



How to Layout Your Muay Thai Kickboxing Training Program with Focused Fight Team

Starting a Muay Thai Kickboxing program can be an exciting way to diversify your martial arts offerings. With Focused Fight Team's structured class planners, you can build an organized, engaging program that supports your students' progression and growth. Here's how to layout your Muay Thai Kickboxing training program.

1. The 20/25-Class Planners: Foundation of Your Curriculum

Focused Fight Team provides a structured curriculum that breaks down into 20 beginner and 25 advanced class planners, covering all essential techniques, combinations, and defensive strategies. This approach builds a strong foundation for your students, allowing them to progress through distinct skill levels.

- **Minimum Schedule:** Schedule at least two classes per week. This frequency allows students to consistently practice and develop technique.
- **Weekly Focus:** Cover one class planner per week, repeating the same content within the week to reinforce retention and skill development.
- **Annual Cycle:** Use the beginner and advanced planners over 40 weeks, leaving 12 weeks to supplement with additional training activities.

2. Flex Weeks: Adding Depth to the Curriculum

Use the remaining 12 weeks to enrich the core curriculum with targeted training sessions:

- **Review Weeks:** Dedicate time for students to review key combinations and techniques before testing.
- **Testing Weeks:** Conduct formal assessments to gauge students' progress and readiness for advancement.
- **Sparring Days:** Focus on controlled sparring sessions to build real-world application and timing.
- **Community Building:** Organize "Bring a Friend" sessions and fun activities to maintain a high level of engagement.



3. The ATT Approach: Attendance, Techniques, Toughness

The ATT approach ensures that students develop well-rounded skills while progressing at a consistent pace.

- **Attendance Requirements by Level:**
 - **Beginner Students:** Must attend a minimum of 30 classes to qualify for level testing.
 - **Intermediate Students:** Must attend a minimum of 36 classes to qualify for level testing.
 - **Advanced Students:** Must attend a minimum of 42 classes to qualify for level testing.
- **Techniques:** Students must demonstrate proficiency in core techniques, including punches, kicks, knees, and defensive moves.
- **Toughness:** Increase sparring or pad work intensity as students advance, preparing them for the demands of higher-level training.

4. Sparring Requirements for Level Testing

For level advancement, sparring—conducted safely and within set parameters—becomes a central component:

- **Level 1 Testing:** Light, controlled sparring for 3 rounds of 2 minutes each.
- **Level 2 Testing:** Increase to moderate-intensity sparring for 4 rounds of 2 minutes each.
- **Advanced Levels:** Gradually extend to more intense rounds, focusing on technique, timing, and endurance.

5. Rank Promotion: Structure and Eligibility

Focused Fight Team upholds high standards for rank promotion, and testing is conducted according to the requirements of FFT. Here's the breakdown of who may rank students at each level:

- **Appreciate Coaches:** May promote students to the ranks of White, Gold, and Orange Belt/Sash.
- **Assistant Coaches:** May promote students to the ranks of Green, Blue, and Purple Belt/Sash.
- **Coaches:** May promote students to the ranks of Brown and Red Belt/Sash.
- **Head Coach:** May promote students to Black Belt/Sash.

If you wish to promote a student beyond the rank you are eligible to promote, they must be evaluated by Head Coach Jeff for the appropriate ranking.



6. Guidelines for Instructors at Various Levels

If you are an Instructor under FFT's system:

- **Follow Standards:** Use the Focused Fight Team curriculum and standards, testing your students up to the levels permitted for your own rank.
- **Special Testing Arrangements:** For students ready to advance beyond your rank permissions, arrange a private session with Head Coach Jeff, either in person or via Zoom when needed.

7. The Importance of In-Person Training with Coach Jeff

In-person training offers a unique opportunity for growth and fine-tuning in your Muay Thai skills:

- **Focused Feedback:** Direct instruction and corrections help students refine their form and technique.
- **Live Sparring Experience:** Sparring with an experienced coach provides valuable insights and enhances overall development.
- **Maintaining Standards:** In-person evaluations help uphold the program's integrity and ensure consistent skill quality among students.

Conclusion

By following Focused Fight Team's beginner and advanced class planners and structured approach, you can develop a high-quality Muay Thai Kickboxing program that promotes skill growth and student retention. Stick to the planned curriculum, apply the ATT approach, and maintain rigorous testing standards to build a Muay Thai program that elevates your students and your school. With commitment and consistency, your students will excel, and your program will thrive.