

Singto Muay Thai Network

Grading Syllabus

2nd GRADE – YELLOW

Novice – 2 months

1. FITNESS - Somm

15 x Sit Ups

10 x Push Ups

3 x Basic Stretches of your choice (hold for 30 seconds)

2. DEMONSTRATE

(On Thai pads or partner, left & right side)

Kow Dhong - Knees

Sork Dhad - Elbows

Dhe - Round House Kick

Teeb - Front Push Kick

Mut - Hands: Yep - Jab, Doi - Cross, Hoop - Hook & Uppercuts

3. DEFENCE – Lack Sa Dua

Avoidance:

Head - Lean Back, Body - Curve Body In, Legs – Straighten/Skip (roundhouse & teab)

4. PAD COMBINATIONS – Pat Took Yang

No's 1 - 5

5. GRAPPLING - Mud

Grip changing to advantage hold - Neck / Waist / Arms

Manoeuvre partner forward, backward, left & right

6. SPARRING – Som Muay

1 x 2 Minute round light continuous leg sparring – No blocking

7. PERFORM – Sa Daeng

Yaang Saam Khum 'Three Strides of Rama' - Forward (Rook) & Backward (Toi)

Before you begin your grading you will repeat your club oath:

"I will be humble about my prowess in Muay Thai, I will not bully, I will behave with honesty, I will not dishonour my club, I must be loyal to my teacher and fellow students."

Singto Muay Thai Network

Grading Syllabus

3rd GRADE – GREEN
LEARNER – 2 months

1. FITNESS - Somm

25 x Sit Ups
20 x Push Ups
10 x Jumping Squats
Hurdle Stretch - left & right
Sitting Box Split Stretch - left & right

2. DEMONSTRATE

(On Thai pads or partner, left & right side, to legs / body / head)

Teeb Dhong (Front Kick) - Dhe Dhat (Round House Kick)
Sork Poong (Uppercut Elbow) - Mut Wiyang Glab (Spinning Back Fist)

3. DEFENCE – Lack Sa Dua

(to be performed from the left & right)

Blocks:

Against Jab, Cross, Hooks (head & body) and Uppercuts.
Front kicks to knee and body. Round house kicks to knee, thigh and body.

4. PAD COMBINATIONS – Pat Took Yang

No's 1 - 10

5. GRAPPLING – Mud

(to be performed from the left & right)

1 x 1 Minute rounds of medium contact grappling
Including the use of side slap knees (Kow Dhob), and turning your opponent onto a knee

6. SPARRING – Som Muay

1 x 2 Minute round medium continuous leg sparring.
Include front kick (Teeb) & leg blocking techniques.

7. PERFORM – Sa Daeng

(Forward & Backward / Left & Right)

Skipping using a skipping rope (1 minute non-stop)
Gao Blien Liem (Alternating Stance Footwork) - Sueb Tao (Step-Slide Footwork)

Singto Muay Thai Network

Grading Syllabus

4th GRADE – BLUE
SCHOLAR – 3 months

1. FITNESS - Somm

40 x Sit Ups
30 x Push Ups
15 x Jumping Squats
1 x Minute Skipping
Toe Touch Stretch
Reverse Hurdle Stretch - left & right

2. DEMONSTRATE

(On Thai pads or partner, left & right side)

Sork Gratung (Reverse Horizontal Elbow)
Teeb Kang (Sideways Foot Thrust) - stomach & chest
Kow Yawn (Knee Bomb) - Sork Glab (Spinning Horizontal Reverse Elbow)

3. DEFENCE – Lack Sa Dua

(left & right side)

Parrying:

Inside & to the Outside - front kick, round house kick,
knee (inside only) & punches (of the Jab – Including stopping & down)

4. PAD COMBINATIONS – Pat Took Yang

No's 1 - 15

5. GRAPPLING - Mud

(to be performed from the left & right)

1 x 2 Minute rounds of medium contact grappling
Including the use of Straight Knees (Kow Dhrong) and Diagonal Knees (Kow Shiyang)
to the Body & Legs

6. SPARRING – Som Muay

1 x 2 Minute round medium contact continuous full body sparring
Including the use of Punching, Kicking, **Kneeing & Grappling** techniques

7. PERFORM – Sa Daeng

Gao Chaak (Diagonal Footwork to the left & right)
3 x K.O. Points of the head, using 3 x separate techniques
(describe where you will connect & what techniques you will use)

Singto Muay Thai Network

Grading Syllabus

5th GRADE – BLUE & YELLOW
COMPETENT – 3 months

1. FITNESS – Somm

50 x Sit Ups
40 x Push Ups
20 x Jumping Squats
3 x Minute Skipping
Double Reverse Hurdle Stretch
Forward Leg Lunge Stretch - Left & Right
Toe Touch Cross Leg Stretch - Left & Right

2. DEMONSTRATE

(On Thai pads or partner, left & right side)

Sork Sap (Single Elbow Chop) - Sork Sap Koo (Double Elbow Chop)
Kow Loy (Jumping Knee) - Dhe Khouk (Axe Heel Kick) - Dhe Kong (Down Round Kick)

3. DEFENCE – Lack Sa Dua

(left & right side)

Grabbing of Leg:

Pull In & Up (Throw) - Pull Up & Out (Throw) - Reverse Leg (ankle) Take Down (Trip)

4. PAD COMBINATIONS – Pat Took Yang

No's 1 - 20

5. GRAPPLING – Mud

(to be performed from the left & right)

1 x 2 Minute rounds of medium contact grappling
Including the use of Straight Knees to the Head (Hua Kow Dhrong), and inside & outside thigh leg blocks

6. SPARRING – Som Muay

1 x 2 Minute round medium contact continuous full body sparring
Including the use of **Elbow**, Punching, Kicking, Kneeing techniques

7. PERFORM – Sa Daeng

Tawai Bang Kom (Royal Homage Sequence) of the Wai Kru

Singto Muay Thai Network

Grading Syllabus

6th GRADE – BROWN
EXPERIENCED – 4 months

1. FITNESS – Somm

60 x Sit Ups
1 x Mile Run
50 x Push Ups
6 x Minute Skipping
30 x Jumping Squats

Squat Leg Stretch
Reverse Lumber (back) Stretch
Leg Reverse Dip Stretch - Left & Right
Sitting Soles of Feet Together Stretch

2. DEMONSTRATE

(Dominate side only & to be understood in Thai)

Gra Dode Dhe (Jumping Kick) - Gra Dode Sork Sap (Jumping Rear Elbow Chop)
Dhe Glab Lang (Spinning Heel Kick) - Gra Dode Sork Dhee (Jumping Elbow Slash)

3. DEFENCE – Lack Sa Dua

(On Partner, Left and Right side)

Aggressive Defence:

Hand Push, Front Kick & Knee Counter to; Roundhouse Kick (Dhe) & Knee (Kow Dhong)

4. PAD COMBINATIONS – Pat Took Yang

6 x Mixed Combinations - Name the numbers first

5. GRAPPLING - Mud

(to be performed from the left & right)

2 x 2 Minute rounds of medium contact grappling
Including the use of turn over and turn backwards over knee throws

6. SPARRING – Som Muay

(Sparring Gloves, Shin, Groin and Mouth guards are required)

2 x 2 Minute round strong contact continuous full body sparring
Including the use of **Punches, Front Kicks and Round House Kick** techniques

7. PERFORM – Sa Daeng

Taa Prom Nang & Prom See Naa (The Kneeling & Four Directions Sequence)

Thai to be performed on request:

Count 1-10, Hello, Goodbye, Thankyou, Left, Right, Yes, No

Singto Muay Thai Network

Grading Syllabus

7th GRADE – BROWN & YELLOW
SKILLED – 4 months

1. FITNESS - Somm

70 x Sit Ups
2 x Mile Run
60 x Push Ups
10 x Minute Skipping
20 x 2 Jumping Squats

5 x Leg Stretch's of your choice

2. DEMONSTRATE

(On Thai pads or partner, left and right side, also to be understood in Thai)

Teeb Glab Lang (Spinning Reverse Foot Thrust)
Gra Dode Teeb (Jumping Foot Thrust) - Teeb Dhob (Slapping Foot Thrust)

3. DEFENCE – Lack Sa Dua

(On Partner, Left and Right side)

Two handed & Cross leg blocks, against round house kicks - Head & Body
Using above techniques, counter with the use of Sork Glab (Reverse Elbow)
Slip & Slide (inside & outside) - Bob & Weave (inside to the outside)

4. PAD COMBINATIONS – Pat Took Yang

6 x Mixed Combinations - Name the numbers first
1 x Personal Combination - including use off Punch, Elbow, Knee & Kick techniques

5. GRAPPLING - Mud

(to be performed from the left & right)

2 x 2 Minute rounds of medium contact grappling
Including the use of Elbows (Sork) & Knees to the Head (Hua Kow Dhung)

6. SPARRING – Som Muay

(Sparing Gloves, Head, Elbow, Shin, Groin and Mouth guards required)

3 x 2 Minute round strong contact continuous full body sparring
Including the use of Punching, Kicking, **Elbows & Knees to the Head** techniques

7. PERFORM – Sa Daeng

Standing sequence (Prom Yeun) off Boxing Dance (Ram Muay):
Yaam Suka Sen (Muay Shuffle) - Forward in all four directions

Thai to be performed on request:

Count 10-40, How are you?, I don't know, Elbow, Knee, Kick, Punch, Jumping, Turn-around/Spinning, Forward, Backward

Singto Muay Thai Network

Grading Syllabus

8th GRADE – BROWN & GREEN
TECHNICAL – 4 months

1. FITNESS – **Somm** (2 hours)

80 x Sit Ups

3 x Mile Run

70 x Push Ups

15 x Minute Skipping

25 x 2 Jumping Squats 8 x Leg Stretch's of your choice

2. DEMONSTRATE

(dominate side only & to be understood in Thai)

Cherng Muay techniques (*Usage of Muay Thai*) x 8

3. DEFENCE – **Lack Sa Dua**

(to be understood in Thai)

Mae Mai Muay Thai (*Master Tricks of Muay Thai*) x 15

4. PAD COMBINATIONS – **Pat Took Yang**

6 x Mixed Combinations - name the numbers first

3 x Personal Combination - including use off Punch, Elbow, Knee & Kick techniques

5. GRAPPLING – **Mud**

(Bag gloves, Groin, Mouth, Elbow and Chest guards required)

2 x 2 Minute rounds of strong contact grappling

Including the use of all techniques, knees and elbows to the head included

6. SPARRING – **Som Muay**

(Sparing Gloves, Shin, Groin, Mouth and Chest guards required)

3 x 2 Minute round heavy contact continuous full body sparring

Including the use of Elbows and Kneeing to the body (only), Punching, Kicking & Grappling techniques

7. PERFORM – **Sa Daeng**

Standing sequence (Prom Yeun) off Boxing Dance (Ram Muay):

Dramatic Interlude - 'Singto Bung-Nang Kroop-Krua' ('Lion Defends the Pride')

Thai to be performed on request:

Count 90-102 & 1000, 10000, 100000, 1000000, Red, Blue, Fast & Faster, Slow & Slowly, Exhausted, Tired, Good, Bad, Good Luck, Excuse Me, Student of Thai Boxing, Instructor of Thai Boxing

Singto Muay Thai Network

Grading Syllabus

9th GRADE – BROWN & RED
ASSISTANT INSTRUCTOR – 5 months

Part 1. (3 hours)

1. FITNESS – Somm

100 x Sit Ups
5 x Mile Run
100 x Push Ups
20 x Minute Skipping
50 x Jumping Squats
10 x Leg Stretch's of your choice

2. DEMONSTRATE

(dominate side only & to be understood in Thai)

Kon Muay techniques (*Movement & Styles of Muay Thai*) x 15

3. DEFENCE – Lack Sa Dua

(to be understood in Thai)

Luk Mai Muay Thai (*Complimentary Tricks of Muay Thai*) x 15

4. PAD COMBINATIONS – Pat Took Yang

6 x Mixed Combinations - Instructor Calls Techniques
2 x Personal Combination - Instructor Calls Techniques

5. & 6. GRAPPLING / SPARRING – Mud & Sam Muay

(Sparing Gloves, Shin, Groin, Mouth, Chest, Elbow and Head Guards required)

5 x 3 Minute rounds of heavy contact continuous full body sparring
Including the use of Punching, Kicking, Elbows, Kneeing & Grappling techniques

7. PERFORM – Sa Daeng

Demonstrate Full Wai Kru & Ram Muay, including:
Entrance to the Ring, Sealing of the Ring, Waiing to Judges & Referee

Thai to be performed on request:

Your age, Thai Year in Thailand, Bangkok, Kings Name, Hot, Cold, Heart, Bare Knuckle Boxing, Western Boxing, Thai Sword & Stick fighting, Master Techniques, Complimentary Tricks, Spider Monkey Techniques, Front Kick, Stop, Fight, Punch Drunk, Boxing Stadium

Singto Muay Thai Network

Grading Syllabus

9th GRADE – BROWN & RED
ASSISTANT INSTRUCTOR

Part 2.

Instruct three full classes. Including warm up, pad work, technique & cool down

Written 20 Question exam on Muay Thai;

1. What is the literal translation of Thailand? *Free Land*
2. Can you name three Muay Thai Camps in Thailand? *Jitty, Sorvorapin, Lanna, Jungle...*
3. Name Three Major locations in Thailand? *Chiang Mai, Phuket, Kho Samui....*
4. What is the name of the Grand Palace in Thai? *Wat Phat Gao*
5. What is 1,000,500 in Thai? *Nung Lang Haa Loi*
6. What is the Chao Phraya? *The main river running through Thailand*
7. Where is Kho Singto? *In the province of Prachuap Khiri Khan or near Hua Hin*
8. Which King was responsible for the early development of Muay Thai? *Rama 5*
9. Who was Kha Nom Tom, and why is he famous? *Defeating Ten Burmeses Boxers*
10. What is Songkran? *Thai New year.*
11. What is Thailand also known as to the Thia's? *Siam*
12. Who was Phraya Phichai? *He was the warrior who broke his sword in fierce combat*
13. What is the name of the Bangkok Airport? *Dong Muang*
14. What does a Mangosteen, Lychee, Mango and a Banana have in common? *They are all fruit*
15. Can you name Three Thai temples in Thailand? *Wat Phat Gao, Wat Pho, Wat Arrun,*
16. What is the smallest denominator of currency in Thailand? *Any of the Satang*
17. What can be found at Lumpinee? *Boxing, Stadium, Park*
18. Where in Thailand is Rajadamnurn Stadium? *Bangkok*
19. Isan can be found in what part of Thailand? *North-East*
20. What is the Northernmost, and Southernmost part of Thailand called? *Mae Sae & Betong*

Part 3. (3 hours)

1-Day Assistant Instructor's Course

Including:

- 1). Anatomy of Muay Thai & Physical Fitness Assessing
- 2). Traditional Techniques
- 3). Basic Pad Work - (*Basic Padman course completed*)
- 4). Warm Ups & Cool Downs
- 5). Teaching in Class
- 6). Do's & Don'ts of Instructing
- 7). First Aid (*Emergency First Aid course completed*)
- 8). History of Muay Thai

Singto Muay Thai Network

Grading Syllabus

10th GRADE – RED
INSTRUCTOR – 12 months

PART 1. - Professionalism

1. Culture

Hold a two minute conversation with Instructor in Thai
To have visited Thailand for no less then 10 days

2. Competition

Instruct 6 classes
Referee 6 light sparring competition fights
Assist on 2 fight nights with corner work

3. Experience

To have had 3 Interclub tournaments
To have competed in a class 'C' or amateur fight
To have achieved a grade in another martial art

Part 2. - 1. FITNESS – Somm (1 Hour)

100 x Sit Ups
5 x Mile Run
100 x Push Ups
30 x Minute Skipping
50 x Jumping Squats
Demonstrate a full body stretching routine

Part 3. - Two Day course (6 hours)

- 1). Training Fighters
(Both Advanced Padman courses to have been completed)
- 2). Cornerman Work
(Cornerman course to have been completed)
- 3). Wrap Hands and give a Fighters Massage
(Massage & Handwrapping courses to have been completed)
- 4). Judge and Score a fight correctly
(To have attended a Tony Myers Referee & Judges course)
- 5). Spiritual Muay Thai
- 6). Promotion and Sales
- 7). Administration
- 8). Financial Management
- 9). Clubs, Associations, Promoters and Major Stadium Contacts

Singto Muay Thai Network

Grading Syllabus

11th GRADE – RED & SILVER
SENIOR INSTRUCTOR – 24 months

1. Commitment

Purchase Instructors Club Package

(includes: '50/50' equipment, club insurance, contract and full SMTN support)

Start a new Club Location

(not within 10 miles of any other club in the network)

Trainee Instructor Grading

(take the five grades of Trainee Instructors)

2. Dedication

Members

Recruit 20 * Students, who become members of the SMTN

Product

Purchase 3 * Items from SMTN to sell within your location

Purchase 3 * Singto Branded Items from SMTN to sell within your location

Development

To have successfully completed a further course, relating to Muay Thai or Teaching
(i.e. Thai Massage, Thai Language, Krabi Kabong, Muay Boran, Personal Trainer, etc)

3. Evolution

Gradings

Three of your students must attend and pass a SMTN grade

Fighters

Three of your students must compete on a interclub

One of your students must compete in a 'c' class or amateur competition

(all students must pass Kru Ryan's fitness assessment)

Courses

Three of your students must attend a SMTN course

(Hand wrapping, Pad man, Massage, Corner man, etc)

Seminars

Three of your students must attend a seminar organised by SMTN

(Tony Myers – Refereeing, Ramon Dekkers – Fighters, Thailand Tours – Training, etc)

4. Awareness

Demo

Perform a demonstration of Muay Thai at a school, fete, dinner, etc.

Press

To have appeared in the press, with three separate articles.

(example - opening/Khrob Kru/first fighter)