**First Dan Black Belt Mixed Martial Arts Muay Thai**

* **Jab/double-jab/body jab/cross/body cross/hook /uppercut/dummy cross/cobra punch**  **PASS**
* **3 count elbow drill. 7 count elbow drill both sides**. **Add straight lead elbow (body/head), downward elbow, 45 degree upward elbow, dummy elbow, superman elbow, rebound** **elbow (Kali).** Partner elbow drills.Partner head manipulation with elbows. Elbow sparring –no contact (with elbow pads)
* Shadow elbows
* **Long knee, cut knee, single trap and neck grab knee(both sides of head),**jump knee, **clinch knees, skip knees**, head knee, body manipulations with knee, double hand traps with knee, leg knees. Knees on Thai pads
* Shadow knees
* **Clinch drills. Entering the clinch. Snake and escape drills in clinch-play. With or without** **knees.** Add elbows (elbow pads).
* Low and mid roundkicks.
* Front push –snap kick
* 1/2/3/4 -12 count Thai pad drills. Hands/elbows knees/front and round kicks
* Round-kick defences (min. 5)
* Front—kick defences (min3)
* 3 Thai throws/takedowns
* Thai footwork. Forward/back /side. Shin blocks (elephant walking). Shadow footwork
* Shadow Thai boxing
* Controlled sparring.