An ancient art for modern times
“An Ultimate Truth”

TEACHING CURRICULUM
2000
Blue to Black Singlet Requirements

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BJC Muay Thai

For the Instructor in the development of BJC Muay Thai Students.

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Contents

| Acknowledgements                           | 4 |
| Preface – Muay Thai                         | 5 |
| Bob Jones Corporation – Creating The Australian Empire | 6 |
| Mission Statement                           | 8 |
| Introduction                                | 9 |
| BJC – WKA Representatives                  | 10 |
| Re: Kickboxing – Muay Thai Gradings Towards 2000 | 10 |
| BJC Gladiator Exercises                     | 13 |
| Blue Singlet                                | 15 |
| Green Singlet                               | 20 |
| Brown Singlet                               | 25 |
| 1st Degree – Black Singlet (White Logo)     | 30 |
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HISTORY
The first historical records dealing with organised unarmed fighting skills are ancient Egyptian in origin and represent a crude type of temple boxing. Vikings, Saxons and the Celtic community competed furiously between their battles of war for thousands of years BC.

However, many scholars consider that the ancient Greeks were the first to evolve a more organised system of combat. The Greeks were known to have developed wrestling and boxing to quite high levels. Their fighting skills in ‘Pankration’ (game of all powers) allowed them to use any technique they wished in unarmed combat except for eye gouging. As far as we know, Pankration is the first recorded fighting discipline that devised a method of kicking and integrated it with punches and empty hand strikes.

This art quickly became a sport and was introduced into the Olympic Games in 648 BC. Archaeologists have recently unearthed a series of Babylonian plaques depicting figures in fighting stances using counter blocking techniques. These plaques date back more than 5000 years, perhaps indicating that there were systemised methods of unarmed fighting around the fertile crescent in Mesopotamia which later travelled eastward, to be developed by the Indians and then the Chinese.

Modern times, in particular this century the martial arts, for whatever reason, have seen an incredible upsurge in popularity, particularly in the western world.

In the early years to middle of this century Japanese Judo (The Soft/Gentle Way) received acclaim world wide as both a sport and self-defence. 1964 saw Judo introduced to the Tokyo Olympic Games, and to the amazement of the world audience and especially the Japanese, the first open champion and gold medallist was Anton Geesink, a Dutchman.

The next martial art to sweep the entire world was Karate. Contrary to popular belief the Japanese had never heard of Karate prior to 1922. The word Karate now means ‘empty hand’ (in 17th century Okinawa, the character for ‘kara’ meant ‘China’ and ‘te’ meant ‘hand’). The correct rendering for the name of the art is Karate-do, the word ‘do’ means ‘way’. But in the 1930’s the Japanese changed the meaning of ‘kara’ to ‘empty’.

While Judo was already booming, the big break for Karate was when the new modernised Japanese navy sailed in Chujo Bay, Okinawa. The Imperial Japanese fleet under Admiral Dewa was invited to a huge banquet. During this feast various demonstrations were arranged for the visitors, one being performed by a mild mannered school teacher, Gichin Funakoshi, who revealed his
own Karate approach. Admiral Dewa was so impressed that, on his return to Japan, he told the Emperor about this unarmed combat. The emperor invited Funakoshi to Kyoto to give a private demonstration of Karate and this was how, in 1917, Okinawa-te was introduced to the country.

However, it was not until April 1st, 1922, when Funakoshi was invited again to the Japanese Ministers of National Education to give a formal demonstration at a girl's school in Tokyo, that the Japanese public saw the art of the 'empty hand'. It was a great success and two years later Keio University founded Japan's first Karate Dojo.

The next world acclaim to the martial arts was the introduction of Taekwondo (Way of the Hand and Foot), a version of fighting, taken originally from an ancient Korean unarmed combat method. This martial art is very much a modern concept, but with roots stretching back almost 2000 years to the indigenous native style of Tae Kyon.

The name Taekwondo came into being at a conference of masters in 1955 when General Choi Hong Hi submitted this particular name because it closely resembled the traditional name of Tae Kyon.

The considerable Japanese martial arts influence on Taekwondo is a consequence of their military occupation of Korea from 1907-1945.

Since then the art has developed into a modern international sport and in July 1980 the International Olympic Committee decided to include it in the 1988 Olympics in Seoul.

1973 saw the death of the world's most controversial martial artist. Bruce Lee's constant media exposure, his now infamous motion pictures and his person literary contributions exposing Chinese Kung Fu (The Way of Perfection) to western society are all historically documented.

Bruce Lee and the era he created were the turning point of the so-called 'traditional-thinking martial artists'. He developed the concept of modern thinking within the industry and a healthy mixing and combining of the various styles and systems, on a global level.

PRESENT & FUTURE

"Muay Thai Boxing - The living fear of all untruths".

During the last decade the western world has been exposed to more and more of Southeast Asian styles, too numerous to mention for the purpose of this text, except one, definitely by nature the most effective of all the martial arts, from the ancient kingdom of Siam (now Thailand).

Muay Thai, to give the boxing art its correct name, with its eastern influence mixed into western kickboxing during recent years, is the reason for the increase in kickboxings popularity.
The evolution of Australian Kickboxing has changed face with a history spanning 20 years.

In 1976, the Bob Jones Corporation promoted Australia’s inaugural Kickboxing event. A two fight card featuring Dave Berry and Glenn Ruehland (Middleweights) and Dennis Dunstan and Bruce Hylands (Lightweights). Dave and Dennis both won their bouts.

This was the introduction of “Australian Rules” Kickboxing. That is, Queensbury Boxing rules and kicks above the waist. In 1983, leg kicks were introduced to this country under the banner of USA (American) rules. The World Kickboxing Association (WKA) defines these as “Kickboxing” rules.

In March 1986, the Bob Jones Corporation began training at Sidyothon Camp, Thailand. Rod Stroud (Perth W.A.) introduced grappling and knee kicks into Australia, thus “International Rules”. The WKA refer to these rules as “Thai-Boxing”. With the inclusion of elbows - “World Rules”, the WKA refer to contests as “Thai-Fighting”.

Thus, the BJC Muay Thai - system was introduced to train people for Self Defence and as a means of developing what is the world’s most exciting and powerful sport.
Training with the use of coloured singlets denotes:
Self Defence and Touch-Contact strategies with no desire to hurt your opponent.

Training naked (with exception of shorts) denotes:
Full-contact strategies with the desire to over-power you opponent.
INTRODUCTION

The contents of this document have been developed to provide a reference guide for the BJC Muay Thai Instructor, for the training of students and fighters (both semi & full contact).

It is not intended to be an absolute syllabus, but material to better explain the intricacies of our particular Muay Thai system.

The philosophy behind this document is based upon generally recognised and accepted coaching principles, i.e., breaking down movements/techniques down into their constituent parts and then combining them for total end techniques.

BJC Muay Thai is the fastest and easiest sport to learn in the world. With that in mind the syllabus has been structured and formatted in such a way to provide a gradual progression through the 3 colour singlets (i.e. Blue, Green & Brown) before the student obtains their Black singlet. As well as self-defence minded students, the system will also encourage many to take on their training for the purpose of competition.

The skills training have been refined to emphasise the system's unique footwork and also explosive power. This has led to the development of many set drills, which are also intended to progress at a gradual rate for the development of both technique and physical fitness.

Body conditioning is also a major necessity for the potential competitor and the addition of the GLADIATOR plyometrics routine has become both a training drill and tested requirement.

To provide longevity to the system and to help unify the grading structures of all B.J.C. – Martial Arts Programs, Degree rankings from 1st to 10th are included after Grade 3 (Brown Singlet). Fourth (4th) and Fifth (5th) Degree gradings are the final physical (Bushido) gradings to be held in public.

From Sixth (6th) to Tenth (10th) Degree, the gradings will incorporate the concepts of Senjo and Kyunnin (Art of War – Business Strategies), which will be explained in detail at a later stage.

It is intended that this document is used to make teaching, programming and explaining your classes easier to enable both the Trainer and Student achieve their goals.

The appreciation of this material is intended to be complimented by a verbal explanation and physical demonstration.
In recent times we have noticed a build up and Top Ending with our ranking system. More and more students have been grading through to Red Singlet.

Due to the recent (since our 25th Anniversary, 1995) success and growth of Senjo (i.e. Business Strategies) it is important to unify the grading structure of all B.J.C. – Martial Arts Programs.

Therefore as of 1998 B.J.C. – Muay Thai/Kickboxing systems will introduce Black Singlet and above Degree Rankings (see diagrams of structural explanation). The current coloured singlet (up until now known as Grades) will lead new students towards Black Singlet and will now be referred to as First (1st) Degree etc up to Tenth (10th) Degree.

Any Full Contact Fighters you are training that do not have time to pursue the singlet grading structure and Title Holders will receive automatic Degree Ranking with the following titles:

- **State Title** – First (1st) Degree
- **National Title** – Second (2nd) Degree
- **South Pacific Title** – Third (3rd) Degree
- **International Title** – Fourth (4th) Degree
- **World Title** – Fifth (5th) Degree

Even without achieving Titles any B Class W.K.A. Fighters fighting regularly in 1998 and in the future will be entitled to wear First (1st) Degree Singlets (and should do so when training in class/seminar or attending Gradings). Likewise and A Class W.K.A. Fighters will have earned (from their ring experience) Second (2nd) Degree status.
For any experienced Martial Artist (i.e. Zen Do Kai or any other B.J.C. system or from other styles) to obtain a grading, an evaluation must be made over a period of time to assess their Fighting and/or Teaching as well as their people skills. Their standard must then be equated to this revised Grading System.

All State Heads and/or B.J.C. – Muay Thai/Kickboxing Family Heads are responsible for delegating this revised structure as soon as possible (a.s.a.p.) as of 1998.

The most difficult task you face is delegating the correct Degree Ranking of the current mass of Red Singlets -Third (3rd) Degrees as many of them will be entitled to higher status. This will require you to give this careful planning.

Towards 2000, the B.J.C. is planning to stage Senjo Seminars (i.e. Art of War – Business Strategies). These will inform all the B.J.C. members of our success and future growth with Senjo and show all members how they may become involved with this growth, thus, another reason we must unify all B.J.C. – Degrees of Rank.

The final 3 physical (Bushido) examinations to take place in the public eye are Third (3rd), Fourth (4th) and Fifth (5th) Degree.

3RD DEGREE - Trainer
*Mirror Reflection Of Self Through Students*

The solid red singlet denotes this rank.

4TH DEGREE - Lower Masters Level

This rank is denoted by a singlet where the top half is White and bottom is Red.

5TH DEGREE - Upper Masters Level

This rank is denoted by a singlet where the top half is Red and bottom is White.
From and beyond Sixth (6th) Degree, the gradings will incorporate the concepts of Senjo and Kyunnin (Art of War – Business Strategies), which will be explained in detail at a later stage.

6th DEGREE - Lower Wizards Level
*Man’s Ability To Put His Ideas Into Practice.*
This rank is denoted by a Black Singlet with One Inch Red Stripe

7th DEGREE - Middle Wizards Level
*Man’s Ability To Consolidate And Organize The Material World.*
This rank is denoted by a Black Singlet with Two Inch Red Stripe

8th DEGREE - Upper Wizards Level
*Man’s Ability To Analyze, To Divide Up The World Into Its Constituent Parts.*
This rank is denoted by a Black Singlet with Three Inch Red Stripe

9th DEGREE - Professor
*Man’s Ability To Penetrate And Unite All Worlds Of Matter And Spirit.*
This rank is denoted by a Crimson Singlet with One Inch Black Stripe and Silver Logo.

10th DEGREE - Chief Grand Professor
This rank is denoted by a solid Crimson Singlet with Gold Logo
In 1995, the Bob Jones Corporation (BJC) was asked by Channel 7 producers to create an exercise routine from which they could select the fittest and most agile Australians for the hit TV show, GLADIATORS.

Because of the 1000’s of people to select from each state and the fact that every state should be scanned within a week, our founder, Bob Jones designed a 9 minute plyometrics routine using exercises which have been taught throughout 1000 BJC schools in Australia & New Zealand for the last 25 years.

The 3 Phase plyometrics routine has now been introduced as part of the grading requirements for all Fighting Fit - systems with time intensities set to suit the progression of all students.
<table>
<thead>
<tr>
<th>Exercises</th>
<th>Grade 1 &amp; 2</th>
<th>Grade 3</th>
<th>Grade 4 &amp; 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phase I</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Upper Body</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing partner piston pumps</td>
<td>20 sec</td>
<td>30 sec</td>
<td>60 sec</td>
</tr>
<tr>
<td>Half push ups (i.e. Chinese press ups on knees)</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td>Bicep Curls (Laying down - use of partner)</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td>Tricep dips (partner supported)</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td>Full push ups by the count</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td><strong>Phase II</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mid-Section</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crunches (lying down - knees bent)</td>
<td>20 sec</td>
<td>30 sec</td>
<td>60 sec</td>
</tr>
<tr>
<td>Left side crunches (Lying down - one knee bent)</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td>Right side crunches (Opposite knee bent)</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td>Double torso curls</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td>Reverse torso curls by the count</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td><strong>Phase III</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lower Body</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sprints (Alternating touch downs)</td>
<td>20 sec</td>
<td>30 sec</td>
<td>60 sec</td>
</tr>
<tr>
<td>Heel kicks to rump (Both heels)</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td>Knee lifts to chest (Both knees)</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td>Half squats (Elbow to knees)</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td>Wide stance squats by the count (Parallel Thighs)</td>
<td>10 sec</td>
<td>20 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td><strong>TOTAL TIMES FOR EACH GRADE</strong></td>
<td>3mins</td>
<td>6 min</td>
<td>9 min</td>
</tr>
</tbody>
</table>

**Stretching Routine**

**Time Limit** - 3 min
BLUE SINGLET

“The first step on the journey of a thousand miles, seemingly the hardest step”
Blue Singlet – COURSE DESCRIPTION

ATTENDANCE & SESSİONS PER WEEK

It is recommended that students attend two (2) sixty-minute (60) sessions per week each week.

Only regular training will ensure enhancement of the student's fitness levels and provide a progressive technical advancement.

EQUIPMENT

Each student is required to have a BJC Muay Thai - Kit before their first grading.

No shoes will be worn during class time.

Protective equipment such as Boxing Gloves and Shin/Instep Guards will also required to be worn during any sparring sessions. Groin Protectors are also recommended by use by male students.

COURSE DESCRIPTION & GRADING PROCEDURES

During the first course of fifteen sessions no excessive contact shall be made between students.

Students will learn basic POWER SHOT techniques in a concise and relaxed pace so that techniques can be developed with minimum amount of flaws. When firing shots, students aim at specific body targets (Upper, Middle, and Lower) in what is known as a TIGHT GROUPING.

This will provide a good base structure for future levels.

At their first grading students will perform the technical requirements of this level to the chanters count.

Phases I, II, III from the PLYOMETRICS TABLE shall be for a duration of 3 minutes.

They will then spar 3 X 1 minute rounds of "TOUCH CONTACT" to complete their first grading (One minute rest periods).

Graders will strictly enforce that "NO EXCESSIVE CONTACT OCCURS"
Blue Singlet - PRELIMINARIES

1. **FOOTWORK**
   1. Stamp
   2. Switch
   3. Blitz

2. **HANDS**
   **Power Shots**
   1. (Stamp) Jab
   2. (Stamp) Cross
   3. (Stamp) Hook
   4. (Stamp) Uppercut
   5. (Stamp) Overhand

3. **KICKS**
   1. (Switch) Round
   2. (Switch) Push
   3. (Switch) Inside Round
   4. (Blitz) Thrust
   5. (Blitz) Round

4. **GRAPPLING**
   **STAND - UP**
   1 x 1 min rounds with Knees
   **Basics -**
   1. Snaking Hands
   2. Face Push
   3. Push Off

5. **KNEES**
   Straight Knees incorporating the following maneuvers:
   1. Step-Through
   2. Step-Up
   3. Switch
   4. Blitz
   5. Grapple

6. **ELBOWS**
   1. Round (Lead side)
   2. Straight (Lead side)
   3. Uppercut (Lead side)
   4. Overhead (Reverse side)
   5. Round (Reverse side)
### Blue Singlet – PRELIMINARIES (cont’d)

#### 7. STICK & MOVE

1. Jab – (Switch) Round Kick
2. Jab – Cross – (Blitz) Round Kick
3. Jab – Cross – Jab – (Grapple) Knee

#### 8. READING & REACTIONS

1. Slip (from side to side)
2. Roll Check (Front Leg)
3. Scoop Check (Rear Leg)
Blue Singlet - PROGRAMS

PROGRAM 1 - SHADOW SPARRING

3 x 1 min rounds of shadow sparring using the following guidelines for each round:
Round 1 – Circular
Round 2 – Fighting In
Round 3 – Fighting Out

PROGRAM 2 - PAD WORK

3 x 1 min rounds of Pad Work using the following guidelines for each round:
Round 1 – Hand
Round 2 – Kick
Round 3 – Forearm

PROGRAM 3 - SPARRING

3 x 1 min rounds of Touch-Contact sparring using the following guidelines for each round:
Round 1 – Hands Only
Round 2 – Kicks Only
Round 3 – Hands, Kicks & Grappling with Knees
GREEN SINGLET

“The first sign of strength.
It is considered a loss of face to lag behind the pace.”

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Green Singlet – COURSE DESCRIPTION

ATTENDANCE & SESSIONS PER WEEK

It is recommended that students attend two (2) sixty-minute (60) sessions per week each week.

Only regular training will ensure enhancement of the student's fitness levels and provide a progressive technical advancement.

PREREQUISITE

A Blue Singlet technical level and permission of the instructor.

EQUIPMENT

Each student by this stage should have their BJC Muay Thai - Kit, which is required at their first grading.

Protective equipment such as Boxing Gloves and Shin/Instep Guards will also be required to be worn during any sparring sessions. Groin Protectors are also recommended for male students.

COURSE DESCRIPTION & GRADING PROCEDURES

After the second course of twenty sessions, students will perform POWER SETS (2 techniques per combination) to the chanters count.

Students will revise basic POWER SHOT techniques, which will then be grouped into pairs to create combination techniques. Combinations consisting of 2 techniques are known as POWER SETS.

When firing combinations, students aim at specific body targets (Upper, Middle and Lower) in what is known as a TIGHT GROUPING or use a SCATTER ROUND where shots are fired from one target to another (i.e. Upper to Lower, Lower to Middle etc).

Phases I, II, III from the PLYOMETRICS TABLE shall be for a duration of 3 minutes.

The grading will be completed after 3 X 2-min rounds of "TOUCH CONTACT" sparring (One minute rest periods).

Graders still adhering to the "NO EXCESSIVE CONTACT" approach to the grading.
Green Singlet - PRELIMINARIES

1. FOOTWORK

1. Stamp
2. Switch
3. Blitz

2. HANDS

Power Sets
1. (Stamp) Jab – Cross
2. (Stamp) Cross - Jab
3. Cross – (Stamp) Hook
4. Jab – (Stamp) Overhand
5. Cross – (Step-Through) Rip

3. KICKS

1. (Switch) Round – (Blitz) Round
2. (Switch) Push – (Blitz) Round
3. (Switch) Inside Round – (Switch) Round
4. (Blitz) Thrust (Double Step) – (Switch) Round
5. (Blitz) Round – (Blitz) Round

4. GRAPPLING

STAND - UP
3 x 1 ½ min rounds with Knees
1. Crunches
2. Waist To Waist Take Down
3. Dekker Back Stretch

5. KNEES

Revision With Inclusion Of:
1. Jump Knee - Flying Mare

6. ELBOWS

Revision With Inclusion Of:
1. Descending (Drop)
Green Singlet – PRELIMINARIES (cont’d)

7. STICK & MOVE

1. Jab – (Switch) Round Kick - Cross
2. Jab – Cross – (Blitz) Round Kick – (Same Hand) Rip Up – Uppercut
3. Jab – Cross – Jab – (Grapple) Knee – Maul – (Blitz) Round Kick

8. READING & REACTIONS

1. Weave (from side to side)
2. Slip (Back)
3. Palm Off (Left & Right Hand) - Defence Against Straight Kicks
Green Singlet - PROGRAMS

PROGRAM 1 - SHADOW SPARRING

3 x 2 min rounds of shadow sparring using the following guidelines for each round:
Round 1 – Circular
Round 2 – Fighting In
Round 3 – Fighting Out

PROGRAM 2 - PAD WORK

3 x 2 min rounds of Pad Work using the following guidelines for each round:
Round 1 – Hand
Round 2 – Kick
Round 3 – Forearm

PROGRAM 3 - SPARRING

3 x 2 min rounds of Touch-Contact sparring using the following guidelines for each round:
Round 1 – Hands Only
Round 2 – Kicks Only
Round 3 – Hands, Kicks & Grappling with Knees
BROWN SINGLET

“The stepping off point.

When you see a worthy person endeavour to emulate him.
When you see an unworthy person then examine your inner self.”

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Brown Singlet – COURSE DESCRIPTION

ATTENDANCE & SESSIONS  
PER WEEK
It is recommended that students attend two (2) sixty-minute (60) sessions per week each week.

At this level regular training is vital for personal enhancement and to understand application of BJC Muay Thai Drills and exercises.

PREREQUISITE
A Green Singlet technical level and permission of the instructor.

EQUIPMENT
Each student by now should possess all BJC Muay Thai equipment for use during any given training session.

COURSE DESCRIPTION
After the third course of twenty-five sessions, students will display SPEED SET techniques as requested by the chanters.

Brown singlet is an intermediate advancement on understanding of Self Defence and Exercise techniques.

Complete revision of basic POWER SHOTS & SETS will help to form advanced combinations at this level, which are performed in-groups of three (3). These are known as SPEED SETS.

Advanced understanding of TIGHT GROUPING and SCATTER ROUNDS is also a requirement of this level.

Phases I, II, III from the PLYOMETRICS TABLE shall be extended to the intermediate proficiency level which has a duration of 6 minutes.

The grading will be completed after 5 X 2 rounds of "TOUCH CONTACT" sparring (One minute rest periods).

Graders will still strictly enforcing that "NO EXCESSIVE CONTACT" occurs and that all students have "NO DESIRE TO HURT THEIR OPPONENT".
Brown Singlet - PRELIMINARIES

1. FOOTWORK

1. Forward Slide
2. Back Slide
3. Defensive Angles (Octagon)

2. HANDS

Speed Sets

1. (Stamp) Jab - Cross - Hook
2. (Stamp) Cross - Hook - Uppercut
3. Hook - (Reverse Hand) Uppercut - (Reverse Hand) Overhand
4. Uppercut - Hook - Cross
5. Overhand - Jab - Cross

3. KICKS

A thorough understanding of all kicking techniques must be displayed at this level.

Revision With Inclusion Of:
1. Spinning Kicks

4. GRAPPLING

STAND - UP
3 x 2 min rounds with Knees

5. KNEES

Straight Knees incorporating the following maneuvers:

1. Step-Through
2. Step-Up
3. Switch
4. Blitz
5. Grapple

6. ELBOWS

6. Round (Lead side)
7. Straight (Lead side)
8. Uppercut (Lead side)
9. Overhead (Reverse side)
10. Round (Reverse side)
Brown Singlet – PRELIMINARIES (cont’d)

7. STICK & MOVE

1. (Switch) Push Kick – cross (Reverse Hand)
2. Jab – (Blitz) Thrust Kick
3. Jab – cross – (Switch) Inside Round Kick –
   (a) Step Between Legs & cross
   (b) Step Outside Legs & Rip

8. READING & REACTIONS

Revision With Inclusion Of:

Ploughs

1. (Catch) - Grab (behind neck) - (rear) Knee
2. (Catch) - Grab (Opponents leg) & Throw Down
   (Between your legs) - (Backslide) (Blitz) Round Kick
3. (Catch) - Grab (Opponents leg) & Throw Down
   (Beside your legs) - (Backslide) (Blitz) Round Kick
4. (Catch) - Grab (Opponents Ankle) & Throw Down
   (Across 90°) - Kick (either leg) - (Opposite hand) Hook Punch
5. (Catch) - Grab (Opponents Ankle) & Throw Up
   (Across 180°) - (Switch) Round Kick

* Please be aware that Ploughs No. 1,2,4 & 5 are defences against Round Kick to the Mid-Section, while Plough No. 3 is a defence against a Straight Kick.
Brown Singlet - PROGRAMS

PROGRAM 1 - SHADOW SPARRING
3 x 2 min rounds of shadow sparring using the following guidelines for each round:
Round 1 – Circular
Round 2 – Fighting In
Round 3 – Fighting Out

PROGRAM 2 - PAD WORK
3 x 2 min rounds of Pad Work using the following guidelines for each round:
Round 1 – Hand
Round 2 – Kick
Round 3 – Forearm

PROGRAM 3 - SPARRING
5 x 2 min rounds of Touch-Contact sparring using the following guidelines for each round:

Incorporating 6 weapons – Hands, Kicks & Grappling with Knees
Shoots techniques may also be used.
Black Singlet (1st Degree) – COURSE DESCRIPTION

ATTENDANCE & SESSIONS PER WEEK

It is recommended that students attend two (2) sixty-minute (60) sessions per week each week.

At this level regular training is vital for personal enhancement and to understand application of Fighting Fit Drills and exercises.

PREREQUISITE

A Brown Singlet technical level and permission of the instructor.

EQUIPMENT

At this level it is expected that students own all appropriate BJC Muay Thai apparel and training equipment.

COURSE DESCRIPTION & GRADING PROCEDURES

After the forth course of thirty sessions, students will display a concise understanding of techniques as requested by the chanter.

The key element at this grade is the emphasis on revision. A high standard is required by all students who should pass on through this stage as they will be required to instruct portions of the class in preparation of taking on the responsibilities of a full session.

All aspects of their training should be performed at an advanced level demonstrating an understanding of BJC Ring Craft and it’s application to training routines.

Phases I, II, III from the PLYOMETRICS TABLE is performed at an advanced level which has a duration of 9 minutes.

The grading will be completed after 5 X 3-minute rounds of "TOUCH CONTACT" sparring (Two minute rest periods).

Graders will still strictly enforcing that "NO EXCESSIVE CONTACT" occurs and that all students have "NO DESIRE TO HURT THEIR OPPONENT".

At this grade students register with the W.K.A. (World Kickboxing Association) at the head-office address on the front of the grading sheet.

Upon receipt of their International Certification they attain the official rank of BJC MUAY THAI - INSTRUCTOR.
Black Singlet (1st Degree) – PRELIMINARIES

1. FOOTWORK

Students should demonstrate a concise understanding of all footwork maneuvers and associated offensive and defensive strategies.

2. HANDS

Students should demonstrate a concise understanding of all hand techniques and associated offensive and defensive strategies.

3. KICKS

Students should demonstrate a concise understanding of all kicking techniques and associated offensive and defensive strategies.

4. GRAPPLING

STAND-UP
3 x 3 min rounds with Knees

5. KNEES

A thorough understanding of knees techniques whilst engaged in sparring and grappling situations should be demonstrated at this level.

6. ELBOWS

A thorough understanding of elbow techniques whilst engaged in sparring and grappling situations should be demonstrated at this level.

7. STICK & MOVE

Grading score is assessed on sparring from this point onward

8. READING & REACTIONS

Grading score is assessed on sparring from this point onward
Black Singlet (1\textsuperscript{st} Degree) - PROGRAMS

**PROGRAM 1 - SHADOW SPARRING**

3 x 3 min rounds of shadow sparring using the following guidelines for each round:
Round 1 – Circular
Round 2 – Fighting In
Round 3 – Fighting Out

**PROGRAM 2 - PAD WORK**

3 x 3 min rounds of Pad Work using the following guidelines for each round:
Round 1 – Hand
Round 2 – Kick
Round 3 – Forearm

**PROGRAM 3 - SPARRING**

5 x 3 min rounds of Touch-Contact sparring using the following guidelines for each round:
Incorporating 6 weapons – Hands, Kicks & Grappling with Knees.