**Fitness challenge level three.**

*Class One.* Begins with student’s introduction to class etiquette.   
The introduction should first start with the correct manner in which all students enter the gym training area and the correct greeting to the instructor and fellow students.

It is advised that all round house kicks be on a level no higher than the hip of the student, this will minimise the risk of over stretching and one losing balance.

Students class warm up excesses should be conducted in sets of five.

Basic stretching, Instructors chose.

5 Sit Ups x 2.

5 Push Ups x 2.

5 Squat jumps x 2.

5 Star jumps x 2.

2 x 1 minute skipping with rope, or running on the spot.

Once the class warm ups have been completed students are instructed in guard, stance and balance. Over the next three classes students are instructed in the art of boxing, knees, elbows and kicks, by way of basic combinations as listed.

*Class Two.*

Students are required to demonstrate the correct etiquette for entering the training area and greeting to the instructor and fellow students.

Students class warm up excesses should be conducted in sets of five.

Basic stretching, Instructors chose.

5 Sit Ups x 2.

5 Push Ups x 2.

5 Squat jumps x 2.

5 Star jumps x 2.

2 x 1 minute skipping with rope, or running on the spot.

Once the class warm ups have been completed students are instructed in good balance and stance, students are instructed in the art of boxing, knees, elbows and kicks, by way of basic combinations as listed.

*Class Three.*

Students are now instructed in the basic knowledge of combination techniques, along with some pad work (boxing only), timing and class etiquette.

Students class warm up excesses should be conducted in sets of five.

Basic stretching, Instructors chose.

5 Sit Ups x 2.

5 Push Ups x 2.

5 Squat jumps x 2.

5 Star jumps x 2.

3 x 1 minute skipping with rope, or running on the spot.

Once class warm ups have been completed, Students are instructed in the art of boxing, knees, elbows and kicks, by way of basic combinations as listed.

*Class four.* Students are now instructed in the basic combination techniques as listed with good balance and stance, along with pad work for both boxing and kicks.

Students class warm ups

Basic stretching, Instructors chose.

5 Sit Ups x 3.

5 Push Ups x 3.

5 Squat jumps x 3.

5 Star jumps x 3.

3 x 1 minute skipping with rope, or running on the spot.

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Once class warm ups have been completed, students are now introduced to basic combinations as listed and pad work (boxing only).

*Class five.* Students should now be able to demonstrate a technical understanding of Muaythai fitness.

Students class warm ups

Basic stretching, Instructors chose.

5 Sit Ups x 3.

5 Push Ups x 3.

5 Squat jumps x 3.

5 Star jumps x 3.

3 x 1 minute skipping with rope, or running on the spot.

Once class warm ups have been completed, Students are instructed in the art of boxing, knees, elbows and kicks, by way of basic combinations as listed and pad work.

*Class six.* The student’s technical knowledge of Muaythai fitness should now clearly be developing with good balance and technique.

Students class warm ups

Basic stretching, Instructors chose.

5 Sit Ups x 3.

5 Push Ups x 3.

5 Squat jumps x 3.

5 Star jumps x 3.

3 x 1 minute skipping with rope, or running on the spot.

Once class warm ups have been completed, Students are instructed in the art of boxing, knees, elbows and kicks, by way of basic combinations as listed.

Basic combinations for level three classes.

1. Boxing, combination: 1, 2, straight punches. 3, 4, uppercuts. 5, 6, hook punches.
2. Knees, combinations: 1, 2, straight walk-in knee.
3. Elbow, combinations: 1, 2, hook elbow. 2, 3, uppercut elbows.
4. Kicks, combinations: 1, 2, push kicks from both front and back legs. 3, 4, round house kicks.
5. Straight punches 1, 2, walk-in straight knee.
6. Punches 1, 2, 3, 4, followed by a round house kick.
7. Front leg push kick, followed by a round house kick.
8. Front leg push kick, followed by punches 1, 2, followed by walk-in straight knee.
9. Hook elbow 1, step-in hook elbow 2, followed by walk-in straight knee.
10. Uppercut punches 3, 4, followed by a round house kick.
11. Front leg push kick, followed by punches 1, 2, 3, 4, followed by double round house kick.
12. Punches 1, 2, 3, 4, 5, 6, followed by straight walk-in knees 1, 2.

*Note punches:*

*1 & 2 straight punch.*

*2 & 4 uppercut punch.*

*5 & 6 hook punch.*

All students may now be awarded with their level three attendance certificate. which can be presented by dignitaries who may be in attendance, also use this opportunity to take photographs of the presentation for advertising and social media posts and local press if in attendance.