

Defensor Method Requirements: Level IA

Open Hands:

Western boxing/Panantukan Combinations

Jab/Cross/Hook

Uppercut/Uppercut/Uppercut

Hook/Cross/Hook

Chut Chun Choi

- Chain Punching; from Wing Tsun; 30 seconds

Hubad Lubad

- Tie/Untie, fade/unfade; block, lift over, trap; Pass, Hambak, Stop; Both RH & LH

Footwork:

Kali triangle Footwork

- forward (male), reverse (female), lateral, jogging, horse-shoe

Muay Thai Box Stepping

- move leading foot first

Shuffle step

- slide-step or pendulum step; move trailing foot first

Switch Leads

Cross Step

- over, under

Kicks/Sikaran:

Thai Roundhouse

- Cut kick; keep knee relatively straight, throw whole leg, make contact w/ Shin, not foot; pivot on ball of other foot; use Thai Half-Shuffle for front leg

Push Kick/Foot Jab

Tadyak/Oblique

- kick with instep of back foot

Thai Knee

Low Side Kick/Dongab

- kick with outside edge of lead foot; Dongab also means jab or stab.

Warm-Ups:

Stick twirls left and right

Stick passes

Figure eights

Basic footwork

Sticks:

Defensor method angles 1-12