



PROGRESSION OF KEY SKILLS

Mini Muay Thai

Early Years

- Basic stance – Developing balance using throw down feet to help with positioning for left and right
- Begin different types of strike – developing co-ordination of arms
- Upper cut – develop bobbing up and down (bouncing motion)
- Knee strike – Balancing on left and right leg
- Kicking – developing balance on one leg (left and right side) to be able to kick from the front
- Introduce some defensive techniques through a game
- Begin to develop co-ordination by adding some combinations of strikes together

EY



1

Year 1

- Right and left stance, introduce guard beginning to keep hands up – to protect yourself
- Jab – develop co-ordination of jabbing hand at the front
- Upper cut (left and right) – dipping body down and standing up
- Knee strike – developing control and balance when bringing knee up
- Kicking – developing bringing arm down as you kick
- Shin check – begin to develop balance to get into shin check defensive position
- Develop co-ordination using different combinations of techniques and begin to compete against self

2

Year 2

- In right and left stance, keeping hands up in guard while performing a strike
- Jab cross – develop co-ordination of jabbing hand at the front and cross from the rear
- Upper cut (left and right) – dipping body down, keeping arm bent when striking
- Knee strike (front and rear) – develop balance when performing a strike on both legs
- Front and rear kick – bringing same arm down to the side of body as you kick
- Shin check – keeping balanced and guard up when in shin check defensive position
- Perform combinations of techniques demonstrating balance and co-ordination. Compete against self

3

Year 3

- Can stand in the correct stance keeping chin down and hands up to guard
- Jab cross – keeping guard up and balanced
- Upper cut and hook (left and right) always keeping one hand in guard position
- Knee strike – keeping guard up and balanced
- Kicks – flick foot, keeping guard up to protect face
- Shin check – keeping control when moving back into stance – ready for next technique
- Perform combinations of techniques developing flexibility, control, balance and strength

4

Year 4

- Can begin to switch stance for each of the strikes – keeping guard up
- Jab cross – with control and co-ordination using left and right stance
- Perform upper cut and hooks front and rear, keeping guard up
- Perform knee strike with control using front and rear – keeping guard up
- Kicks – front and rear, being able to reset into stance position
- Shin check – improve flexibility of technique – improving the height
- Using memory to remember striking combinations

5

Year 5

- Can react and change stance for each strike e.g. hand, knee kick
- Jab cross developing speed and accuracy
- Perform uppercut and hook – confidently using front and rear technique fluently
- Perform knee strikes (front and rear) beginning to improve power – and develop onto a bag/focus mitts
- Kicks – develop flexibility to kick at different levels, using both left and right leg
- Defensive – be able use shin check in isolation with control and fluency
- Perform and remember a variety of striking combinations (and create some of their own)
- Communicate and collaborate with others and create a Mini Muay Thai session

6

Year 6

- Can change stance quickly, reacting and adapting for each strike e.g. hand, knee kick
- Jab cross (on and off the focus mitts) with power and speed – using left and right hands
- Upper cut and hooks – use front and rear as part of combinations and developing speed, power and accuracy
- Knee strike (on and off the focus mitts) – with fluency and power
- Perform a front and rear kick with control, speed and power
- Defensive – be able react using shin check in isolation and combination (using defensively)
- Perform a variety of striking combinations with flexibility, control, balance and strength
- Create a Mini Muay Thai session as part of a small group and actively lead another group

