

North Lakes Gym Basic Thai Boxing Skills List

Category	Level I	Level II	Level III
Miscellaneous Skills	Making a fist Handwraps	Jump-rope Working the bag	Shadowboxing Tag
Defense	“On Guard” Stance (both sides!) Movement (from both sides) Forward / Backward Right / Left Pivot Angle off	Stance and Movement + Basic Defense I Move Duck Slip Bob and weave Jab and move	Basic Defense I + Basic Defense II Catch Parry Block Cover Shield
Punches	Four Basic Punches Jab Cross Hook Uppercut	Four Basic Punches + Basic Combinations Double and triple jabs 1-2 1-2-3 Four count	Basic Combinations + Two More Punches Shovel hook Overhand Mixed Combinations Ad hoc
Kicks	Two Basic Kicks Push Kick Thai Kick	Two Basic Kicks + Basic Combinations Push-Thai Multiple Thai	Basic Combinations + Angled Kicks Mixed Combinations Ad hoc
Elbows	---	Two Basic Elbow Strikes Hook elbow Uppercut elbow	Two Basic Elbow Strikes + Spear elbow
Knees	---	Clinch One Basic Knee Strike Straight knee	Clinch movement One Basic Knee Strike + Hook knee Long knee

Note: Information, pictures, and web links can be found on Dwight's web page: www.ias.unt.edu/~llela/muaythai.htm