

SKSSP- OMA CURRICULUM

KHAN 2 (YELLOW MONGKON & PRAJAT)			KHAN 3 (YELLOW AND WHITE MONGKON & PRAJAT)		
SUBJECTS	DESCRIPTIVE TITLE	HOURS	SUBJECTS	DESCRIPTIVE TITLE	HOURS
HEALTH 1	VITAL POINTS OF THE BODY	1	MUAYTHAI HISTORY 2	THE EVOLUTION OF MUAYBORAN TO MUAYTHAI	1
MUAYTHAI HISTORY 1	THE ORIGIN OF MUAYTHAI, THAI CULTURE AND TRADITIONS, BENEFITS OF PRACTISING MUAYTHAI BORAN	1	VALUES 2	INSIGHT MEDITATION & FOUNDATION OF SELF-AWARENESS	2
VALUES 1	OATH OF MUAYTHAI	1			
STANCES	YUEN/DUEN MUAYTHAI & MUAYBORAN	4	ARTS OF KNEE STRIKES 1	SILAPA GAN CHAI KAO	7
ARTS OF PUNCHES 1	SILAPA GAN CHAI MAHT	13	ARTS OF ELBOW STRIKES 1	SILAPA GAN CHAI SOHK	10
ARTS OF KICKS 1	SILAPA GAN CHAI TAO	15	ARTS OF CLINCHING	TAKSA GAN KODPLUM	15
ARTS OF SHOVING KICKS	SILAPA GAN CHAI TEEP	5	ARTS OF ATTACKS	TAKSA GAN ROOK	5
SITTING WAI KRU 1 (TRADITIONAL)	PROM NANG	10	SITTING WAI KRU 2 (FOR COMPETITION)	PROM NANG/ YUEN	10
TOTAL		50	TOTAL		50
KHAN 4 (GREEN MONGKON & PRAJAT)			KHAN 5 (GREEN AND WHITE MONGKON & PRAJAT)		
SUBJECTS	DESCRIPTIVE TITLE	HOURS	SUBJECTS	DESCRIPTIVE TITLE	HOURS
MUAYTHAI HISTORY 3	THE LIFE OF KING NARESUAN	1	MUAYTHAI HISTORY 4	THE LIFE OF PRACHAO SUEA	1
ARTS OF DEFENSIVE TACTICS	TAKSA GAN RAP	14	COUNTER ATTACK FOR ELBOW STRIKES	KUN MUAY KE SOHK	10
COUNTER ATTACK FOR PUNCH	KUN MUAY KE MAHT	10	COUNTER ATTACK FOR CLINCH	TAKSA GAN GEI GAN KODPLUM	20
COUNTER ATTACK FOR KICK	KUN MUAY KE TAO	10	ARTS OF COUNTER ATTACKS	KUN MUAY KE CHO JOOM	10
COUNTER ATTACK FOR KNEE-STRIKES	KUN MUAY KE KAO	10	STANDING WAI KRU 4 (FOR COMPETITION)	PROM YUEN	10
STANDING WAI KRU 3 (TRADITIONAL)	PROM YUEN	10			
TOTAL		55	TOTAL		51

KHAN 6 (BLUE MONGKON & PRAJAT)			KHAN 7 (BLUE AND WHITE MONGKON& PRAJAT)		
SUBJECTS	DESCRIPTIVE TITLE	HOURS	SUBJECTS	DESCRIPTIVE TITLE	HOURS
AMATEUR MUAYTHAI	TRAININGS FOR AMATEUR ATHLETES	120	PROFESSIONAL MUAYTHAI	TRAININGS FOR PROFESSIONAL ATHLETES	120
PRACTICUM	FULL SPARRING OR FIGHT IN AN AMATEUR TOURNAMENT		PRACTICUM	FULL SPARRING OR FIGHT IN A PROFESSIONAL TOURNAMENT	
TOTAL		120	TOTAL		120
KHAN 8 (BROWN MONGKON & PRAJAT)			KHAN 9 (BROWN AND WHITE MONGKON& PRAJAT)		
SUBJECTS	DESCRIPTIVE TITLE	HOURS	SUBJECTS	DESCRIPTIVE TITLE	HOURS
MUAYTHAI HISTORY 5	THE LIFE OF PHRAYA PICHLAI	1	MUAYTHAI HISTORY 6	THE LIFE OF NAI KHANOM TOM	1
WARRIOR DANCE OF THE ARTS OF PUNCHES (FORM)	15 MAI MUAYTHAI GAN CHAI MAHT (RAM MUAY)	19	WARRIOR DANCE OF THE ARTS OF KNEE-STRIKES (FORM)	11 MAI MUAY GAN CHAI KAO (RAM MUAY)	14
WARRIOR DANCE OF THE ARTS OF KICKS (FORM)	15 MAI MUAYTHAI GAN CHAI TAO (RAM MUAY)	20	WARRIOR DANCE OF THE ARTS OF ELBOW-STRIKES (FORM)	24 MAI MUAY GAN CHAI SOHK (RAM MUAY)	20
TOTAL		40	TOTAL		35

KHAN 10 (RED MONGKON & PRAJAT)		
SUBJECTS	DESCRIPTIVE TITLE	HOURS
MUAYTHAI HISTORY 7	THE HISTORY OF MUAYTHAI IN THE PHILIPPINES	1
15 MAJOR MUAYTHAI TECHNIQUES (FORM)	15 MAE MAI MUAYTHAI	15
15 MINOR MUAYTHAI TECHNIQUES (FORM)	15 LUK MAI MUAYTHAI	15
THE ELEPHANT WARRIOR DANCE	MUAY KOTCHASAN	15
TOTAL		46

KHAN 11 (RED AND WHITE MONGKON AND PRAJIAT)			KHAN 12 (RED AND YELLOW MONGKON AND PRAJIAT)		
SUBJECTS	DESCRIPTIVE TITLE	HOURS	SUBJECTS	DESCRIPTIVE TITLE	HOURS
HEALTH 3	NUTRITION AND DIET FOR ATHLETES	8	HEALTH 5	BASIC FIRST AID	
HEALTH 4	TRADITIONAL THAI MASSAGE/ SPORTS MASSAGE, BASIC HUMAN ANATOMY	24	TRAINER'S DUTIES	DURING TRAININGS , DURING FIGHTS, AND AFTER FIGHTS	8
MUAYTHAI PEDAGOGY	ONE ON ONE TEACHING	1	SIGNIFICANT TRAINING EQUIPMENTS	THE USE OF PUNCH MITTS, THAI KICK PADS, FOCUS MITTS, BAGS, SPEED BALLS, JUMP ROPES, WEIGHTS INSTRUMENTS	8
	TEACHING A GROUP				
	TEACHING YOUNG LEARNERS				
	TRAINING AREA/GYM MANAGEMENT				
ETHICS 1	CODE OF CONDUCT OF AN INSTRUCTOR	1	TEACHING WITH MOVING TARGETS	AMATEUR AND PROFESSIONAL FIGHTERS	8
PHYSICAL EXERCISES	WARM UP-COOL DOWN, CARDIOVASCULAR, FLEXIBILITY, STRENGTHENING	8	PRACTICUM	PRACTICE TEACHING	24
MUAYTHAI AEROBICS	KAI BURIHAN MUAYTHAI PAKOP SIANGDONRI/ KETA MUAY	8			
ADMINISTERING A TEST	PROCEDURES IN CONDUCTING TESTS	1		-	-
PRACTICUM	PRACTICE TEACHING	24		-	-
TOTAL		21	TOTAL		15

KHAN 13 (RED AND SILVER MONGKON AND PRAJAT)			KHAN 14 (SILVER MONGKON AND PRAJAT)		
SUBJECTS	DESCRIPTIVE TITLE	HOURS	SUBJECTS	DESCRIPTIVE TITLE	HOURS
ETHICS 2	CODE OF CONDUCTS OF A TOURNAMENT OFFICIAL	16	INTRODUCTION TO KRABI KRABONG	ANCIENT THAI PRACTICE OF WEAPONRY	1
			THE ART OF BATTLEAXE WEAPONRY	KWAN	16
			THE ART OF DAGGER WEAPONRY	MED SAN	16
INTRODUCTION TO AMATEUR AND PROFESSIONAL TOURNAMENTS	PHYSICAL SET-UP AND EQUIPMENTS IN A TOURNAMENT		THE ART OF SCYTHE WEAPONRY	KIAO	16
REFEREE AND OFFICIALS 1	AMATEUR REFEREEING AND OTHER OFFICIATING DUTIES		THE ART OF SWORD WEAPONRY	DAP, TOMOWN	16
JUDGE 1	AMATEUR MUAYTHAI JUDGING		THE ART OF SPEAR WEAPONRY	TUAN, HOK	16
REFEREE AND OFFICIALS 2	PROFESSIONAL REFEREEING AND OTHER OFFICIATING DUTIES		THE ART OF RATTAN STICK WEAPONRY	KRABONG	16
JUDGE 2	PROFESSIONAL JUDGING		THE ART OF SHIELD WEAPONRY	LO, DANG, KEN, MAI SOK,	16
PRACTICUM	AMATEUR AND PROFESSIONAL TOURNAMENT	8	PRACTICUM	DEMONSTRATION OF THE ARTS	1
TOTAL		6	TOTAL		

KHAN 11 (RED AND WHITE MONGKON AND PRAJIAT)			KHAN 12 (RED AND YELLOW MONGKON AND PRAJIAT)		
SUBJECTS	DESCRIPTIVE TITLE	HOURS	SUBJECTS	DESCRIPTIVE TITLE	HOURS
HEALTH 3	NUTRITION AND DIET FOR ATHLETES	8	HEALTH 5	BASIC FIRST AID	
HEALTH 4	TRADITIONAL THAI MASSAGE/ SPORTS MASSAGE, BASIC HUMAN ANATOMY	24	TRAINER'S DUTIES	DURING TRAININGS , DURING FIGHTS, AND AFTER FIGHTS	8
MUAYTHAI PEDAGOGY	ONE ON ONE TEACHING	1	SIGNIFICANT TRAINING EQUIPMENTS	THE USE OF PUNCH MITTS, THAI KICK PADS, FOCUS MITTS, BAGS, SPEED BALLS, JUMP ROPES, WEIGHTS INSTRUMENTS	8
	TEACHING A GROUP				
	TEACHING YOUNG LEARNERS				
	TRAINING AREA/GYM MANAGEMENT				
ETHICS 1	CODE OF CONDUCT OF AN INSTRUCTOR	1	TEACHING WITH MOVING TARGETS	AMATEUR AND PROFESSIONAL FIGHTERS	8
PHYSICAL EXERCISES	WARM UP-COOL DOWN, CARDIOVASCULAR, FLEXIBILITY, STRENGTHENING	8	PRACTICUM	PRACTICE TEACHING	24
MUAYTHAI AEROBICS	KAI BURIHAN MUAYTHAI PAKOP SIANGDONRI/ KETA MUAY	8			
ADMINISTERING A TEST	PROCEDURES IN CONDUCTING TESTS	1		-	-
PRACTICUM	PRACTICE TEACHING	24		-	-
TOTAL		21	TOTAL		15

KHAN 13 (RED AND SILVER MONGKON AND PRAJAT)			KHAN 14 (SILVER MONGKON AND PRAJAT)		
SUBJECTS	DESCRIPTIVE TITLE	HOURS	SUBJECTS	DESCRIPTIVE TITLE	HOURS
ETHICS 2	CODE OF CONDUCTS OF A TOURNAMENT OFFICIAL	16	INTRODUCTION TO KRABI KRABONG	ANCIENT THAI PRACTICE OF WEAPONRY	1
			THE ART OF BATTLEAXE WEAPONRY	KWAN	16
			THE ART OF DAGGER WEAPONRY	MED SAN	16
INTRODUCTION TO AMATEUR AND PROFESSIONAL TOURNAMENTS	PHYSICAL SET-UP AND EQUIPMENTS IN A TOURNAMENT		THE ART OF SCYTHE WEAPONRY	KIAO	16
REFEREE AND OFFICIALS 1	AMATEUR REFEREEING AND OTHER OFFICIATING DUTIES		THE ART OF SWORD WEAPONRY	DAP, TOMOWN	16
JUDGE 1	AMATEUR MUAYTHAI JUDGING		THE ART OF SPEAR WEAPONRY	TUAN, HOK	16
REFEREE AND OFFICIALS 2	PROFESSIONAL REFEREEING AND OTHER OFFICIATING DUTIES		THE ART OF RATTAN STICK WEAPONRY	KRABONG	16
JUDGE 2	PROFESSIONAL JUDGING		THE ART OF SHIELD WEAPONRY	LO, DANG, KEN, MAI SOK,	16
PRACTICUM	AMATEUR AND PROFESSIONAL TOURNAMENT	8	PRACTICUM	DEMONSTRATION OF THE ARTS	1
TOTAL		6	TOTAL		

KHAN 15 (SILVER AND GOLD MONGKON AND PRAJAT)			KHAN 16 (GOLD MONGKON AND PRAJAT)		
SUBJECTS	DESCRIPTIVE TITLE	HOURS	SUBJECTS	DESCRIPTIVE TITLE	HOURS
MUAYTHAI MANAGEMENT & PROMOTION	METHODS AND PROCEDURES OF MARKETING MUAYTHAI	3	YEARLY RE-ASSESSMENT AND UPGRADING TRAINING SEMINAR	NEW TECHNIQUES, RULES, AND UPDATES	8
PROJECT PROPOSAL	WRITTEN PROPOSAL	1	CONFERENCE AND PRESENTATION	NEW FOUND TECHNIQUES FROM INSTRUCTORS	
PRACTICUM	IMPLEMENTATION OF THE PROJECT PROPOSAL			SKSSP	

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