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Muay Thai- Belt Requirements- Teens 12-16

Stripe 1: Word & Example: Confidence - Define the word and give an example	Stripe 1: Word & Example: Discipline - Define the word and give an example
Stripe 2 : Rear Round Kick - Foot, Shoulder, Hand - 1 or 3 or 5 + Rear Body Kick - 1 2 3 + Rear Body Kick	Stripe 2 : Boxing Covers: 4 & 5 - (4) Cover 4 + 2 3 - (3) Cover 5 + 3 2
Stripe 3: Punch Combos - Opposite Side: 1 2, 2 3, 3 2, 4 3, 5 2, 6 3 - Same Side: 1 1, 1 3, 1 5, 1 1 2	Stripe 3: Boxing Covers: 6, 7, & 8 - (6 Body) Cover 6 + 6 3 - (5 Body) Cover 7 + 5 2 - (5 Body + 6 Body) Cover 8 + 6 3 Cover 8 is Double Body Shell (Cover 6 + 7)
Stripe 4: Boxing Covers: 1, 2, & 3 - (2) Cover 1 + 2 3 - (1) Cover 2 + 3 2 - (1 2) Cover 3 + 2 3	Stripe 4: Switch/ Walk Up Round Kick - 1 2 + Switch Kick - 1 2 + Walk Up Round Kick - 1 2 + Switch Kick + Rear Round Kick
Minimum Classes to Promote: 24	Minimum Classes to Promote: 24



Muay Thai- Belt Requirements- Teens 12-16

Stripe 1: Word & Example: Courage - Define the word and give an example	Stripe 1: Word & Example: Thankful - Define the word and give an example
Stripe 2 : Punch + Kick Combos - 2 3 or 2 5 or 1 3 or 1 1 + Rear Body Kick - 1 2 or 3 2 or 5 2 + Switch Body Kick	Stripe 2 : Kick Defense: Head - (Rear Round) Head Cover + 3 2 or Round K - (Switch Round) Head Cover + 2 3 or Round K
Stripe 3: Footwork - Lung Step- In & Out - Quarter Turns- Forward & Backward	Stripe 3: Kick Defense: Legs - (Rear Low) Outside Shin Check + 2 3 or Round
Stripe 4: Spear Knee- Rear/Switch - 2 3 + Rear Knee + 3 2 - 1 2 + Switch Knee + 2 3	Stripe 4 : Long Guard - Demonstate Long Range Guard - Hands drop down as you move to kicking range - They come up when you move to boxing range
Stripe 5 : Rear Low Kicks - 1 or 3 or 5 + Rear Low Kick - 1 3 or 1 5 + Rear Low Kick - 2 3 or 2 5 + Rear Low Kick -Compliment something about everyone	Stripe 5: Switch Teep - (Walk Up Round) Switch Teep - (Rear Round) Switch Teep
Stripe 6: Kick Defense: Body - (Rear Round) Body Cover + 3 2 or Round Kick - (Switch Kick) Body Cover + 2 3 or Round Kick	Stripe 6: Lead Stretches - Show Leadership- Lead Warm Up Stretches - Be Loud and Control the Room
Minimum Classes to Promote: 36	Minimum Classes to Promote: 36



Muay Thai- Belt Requirements- Teens 12-16

Stripe 1: Word & Example: Sportsmanship	Stripe 1: Word & Example: Kindness
- Define the word and give an example	- Define the word and give an example
Stripe 2 : Inside Low Kick (ILK)	Stripe 2 : Dive: 3 & 4 (Lead & Rear Hook)
- 1 + ILK + 2	- (3) Dive + Switch Knee
- 1 2 + ILK + Switch Kick	- (4) Dive + Rear Knee
- 1 2 + ILK + Teep	
Stripe 3: Parry In: 1 & 2 (Jab & Cross)	Stripe 3: Scoop Kicks: Teep & Round
- (1) Parry In + 1 2 or Low Kick or Teep	- Cross Scoop + Low Kick or Round or Punch
- (2) Parry In + 2 3 or Low Kick or Teep	
Stripe 4 : Parry Down: 1 & 2 (Jab & Cross)	Stripe 4: Combos: Level Changes- High/Low
- (1) Parry Down + 2 3 or Low Kick or Teep	- Opposite: 1 2, 2 3, 3 2, 1 4
- (1) Parry Down + 1 2 or Low Kick or Teep	- Same: 1 1, 2 2, 1 3
Stripe 5: Block: 3 & 4 (Lead & Rear Hook)	Stripe 5: Kick Defense: Inside Low Kick (ILK)
- (3) Block + 2 3 or Low Kick or Teep	- (ILK) Cross Shin Check + 2 3 or Low Kick
- (4) Block + 1 2 or Low Kick or Teep	
Stripe 6: Lead Stretches	Stripe 6: Character Buiding-
- Show Leadership- Lead Warm Up Stretches	- Spend a day doing the following tasks:
- Be Loud and Control the Room	-Say yes/no sir/ma'am to everyone
	-Genuinely smile at everyone/ Be nice
	-Compliment something about everyone
	-Hold doors for everyone
	-Write results & bring signed by parent or teacher
Minimum Classes to Promote: 36	Minimum Classes to Promote: 36



Muay Thai- Belt Requirements- Teens 12-16

Stripe 1: Word & Example: Toughness - Define the word and give an example	Stripe 1: Word & Example: Humility - Define the word and give an example
Stripe 2 : Snap Back: Punches 1-4 - (1-4) 1 2 or 2 3 or Round Kick	Stripe 2 : Evade: Bob & Weave (B&W) - (3) B&W + 2 3 - (4) B&W + 3 2
Stripe 3: Kick Defense (Body/Legs): Slide Back - (Low/Body Kick) Slide Back + 1 2 or 2 3 or RK	Stripe 3: Clinch Defense - Single Chin/ Double Chin - X-Block + Sweep
Stripe 4: Clinch Entries - 1 2 + Clinch + 2x Knees - 2 3 + Clinch + 2x Knees - Switch Round + Clinch/ Rear Round + Clinch - Defensive: (1 2 3) Cover 3 + Clinch	Stripe 4: Stop Hit - Teep - Boxing vs Teep - Round Kick vs Teep
Stripe 5: Combos: Level Changes- Low/High - Opposites: 1 2, 1 4, 2 3, 2 5, 4 3 - Same: 1 1, 1 3, 3 3, 5 5, 6 6	Stripe 5: Switch Stances - Step Out - 1 2 + Step Out + 3 + Rear Round Kick - 1 2 + Step Out + 3 2 - 1 2 (Charge) Step Back + 3 2
Stripe 6: Evade: Slip Lead Hand - (1) Slip + 2 3 - (1) 1 Body + 2 3	Stripe 6: Catch + Trip - (Round Kick) Catch + Trip Inside Foot - (Round Kick) Catch + Trip Outside Foot
Stripe 7: Evade: Slip Rear Hand - (2) Slip + 3 2 - (2) Slip + 2 Body + 3 2	Stripe 7: Character Buiding- - Help teach kids & beginner teen class - Volunteer to teach 1 class at Sea Haven - Attend at least 10 sparring sessions
Stripe 8: Character Buiding- - Complete the following tasks: -Help teach 1 beginner teen class -Volunteer to help someone outside of class -Attend at least 5 sparring sessions	Stripe 8: Teach a Technique - Teach Proper Fist, Wrist, Fighting Stance - Teach Punches 1-6- Pivot Foot, Shoulder Up - Basic Footwork, Shuffle, Lung Step, Qtr Turn - Covers 1-7, Block, Dive
Minimum Classes to Promote: 48	Minimum Classes to Promote: 48



Muay Thai- Belt Requirements- Teens 12-16

Stripe 1: Word & Example: Integrity & Empathy	
- Define the word and give an example	
Stripe 2 : Catch: Defense	
- Round Kick (Catch) Put on the Boot/ Slide Out	
- Front Kick (Catch) Put on Boot/ Re-Push	
Stripe 3: Clinch: Dirty Boxing	
- (Plum) - Body + Head + Single Chin	
- (Plum) Body + Head + Pummel	
Stripe 4: Cut Kick	
- (Round Kick) Cut Kick	
Stripe 5: Elbow: 1 2 Elbow / 2 3 Elbow	
- 1 2 + Switch Knee + Elbow	
- 2 3 + Rear Knee + Elbow	
- 1 Elbow + Switch Knee or 2 Elbow + Rear Knee	
Stripe 6: Cover + Elbow	
- Covers 1 or 2 or 3 + Downward Elbow	
- Covers 4 or 5 + Horizontal Elbow 3 or 4	
- Covers 6 or 7 + Upward Elbow 5 or 6 (Same Side)	
Stripe 7: Scoop + Elbow: 1 and 2	
- Downward Elbow + Knee	
- Horizontal Elbow + Knee	
- Hammer Elbow + Knee	
Stripe 8: Clinch + Sweep	
- Pummeling + Foot Sweep	
- Striking + Clinch + Foot Sweep	
Stripe 9: Character Buiding-	
- Teach Kids, Beg Teen/Adult, Adv Teen Class	
- Volunteer at Sea Haven 2 Times & Other Event	
- Attend at least 20 Sparring Sessions	
- Write Paper- "What a Black Belt Means to You"	
Stripe 10: Teach a Technique	
- Spear Knee, Teep Kick, Round Kick, Side Kick, Spinning Side Kick	
- Shin Check, Body Cover, Head Cover, Slide Back, Scoop, Catch	
- Slip, B&W, Parry, Snap Back	
Minimum Classes to Promote: 60	