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Muay Thai- Belt Requirements- Kids 8-11

Stripe 1: Word & Example: Toughness	Stripe 1: Word & Example: Humility
- Define the word and give an example	- Define the word and give an example
	Stripe 2 : Parry Down: 1 & 2 (Jab & Cross)
Stripe 2 : Inside Low Kick (ILK)	- (1) Parry Down + 2 3 or Low Kick or Teep
- 1 + ILK + 2	- (1) Parry Down + 1 2 or Low Kick or Teep
- 1 2 + ILK + Switch Kick	
- 1 2 + ILK + Teep	
	Stripe 3: Block: 3 & 4 (Lead & Rear Hook)
Stripe 3: Parry In: 1 & 2 (Jab & Cross)	- (3) Block + 2 3 or Low Kick or Teep
- (1) Parry In + 1 2 or Low Kick or Teep	- (4) Block + 1 2 or Low Kick or Teep
- (2) Parry In + 2 3 or Low Kick or Teep	
	Stripe 4: Attend Sparring Classes
	-Attend at least 2 Friday sparring classes
	-Sparring is important for footwork, timing, and learning to stay calm under pressure
Stripe 4: Teach a Technique	
- Teach coach a proper Teep Kick	
- Knee up & foot out	
- Drop your kicking side arm. Other hand up high	Stripe 5: Character Buiding-
	- 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
	- Write results & bring signed by parent or teacher
	Stripe 6: Teach a Technique
	- Teach coach proper Round Kick (Rear/ Switch)
	- Step off the line first
	- Foot, Shoulder, Hand
Minimum Classes to Promote: 24	Minimum Classes to Promote: 36



Muay Thai- Belt Requirements- Kids 8-11

Stripe 1: Word & Example Integrity & Empathy		
- Define the word and give an example		
Stripe 2 : Dive: 3 & 4 (Lead & Rear Hook)		
- (3) Dive + Switch Knee		
- (4) Dive + Rear Knee		
Stripe 3: Scoop Kicks: Teep & Round		
- Cross Scoop + Low Kick or Round or Punch		
Stripe 4: Attend Sparring Classes		
-Attend at least 2 Friday sparring classes		
-Sparring is important for footwork, timing, and learning to stay calm under pressure		
Stripe 5: Character Buiding-		
- Complete the following tasks:		
-Help teach younger kids class 1 day		
-Volunteer to help someone outside of class		
-Write 1-2 page paper on how kickboxing has improved your life and what a black belt means		
Stripe 6: Teach a Technique		
- Teach Covers 1-7		
- Teach Head, Body Cover		
- Teach Shin Check		
Minimum Classes to Promote: 36		