

MKG CLE MARTIAL ARTS

Muay Thai Curriculum

RANK TESTING MATRIX

Category / Rank	1	2	3	4	5	6	7	8	9	10
Footwork	6	8	10	12	14	-	-	-	-	-
Boxing	6	12	14	16	18	20	22	-	-	-
Kicks	6	14	22	30	38	-	-	-	-	-
Knees	2	4	6	8	10	-	-	-	-	-
Elbows	4	6	8	10	12	14	16	-	-	-
Boxing Combos	4	8	12	14	18	-	-	-	-	-
Muay Thai Combos	8	18	28	38	48	58	68	-	-	-
Defense	8	16	24	32	40	48	56	-	-	-
Defend & Return 1	-	8	16	24	-	-	-	-	-	-
Defend & Return 2	-	-	8	16	24	26	-	-	-	-
Defend & Return 3	-	-	-	8	16	20	-	-	-	-
Defend & Return 4	-	-	-	-	4	6	8	-	-	-
Long Counts	1	2	3	4	5	6	7	-	-	-
Clinch	-	-	10	20	30	40	46	-	-	-
Sweeps & Throws	-	-	-	-	5	10	15	-	-	-
Sparring	-	-	-	-	-	-	-	B	I	A

FOOTWORK & STANCE

Stance

- Muay Thai Stance
- Boxing Stance

Footwork

- Step & Slide
- Circling
- Kick Step
- Switch Step
- Hip Rotation / Smash the Bug



- Shuffle Step
- Step & Pivot
- Single Leg Evade
- Double Leg Evade
- Arc Pivot
- Lunge Step
- Fade Step

BOXING

Boxing Punches

- Jab
- Cross
- Left Hook
- Right Hook
- Left Uppercut
- Right Uppercut
- Left Body Hook
- Right Body Hook
- Body Jab
- Body Cross
- Left Overhand
- Right Overhand
- Retreating Jab
- Stiff Jab
- Power Jab
- Stepping Jab
- Step Back Left Cross
- Step Back Right Hook
- Cut Right Cross
- Switch left Cross
- Arc Left Hook
- Pivot Right Hook

KICKS

Kicks

- Right Kick (Step)
- Left Kick (Switch)
- Right Teep (Step)
- Left Teep (Switch)
- Right Leg Kick (Step)
- Left Leg Kick (Switch)

- Right Kick (Hop)
- Right Kick (Shuffle)
- Right Kick (Step & Pivot)
- Right Kick (No-Step)
- Left Kick (Step)
- Left Kick (Step Back)
- Left Kick (Hop)
- Left Kick (Shuffle)
- Left Kick (Step & Pivot)
- Left Teep (Long)

- Left Teep (Shuffle)
- Left Teep (Stop Hit)
- Left Teep (Glide)
- Left Teep (March)
- Left Teep (Hop)
- Right Teep (Stop Hit)
- Right Teep (March)
- Right Teep (Hop)
- Right Teep (Long)

- Left Leg Kick (Step)
- Left Leg Kick (Shuffle)
- Left Leg Kick (Twist)
- Left Leg Kick (Step Back)
- Left Leg Kick (Cut)
- Right Leg Kick (Chop)
- Right Leg Kick (Cut)
- Left Teep (Leg)
- Right Teep (Leg)

- Left Spin Back Kick
- Right Spin Back Kick
- Left Side Kick
- Right Side Kick

KNEES

Knees

- Left Knee (Switch)
 - Left Knee (Step)
 - Right Knee (Step)
 - Skip Knees (Left & Right)
-
- Left Knee (Curve)
 - Right Knee (Curve)
 - Left Knee (Diagonal)

- Right Knee (Diagonal)
- Right Knee (Bomb)
- Right Knee (Hop Back)

ELBOWS

Elbows

- Left Snap
- Right Down
- Left Vertical Up
- Right Vertical Up
- Left Thrust
- Right Thrust
-
- Left Down
- Right Snap
- Left Diagonal Up
- Right Diagonal Up
- Left Vertical Down
- Right Vertical Down
- Left Reverse Elbow
- Right Reverse Elbow
- Left Spin Elbow
- Right Spin Elbow

BOXING COMBOS

Boxing Combos

- Jab - Cross - Hook
- Jab - Jab - Cross
- Jab - Left Hook - Cross
- Jab - Right Uppercut - Left Hook
- Jab - Cross - Left Body Hook
- Jab - Overhand - Uppercut
-
- Cross - Hook - Cross
- Cross - Uppercut - Cross
- Cross - Left Body Hook - Cross
- Cross - Left Body Hook - Left Hook
- Cross - Left Uppercut - Left Hook
- Cross - Left Hook - Right Uppercut
-
- Left Hook - Cross - Left Hook

- Left Hook - Cross - Left Uppercut
- Left Hook - Body Cross - Left Hook
- Left Hook - Body Cross - Left Uppercut

-
- Left Uppercut - Cross - Left Hook
 - Right Uppercut - Left Hook - Cross

MUAY THAI COMBOS

RIGHT KICK

- Jab - Cross - Hook - Right Kick (Step)
 - Jab - Cross - Hook - Right Leg Kick (Step)
 - Cross - Hook - Right Kick (Step)
 - Cross - Hook - Right Leg Kick (Step)
-
- Jab - Right Kick (Hop)
 - Jab - Right Kick (Shuffle)
 - Jab - Cross - Right Kick (Hop)
 - Jab - Cross - Right Kick (No-Step)
 - Cross - Left Body Hook - Left Hook - Right Leg Kick (Chop)

LEFT KICK

- Jab - Cross - Left Kick (Switch)
 - Jab - Cross - Left Leg Kick (Switch)
 - Hook - Cross - Left Kick (Switch)
 - Hook - Cross - Left Leg Kick (Switch)
-
- Cross - Left Hook - Cross - Left Kick (Switch)
 - Cross - Left Kick (Step)
 - Step Back Right Hook - Left Kick (Step Back)
 - Jab - Cross - Left Leg Kick (Twist)

KNEE - KICK

- Jab - Cross - Left Knee - Left Kick
- Cross - Hook - Right Knee - Right Kick
- Hook - Cross - Left Knee - Left Kick
- Right Uppercut - Left Hook - Right Knee - Right Kick
- Left Uppercut - Cross - Left Knee - Left Kick

KICK - KNEE

- Right Kick (any) - Right Knee - Snap - Down
- Left Kick (any) - Left Knee - Down - Snap

KICK - KICK

- Right Kick - Right Kick
- Left Kick - Left Kick
- Right Kick - Left Kick

- Left Kick - Right Kick
- Left Teep - Left Kick (Switch)
- Right Teep - Right Kick (Shuffle)
- Left Teep - Right Kick (Hop)
- Right Teep - Left Kick (Shuffle)

FOUR COUNTS

- Right Kick - Left Hook - Cross - Left Kick (Right to Left)
- Left Kick - Cross - Left Hook - Right Kick (Left to Right)
- Right Kick - Left Hook - Cross - Right Kick (Right to Right)
- Left Kick - Cross - Left Hook - Left Kick (Left to Left)
-
- Right Knee - Snap - Down - Left Knee
- Left Knee - Down - Snap - Right Knee
- Right Knee - Snap - Down - Right Knee
- Left Knee - Down - Snap - Left Knee

1 - 4 SEREIS

- Jab - Right Kick
- Jab - Cross - Left Kick
- Jab - Cross - Hook - Right Kick
- Jab - Cross - Hook - Cross - Left Kick

ELBOWS

- Jab - Snap
- Cross - Down
- Jab - Down
- Cross - Snap
- Thrust - Down
- Thrust - Snap
- Snap - Down
- Down - Snap
- Jab - Cross - Left Snap
- Jab - Cross - Left Thrust
- Jab - Cross - Left Vertical Up
- Jab - Cross - Left Diagonal Up
- Jab - Cross - Left Vertical Down
- Jab - Cross - Left Down
- Jab - Cross - Right Reverse Elbow
- Jab - Cross - Right Spin Elbow
- Cross - Hook - Right Down
- Cross - Hook - Right Thrust
- Cross - Hook - Right Vertical Up
- Cross - Hook - Right Diagonal Up
- Cross - Hook - Right Vertical Down
- Cross - Hook - Right Snap
- Cross - Hook - Left Reverse Elbow
- Cross - Hook - Left Spin Elbow

DEFENSE

PUNCHES

Jab:

- Parry
- Cover
- Slip
- Fade
- Parry Over
- Parry Down - Step & Pivot

Cross:

- Parry
- Cover
- Slip
- Shoulder Roll
- Parry Over
- Parry Down - Step & Pivot

Left Hook:

- Cover
- Bob & Weave
- Cover & BH Clinch

Right Hook:

- Cover
- Bob & Weave
- Cover & BH Clinch

Body Jab:

- Elbow Parry

Body Cross:

- Elbow Parry

Left Body Hook:

- Cover

Right Body Hook:

- Cover

Left Uppercut

- Fade
- Elbow Parry
- Stifle

Right Uppercut

- Fade
- Elbow Parry
- Stifle

KICKS

Left & Right Kick:

- Hard Cover
- Soft Cover
- Scoop
- Catch Over
- Catch Under
- Leg Shield

Right Leg Kick:

- Double Leg Evade
- Ramp
- Leg Shield

Left Leg Kick:

- Single Leg Evade
- Ramp
- Cross Leg Shield

Left & Right Teep:

- Scoop
- Elbow Parry
- Catch

KNEES

Left & Right Knee:

- Double Leg Evade
- Elbow Parry - Step & Pivot

ELBOWS

Snap Elbow

- Cover
- Fade
- FH Clinch

Down Elbow

- Cover
- Fade
- FH Clinch

MISSED KICK

- Side Kick
- Spin Back Kick
- Spin Backfist

CAUGHT KICK

- Clinch & Knee to Chest
- Turn Foot Out - Heel Push - Pull Out

DEFEND & RETURN 1

PUNCHES

Jab:

- Parry - Jab - Cross

Cross:

- Parry - Cross - Hook

Left Hook:

- Cover - Hook - Cross

Right Hook:

- Cover - Cross - Hook

Body Jab:

- Elbow Parry - Jab - Cross

Body Cross:

- Elbow Parry - Cross - Hook

Left Body Hook:

- Cover - Left Uppercut - Cross

Right Body Hook:

- Cover - Right Uppercut - Hook

KICKS

Right Kick:

- Cover - Cross - Hook
- Scoop - Left Leg Kick
- Catch Over - Throw Away - Right Kick
- Catch Under - Scoop - Left Leg Kick

Left Kick:

- Cover - Hook - Cross
- Scoop - Right Leg Kick
- Catch Over - Throw Away - Left Kick
- Catch Under - Scoop - Right Leg Kick

Right Leg Kick:

- Double Leg Evade - Left Leg Kick

Left Leg Kick:

- Single Leg Evade - Right Leg Kick

Right Teep:

- Scoop - Left Leg Kick
- Elbow Parry - Cross - Hook
- Catch - Throw Away - Right Kick

Left Teep:

- Scoop - Right Leg Kick
- Elbow Parry - Jab - Cross
- Catch - Throw Away - Left Kick

DEFEND & RETURN 2

PUNCHES

Jab:

- Parry - Jab - Cross - Left Knee - Left Kick

Cross:

- Parry - Cross - Hook - Right Knee - Right Kick

Left Hook:

- Cover - Hook - Cross - Left Knee - Left Kick

Right Hook:

- Cover - Cross - Hook - Right Knee - Right Kick

Body Jab:

- Elbow Parry - Jab - Cross - Left Knee - Left Kick

Body Cross:

- Elbow Parry - Cross - Hook - Right Knee - Right Kick

Left Body Hook:

- Cover - Left Uppercut - Cross - Left Knee - Left Kick

Right Body Hook:

- Cover - Right Uppercut - Hook - Right Knee - Right Kick

KICKS

Right Kick:

- Cover - Cross - Hook - Right Knee - Right Kick
- Scoop - Left Leg Kick - Cross - Hook - Right Kick
- Catch Over - Throw Away - Right Kick
- Catch Under - Scoop - Left Leg Kick

Left Kick:

- Cover - Hook - Cross - Left Knee - Left Kick
- Scoop - Right Leg Kick - Hook - Cross - Left Kick
- Catch Over - Throw Away - Left Kick - Cross - Hook - Right Kick
- Catch Under - Scoop - Right Leg Kick - Hook - Cross - Left Kick

Right Leg Kick:

- Double Leg Evade - Left Leg Kick - Cross - Hook - Right Kick

- Ramp & Catch - Cross - Hook - Right Knee - Right Kick

Left Leg Kick:

- Single Leg Evade - Right Leg Kick - Hook - Cross - Left Kick
- Single Leg Evade - Cross - Hook - Right Knee - Right Kick

Right Teep:

- Scoop - Left Leg Kick - Cross - Hook - Right Kick
- Elbow Parry - Cross - Hook - Right Knee - Right Kick
- Catch - Throw Away - Right Kick - Left Hook - Cross - Left Kick

Left Teep:

- Scoop - Right Leg Kick - Hook - Cross - Left Kick
- Elbow Parry - Jab - Cross - Left Knee - Left Kick
- Catch - Throw Away - Left Kick - Cross - Left Hook - Right Kick

DEFEND & RETURN 3

PUNCHES

- Jab:
 - Parry - Left Thrust - Down
- Cross:
 - Parry - Right Thrust - Snap
- Left Hook:
 - Cover - Snap - Down
- Right Hook:
 - Cover - Right Thrust - Snap
- Body Jab:
 - Elbow Parry - Left Thrust - Down
- Body Cross:
 - Elbow Parry - Right Thrust - Snap
- Left Body Hook:
 - Cover - Left Vertical Up - Down
- Right Body Hook:
 - Cover - Right Vertical Up - Snap

KICKS

Right Kick:

- Cover - Cut Kick - Cross - Hook - Right Kick
- Cut Kick - Cross - Hook - Right Kick
- Leg Shield - Cross - Hook - Right Knee - Right Kick
- Catch Over - Shift & Lift - Right Kick (Shuffle) - Hook - Cross - Left Kick

Left Kick:

- Cover - Cut Kick - Hook - Cross - Left Kick
- Cut Kick - Hook - Cross - Left Knee - Left Kick
- Leg Shield - Hook - Cross - Left Knee - Left Kick

- Catch Over - Shift & Lift - Left Kick (Shuffle) - Cross - Hook - Right Kick

Right Teep:

- Catch - Shift & Lift - Right Kick (Shuffle) - Hook - Cross - Left Kick
- Catch - Pull - Cross - Hook - Right Knee - Right Kick

Left Teep:

- Catch - Shift & Lift - Left Kick (Shuffle) - Cross - Hook - Right Kick
- Catch - Step Back & Pull - Left Cross - Right Hook - Left Knee - Left Kick

DEFEND & RETURN 4

PUNCHES

Jab:

- Parry Over & BH Clinch - Left Knee - Down - Snap - Right Push - Left Kick x2

Cross:

- Parry Over & BH Clinch - Right Knee - Snap - Down - Left Push - Right Kick x2

Left Hook:

- Cover & BH Clinch - Left Knee - Down - Snap - Right Push - Left Kick x2s

Right Hook:

- Cover & BH Clinch - Right Knee - Snap - Down - Left Push - Right Kick x2

KICKS

Right Kick:

- Catch Over - Right BH Clinch - Lift Leg & Pull Head Down - Outside Foot Sweep
- Catch Under - Scoop & Hold - Sweep

Left Kick:

- Catch Over - Left BH Clinch - Lift Leg & Pull Head Down - Outside Foot Sweep
- Catch Under - Scoop & Hold - Scissor Sweep

LONG COUNTS

MKG CLE 15

- Jab - Cross - Hook - Right Leg Kick - Left Kick - Cross - Hook - Right Kick - Left Teep - Right Teep - Left Leg Kick - Right Knee - Snap - Down - Left Knee

Master Chai 12

- Jab - Cross - Hook - Cross - B&W the Left Hook - Cross - Hook - Bob & Weave the Right Hook - Step & Pivot Left Hook - Cross - Retreating Jab - Retreating Jab

Dekkers 15

- Jab - Right Kick - Jab - Cross - Left Body Hook - Right Body Hook - Right Uppercut - Right Cross - Hook - Cross - Hook - Cross - Hook - Right Kick - Right Kick

MKG 15

- Parry the Cross - Cover the Hook - Snap - Down - Right Knee - Left Kick - Cross - Hook - Right Knee - Right Kick - Left Teep (Stop Hit) - Slip the Cross - Hook - Cross - Right Kick (Hop)

MKG 18

- Leg Shield or Hard Cover the Right Kick - Left Cut Kick - Left Kick - Cross - Hook - Right Kick - Scoop the Left Teep - Right Leg Kick - Left Kick - Cross - Hook - Right Kick - Cover the Right Hook - Cross - Hook - Down - Right Knee - Right Kick

MKG 17

- Left Teep - Left Kick - Cross - Hook - Right Knee - Snap - Down - Right Knee - Right Kick - Hook - Cross - Left Kick - Right Knee - Right Kick - Hook - Cross - Clinch - Skip Knees x6 - Spin Out - Kick x2

Gamboa 25

- Jab - Jab - Cross - Hook - Cross - Left Uppercut - Left Hook - Bob & Weave the Left Hook - Cross - Hook - Cross - Shoulder Roll the Cross - Right Uppercut - Hook - Cross - Slip the Jab - Slip the Cross - Bob & Weave the Left Hook - Cross - Hook - Cross - Jab - Jab - Cross

CLINCH

POSITIONS

- BH Clinch
- Plum
- Counter Plum (Duck Stance)
- 50/50
- Neck & Bicep
- Double Bicep
- Body Lock
- Arm Trap (partial)
- Arm Trap (full)

REVERSALS

- Plum - Weave Inside
- Plum - Crossface & Weave Inside
- Plum - Over Under
- Plum - Under Over
- Plum - Push Elbow & Weave
- Plum - Bob & Weave
- Plum - Push Elbows Up
- Plum - Washing Machine
- Neck & Bicep - Hook Arm & Weave

- Body Lock - Frame & Hip Back
- Body Lock - Overhook Arm & Frame

STRIKING

- Plum - Hips Back & Knee
- Plum - Hips Back & Skip Knees
- Plum - Hips Back and Pull Head Down to Knee
- Neck & Bicep - Knee
- Neck & Bicep - Curve Knee
- Neck & Bicep - Curve Knee - Knee
- Neck & Bicep - Diagonal Up or Vertical Up Elbow (when arm not hooked)
- Arm Trap - Curve Knees

STRIKING COUNTERS

- Knee - Hips Close
- Knee - Body Lock
- Knee - Hands on Hips
- Knee - Frame Block
- Knee - Shin Frame (Knee pointed in)
- Knee - Shin Frame (Knee pointed out)
- Curve Knee - Hip In
- Curve Knee - Pull
- Curve Knee - Push
- Curve Knee - Leg Shield
- Curve Knee - Leg Shield Lift
- Elbow - Arm Hook

MANIPULATIONS

- Plum - Spin Out & Kick
- Plum - Spin & Knee
- Counter Plum - Spin & Reversal
- Neck & Bicep - Steering Wheel Spin & Knee
- Neck & Bicep - Steering Wheel Spin & Curve Knee
- Neck & Bicep - Steering Wheel Spin & Vertical Down Elbow

SWEEPS & THROWS

KENJIT SWEEP

- Right Hook or Right Overhand Set Up - Kenjit
- Catch Teep - Pull - Kenjit

BODY LOCK SWEEPS

- Outside Step (weak base)
- Outside Step & Knee Pressure (strong base)
- Curve Knee - Outside Step - Sweep when they Curve Knee
- Saenchai Variation: Outside Step & Knee Tap (strong base)

OUTSIDE FOOT SWEEPS

- From Counter Plum - Chop Elbow and Club Back of Head - Outside Foot Sweep
- From Neck & Bicep Clinch - Steering Wheel Spin - Outside Foot Sweep
- Catch Over - BH Clinch - Lift Leg & Pull Head Down - Outside Foot Sweep

BACK OF THE LEG/FOOT SWEEPS

- Catch Over - Cut Kick & Lift
- Catch Under - Scoop & Hold - Scissor Sweep
- Catch Over - Shift & Lift - Sweep the Foot from Behind
- Catch the Teep - Shift & Lift - Sweep the Foot from Behind
- Catch Over - BH Clinch - Step Behind Sweep (Illegal in Muay Thai)

HIP WRENCH

- Catch Over - Hip Wrench