - Black 1 £60

Wai Kru Ram Muay
Combination of Punches
& Elbows
Combination of Kicks &
Knees
Combination of Punches
Elbows, Kicks & Knees
(all with defences)
5 x 3 Min Sparring
3 x 2 Min Padwork