



	Muay Thai- Belt Requirements- Kids 5-7

Stripe 1: Word & Example: Respect - Define the word and give an example 	Stripe 1: Word & Example: Teamwork - Define the word and give an example
Stripe 2 : Boxing Cover: 1, 2, & 3 - Heel of palm where hair starts - Elbow down 	Stripe 2 : Boxing Covers: 4 & 5 + Return - (4) Cover 4 + 2 3 - (3) Cover 5 + 3 2
Stripe 3: Cover 3 + Return - (1 2) Cover 3 + 2 3 	Stripe 3: Boxing Covers: 6 & 7 - (6 Body) Cover 6 - (5 Body) Cover 7
Stripe 4: Cover 4 & 5 - (4) Cover 4 - (3) Cover 5 	Stripe 4: Boxing Covers: 6 & 7 - (6 Body) Cover 6 + 6 3 - (5 Body) Cover 7 + 5 2
Minimum Classes to Promote: 24	Minimum Classes to Promote: 24
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Stripe 1: Word & Example: Confidence - Define the word and give an example 	Stripe 1: Word & Example: Discipline - Define the word and give an example

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Stripe 3: Holding Thai Pads	Stripe 3: Hit the pads with coach
- Hold for Teep Kicks	- Demonstrate good offense
	- Punches, Kicks, Knees
Stripe 4: Holding Thai Pads	Stripe 4: Character Building
- Hold for Rear Round	- Spend a day doing the following tasks:
	-Say yes/no sir/ma'am to everyone
	-Genuinely smile at everyone/ Be nice
	-Compliment something about everyone
	-Hold doors for people
	Receives their Orange w/ Black Stripe Belt
Minimum Classes to Promote: 24	Minimum Classes to Promote: 24