

Muay Thai Training Methods:

Mirror / Classroom Formation - Uniformed - Everyone Facing the same direction

- Warm ups / Exercise
- Footwork
- Static Techniques - Reps
- Shadow Boxing - Static / Motion

Line Drills / Down the Deck - DTD

- Exercise
- Footwork
- Catch & Correct
- Individual / Multi Techniques
- Glove Drills / Focus Mitts / Thai Pads

Heavy Bag - Beginner Class Only

- 1-4 Students per bag

Partner Training

- Partner Shadow Boxing / Stiff Arm Shadow Boxing
- Reps - 1 for 1 / Catch & Correct

Styles of Training	Drilling Order
Focus Mitts	Static
Thai Pads	Motion - Circle
Glove Drills	Motion - Circle - Charge
Kick Shields	Defense & Return - Preset

Human Heavy Bag	Levels
Combo's	No Hit (Defend)
Level Changes	(Defend) 1 hit back
Fakes	(Defend) 2 hit back
Feints	(Defend)

* Systems are only as Good as the People trained enough to manage and use them