



MUAY THAI KICKBOXING

GRADING REQUIREMENTS AND LOG BOOK

Name of student _____

Students Mobile number _____

Name of Club / Instructor _____ / _____

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Patch progression

In BJMA Maui Thai Kickboxing we have a patch progression system starting with white and eventually leading to black patch! At each stage new skills and abilities will be shown to you. Keep track of your progression here.

Date you achieved your grade patch

Foundation Training ____/____/____

Yellow Patch ____/____/____

Orange Patch ____/____/____

Blue Patch ____/____/____

Green Patch ____/____/____

Brown Patch ____/____/____

Black Patch ____/____/____

1st Degree – Assistant Coach ____/____/____

2nd Degree – Assistant Coach ____/____/____

3rd Degree – Coach ____/____/____

4th Degree –Coach ____/____/____

5th Degree – State Level Coach ____/____/____

Gradings - Assessment

Gradings are a special presentation of the skills you have learned and a point of inspiration and celebration. When the instructors believe that you are ready to progress to your new rank you will receive an invitation to grade.

As you continue to train the time between gradings naturally get longer as we expect to see more skills performed at a higher standard as well as showing commitment and dedication to the club and the sport. This time can vary from person to person depending on skill level, age and maturity

At the completion of the grading, you will be awarded a cloth badge (patch) to attach to your singlet denoting the level you have achieved. This singlet is to be worn in every class.

On the following pages you will see a guide on time between gradings and ages for gradings. This is followed by a list of all the required skills you need to be proficient at.

As you work through this booklet you will find a list of all the requirements expected of you on grading day at each rank. Your instructor may choose not to test you on each individual item on the day but be prepared to perform ALL the requirements.

Each skill or Skill set will be given a GRADE of E, P or R.

E= Exceeds Expectations (1 to 2 levels higher in skill)

P = Passing standard to very good standard

R= Revision required to reach a passing standard.

Gladiator HIIT Exercises – BJMA Muay Thai program

All gradee’s are required to complete a physical test of endurance and strength at each level of grading which will increase with each rank.

Phase 1 Upper Body	Yellow & Orange	Blue, Green	Brown & above
Rapid Straight Punches with leg replacement or switch	20 sec	30 sec	60 sec
Reverse Plank (ensure fingers are pointing to feet)	20 sec	30 sec	60 sec
Full slow push - 3 seconds each (fingers facing forward)	20 sec	30 sec	60 sec

Phase 2 Mid-Section	Yellow & Orange	Blue, Green	Brown & above
Military Crunches - slowly	20 sec	30 sec	60 sec
Double Torso Crunches or V-sit ups	20 sec	30 sec	60 sec
Russian Twists	20 sec	30 sec	60sec
Reverse Curls	10 reps	20 reps	30 reps

Phase 3 Lower Body	Yellow & Orange	Blue, Green	Brown & above
Sprint on the spot (pump the arms high & knees inline with hips)	20 sec	30 sec	60 sec
Burpees (without the pushup)	20 sec	30 sec	60 sec
Squats – shoulder width	10 reps	20 reps	30 reps

NB: 15 seconds rest between each exercise and 60 seconds rest between each phase to create the HIIT theme

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

<i>1st Test – Yellow Patch, Physical Requirements</i>			
Skipping 3 x 1 min	GRADE	Gladiator HIIT Lvl 1 - 20 sec	GRADE

Footwork GRADE	Stamp (Forwards and backwards)
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Strikes GRADE	Jab	Cross
	Hook	Uppercut

Defences GRADE	Slip	Cover's (various)
	Duck	Parry

Pad Sets - Coaches – call sets 2min rounds GRADE	Focus Pad Rnd 1	Focus Pad Rnd 2	Focus Pad Rnd 3

Shadow sparring GRADE	Round 1 (1min)	Round 2 (1min)	Round 3

Non-skill-based attributes

Effort GRADE	Balance GRADE	Pad holding GRADE
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Yellow Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

2nd Test – Orange Patch, Physical Requirements

**= new requirement for this level*

Skipping 3 x 1 min	GRADE	Gladiator HIIT Lvl 1 - 20 sec	GRADE
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Footwork GRADE	Stamp	Rhythm walking
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Strikes - Hands GRADE	Jab	Cross	Hook
	Uppercut	*Overhand	*Body Rip

Strikes - Kicks shown using both legs and aimed at different target heights. GRADE	*Push kick	* Round kick
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Defences GRADE	Covers	Slip
	Duck	Parry (Straight punch defence)
	*Check (round kick defence)	*Back slide parry (push kick defence)

Cont'd next page

Pad Sets - Coaches – call sets 2min rounds	Focus Pad Rnd 1	Focus Pad Rnd 2	Thai Pad Rnd 3	Thai Pad Rnd 4
GRADE				

Shadow Sparring 1min rounds	Round 1	Round 2
GRADE		

Partner Sparring 2min rounds – slow deliberate pace	Round 1	Round 2
GRADE		

Non-skill-based attributes

Effort	Balance	Pad Holding
GRADE	GRADE	GRADE

Orange Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Prerequisite to be completed prior to being assessed for **Blue Belt – Module 3**

Minimum Time Frame: 18 Weeks/ 32 sessions

Please write in the dates of each session you attend.

Date	Date	Date	Date	Date	Date	Date

NOTE: Once you have completed these prerequisites, please present your book to you instructor. This will help advise them on when you may be ready to be graded (assessed) for your next rank. Remember these are the minimum requirements, your instructor will be able to guide you on the areas of your training that may need more attention as you keep training hard and focus on improving your skills.

There is no fixed time or number of classes that you should be graded within. Being ready to grade is based on the individual's skill and fitness, the instructor and when a grading may be held.

It is important to remind ourselves that "we run our own race".

Prerequisites completed and approved for official grading.

Coach / Instructor signature _____

Coach / Instructor Name _____

Date of approval _____

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

3rd Test – Blue Patch, Physical Requirements

**= new requirement for this level*

Fitness

Skipping 3 x 1.5 min	GRADE	Gladiator HIIT Lvl 2 - 30 sec	GRADE
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Footwork GRADE	Stamp	Rhythm walking
	*Step off	

Strikes - Hands GRADE	Jab	Cross	Hook
	Uppercut	Overhand	Body Rip

Strikes - Kicks shown using both legs and aimed at different target heights) GRADE	Push kick	Round kick
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Strikes - Knees GRADE	*Thrust	* Round
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Strikes - Elbows GRADE	*Round	*Thrust	*Uppercut	*Over
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Defences	Covers	Slip	Parry - Straight punch defence
	Check - round kick defence	Back slide parry -push kick defence	*Step off - defence against straight attack
GRADE	*Straight arm jam – defence against knee	*Tight head cover – Elbow defence	

Clinching Skills	*Inside Clinch – Tricep grip also referred to as bicycle grip or steering wheel
	*Open Collar clinch – 1 hand on crown of head, forearm on collar bone
	*Cross arm drive to chest/neck - clinch defence
GRADE	

Pad Sets - Coaches – call sets 2min rounds	Focus Pad Rnd 1	Focus Pad Rnd 2	Thai Pad Rnd 3	Thai Pad Rnd 4	Thai Pad Rnd 5
GRADE					

Clinching Slow flow showing positions, balance and posture	Round 1 2 minutes
GRADE	

Shadow Sparring	Round 1 1 minute	Round 2 1 minute	Round 3 1 minute
GRADE			
Partner Sparring Slow and deliberate	Round 1 2 minutes	Round 2 2 minutes	Round 3 2 minutes
GRADE			

Non-skill-based attributes

EFFORT GRADE	POWER GRADE	COMPOSURE GRADE	SPEED GRADE
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Blue Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Prerequisite to be completed prior to being assessed for

Green – module 4

Minimum Time Frame: 20 Weeks/ 52 sessions

Please write in the dates of each session you attend.

Date	Date	Date	Date	Date	Date	Date	Date	Date	Date

NOTE: Once you have completed these prerequisites, please present your book to you instructor. This will help advise them on when you may be ready to be graded (assessed) for your next rank. Remember these are the minimum requirements, your instructor will be able to guide you on the areas of your training that may need more attention as you keep training hard and focus on improving your skills.

There is no fixed time or number of classes that you should be graded within. Being ready to grade is based on the individual’s skill and fitness, the instructor and when a grading may be held.

Prerequisites completed and approved for official grading.

Coach / Instructor signature _____

Coach / Instructor Name _____

Date of approval _____

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

4th Test – Green Patch, Physical Requirements

**= new requirement for this level*

Fitness

Skipping 3 x 1.5 min	GRADE	Gladiator HIIT Lvl 2 - 30 sec	GRADE
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Footwork GRADE	Stamp	Rhythm Walking
	Step off	
	*Switch	*Blitz

Strikes - hands GRADE	Jab	Cross	Hook
	Uppercut	Overhand	Body rip

Strikes - Kicks shown using both legs and aimed at different target heights. GRADE	Push kick	Round kick
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Knees GRADE	Straight	Round	*Jump knee
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Strikes - Elbows GRADE	Round	Uppercut	Straight/ Thrust
	*Drop elbow	*Spinning elbow	*Back elbow

Defences	Slip	Covers	Parry
	Check's	Back slide parry	Step off
GRADE	Tight Head cover	Straight arm jam	*Lean back high round kick defence
	*All "Check" Variations kick and knee defence		

Clinching	Inside	Open collar	Cross arm drive
GRADE	*Closed collar clinch – both hands on crown of head, forearms on neck and collar bone		
	*Replacement knees - continuous knees in clinch with skipping action		

Pad Sets - Freestyle 2min rounds	Focus Pad Rnd 1	Focus Pad Rnd 2	Thai Pad Rnd 3	Thai Pad Rnd 4	Thai Pad Rnd 5
GRADE					

Clinching Slow flow showing positions, balance and posture GRADE	Round 1 2 minutes
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Shadow Sparring	Round 1 1 minute	Round 2 1 minute	Round 3 1 minute
GRADE			
Partner Sparring Slow and deliberate	Round 1 2 minutes	Round 2 2 minutes	Round 3 2 minutes
GRADE			

Non-skill-based attributes

EFFORT GRADE	POWER GRADE	COMPOSURE GRADE	SPEED GRADE
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Green Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Prerequisite to be completed prior to being assessed for

Brown – module 5

Minimum Time Frame: 40 Weeks/ 64 sessions

Please write in the dates of each session you attend.

Date	Date	Date	Date	Date	Date	Date	Date	Date	Date

Prerequisites

A minimum of one training day and attending a live fight show is to be completed in the period after grading to green.

1 x 3hr BJMA Muay Thai State training day -**Date** _____

Attended a fight event (any level) **Date** _____

Prerequisites completed and approved for official grading.

Coach / Instructor signature _____

Coach / Instructor Name _____

Date of approval _____

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

5th Test – Brown Patch, Physical Requirements

**= new requirement for this level*

Fitness

Skipping 3 x 2 min	GRADE	Gladiator HIIT <i>Lvl 3 - 60 sec</i>	GRADE
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Footwork GRADE	Stamp	Sidestep
	Switch	Blitz

Strikes - hands GRADE	Jab	Cross	Hook
	Uppercut	Overhand	Body rip

Strikes – Kicks shown using both legs and aimed at different target heights GRADE	Push	Round
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Knees GRADE	Straight	Round	*Jump knee
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Strikes - Elbows GRADE	Round	Uppercut	Thrust/Straight
	Drop	Spinning	Back

Defences	Slip	Covers	Parry
	Check's	Back slide parry	Step off
	Tight Head cover	Straight arm jam	*Lean back high round kick defence
	All "Check" Variations kick and knee defence		

Clinching	Inside	Open collar	Closed collar
	*Gable Grip	Cross arm drive	Replacement knees -
	*Face push off, single and double hand		
	*Back lock – Low and high		
	*Back stretch – back lock defence		
	*Face push off to closed collar clinch – snaking hands		
	*Back stretch to knee strikes		
	*Arm pinch – defence against high back lock		

Catches	*Scissor catch and throw - defence against push kick
	*Sidestep, lat catch and throw - defence against round kick
	*Single hand catches – round kick and push kick
	*Driving catches -Also known as ploughs
GRADE	

Pad Sets - freestyle 2min rounds	Focus Pad Round 1	Focus Pad Rnd 2	Thai Pad Round 3	Thai Pad Round 4
	Thai Pad Round 5	Thai Pad Round 6	Thai Pad Round 7	Thai Pad Round 8
GRADE				

Clinching Slow flow showing positions, balance and posture	Round 1 2 minutes	Round 2 2 minutes
	GRADE	

Shadow Sparring	Round 1 2 minutes	Round 2 2 minutes	Round 3 2 minutes
	GRADE		
Partner Sparring Slow and deliberate	Round 1 2 minutes	Round 2 2 minutes	Round 3 2 minutes
	GRADE		

Non-skill-based attributes

EFFORT	POWER	COMPOSURE	SPEED
GRADE	GRADE	GRADE	GRADE

Brown Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Prerequisite to be completed prior to being assessed for

Black

Minimum Time Frame: 40 Weeks/ 64 sessions

Please write in the dates of each session you attend.

Date	Date	Date	Date	Date	Date	Date	Date	Date	Date

Prerequisites

A minimum of two training day and attending a live fight show is to be completed in the period since you previous grading.

2 x 3hr BJMA Muay Thai State training day -**Date** _____
Date _____

Competed or assisted at a combat sports event in any capacity from moral support (for your club) to officiating or volunteer duties **Date** _____

Working with Children check or regional legal equivalent (**Yes/No**)

Prerequisites completed and approved for official grading.

Coach / Instructor signature _____

Coach / Instructor Name _____

Date of approval _____

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

6th Test – Black Patch, Physical Requirements

**= new requirement for this level*

Fitness

Skipping 3 x 2 min	GRADE	Gladiator HIIT <i>Lvl 3 - 60 sec</i>	GRADE
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Footwork GRADE	Stamp	Sidestep
	Switch	Blitz

Strikes - Hands GRADE	Jab	Cross	Hook
	Uppercut	Overhand	Body rip

Strikes – Kicks shown using both legs and aimed at different target heights. GRADE	Push	Round
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Stikes - Knees GRADE	Straight	Round	Jump
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Strikes - Elbows GRADE	Round	Uppercut	Thrust/Straight
	Drop	Spinning	Back

Defences GRADE	Slip	Covers	Parry
	Check's	Back slide parry	Step off
	Tight Head cover	Straight arm jam	Lean back
	All "Check" Variations kick and knee defence		

Clinching GRADE	Inside	Open collar	Closed collar
	Gable Grip	Cross arm drive	Replacement knees -
	Face push off, single and double hand		
	Back lock – Low and high		
	Back stretch – back lock defence		
	Face push off to closed collar clinch – snaking hands		
	Back stretch to knee strikes		
	Arm pinch – defence against high back lock		

Catches	*Scissor catch and throw - defence against push kick		
	GRADE	*Sidestep, lat catch and throw - defence against round kick	
		*Single hand catches – round kick and push kick	
		*Driving catches -Also known as ploughs	

Sweeps	*Knee bump and hip drive	*Foot to ankle	*Roll over leg
GRADE	*Lifts	*With a kick	

Pad Sets - freestyle 2min rounds	Focus Pad Round 1	Focus Pad Round 2	Kick Shield Round 3	Thai Pad Round 4
GRADE	Thai Pad Round 5	Thai Pad Round 6	Thai Pad Round 7	Thai Pad Round 8
	Thai Pad Round 9			

Clinching Slow flow showing positions, balance and posture	Round 1 2 minutes	Round 2 2 minutes
GRADE		

Shadow Sparring	Round 1 2 minutes	Round 2 2 minutes	Round 3 2 minutes
GRADE			
Partner Sparring Slow and deliberate	Round 1 2 minutes	Round 2 2 minutes	Round 3 2 minutes
GRADE			

Non-skill-based attributes

EFFORT GRADE	POWER GRADE	COMPOSURE GRADE	SPEED GRADE
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Black Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

**Prerequisite to be completed prior to being assessed for
Black to
1st Degree – Assistant Coach**

Minimum Time Frame: 8 Months / 50 sessions

Please write in the dates of each session you attend.

Date	Date	Date	Date	Date	Date	Date	Date	Date	Date

Prerequisites

A minimum of two training day and attending a live fight show is to be completed in the period since you previous grading.

2 x 3hr BJMA Muay Thai State training day

Date _____

Date _____

Complete the Community Coaching General Principles (CCGP) course – Online and free from the AIS

Date _____

Have a current first aid qualification - HLTAID003 Provide First Aid (includes CPR)

Date _____

Have required working with children's approval as per Government requirements **Date**_____

Competed or assisted at a combat sports event in any capacity from moral support (for your club) to officiating or volunteer duties **Date**_____

Teaching Experience Assist lead coaches with managing class, preparing equipment, safety measures.
Date_____

Prerequisites completed and approved for official grading.

Coach / Instructor signature _____

Coach / Instructor Name _____

Date of approval _____

Final Test Online

BJMA assistant Coaches' course – "Assisting in a class"

Date _____

Upon completion of all prerequisites and sitting the final test, the club or regional instructor will present the certificate and patch at the next official BJMA regional training or grading day.

Prerequisite to be completed prior to being assessed for

**1st Degree to
2nd Degree – Assistant Coach**

Minimum Time Frame: 18 Months / 100 sessions

Please write in the dates of each session you attend.

Date	Date	Date	Date	Date	Date	Date	Date	Date	Date

Prerequisites

Tick once completed

Current First Aid Certificate (Administer first aid or equivalent)	
Working with Children Check or regional legal equivalent	

To be completed since your last grading	Date	Date
2 x 3hr BJMA Regional training day		
Assist as a pad holder and sparring partner in a minimum of 2 gradings (any level).		
Marked a grading sheet – any level		

Please choose one of the following options to complete	Date
Official BJMA Thailand Training Camp.	
2 Day BJMA Muay Thai International Training Camp.	
National BJMA Training Camp – (all BJMA styles represented)	
or EACH of the following	
Attended a seminar on advanced clinching, minimum of 2hrs	
Attend a minimum of 1 professional fight show	
Competed in OR assisted at a combat sports event in any capacity from moral support (for your club) to officiating or volunteer duties	

Continued on next page.

Minimum Teaching Experience

Running your own club.

Club name _____

OR

Run all of the following sessions under your coach/instructors guidance	Date	Date	Date	Date
4 x 10 minute- warmups (start of class)				
12 x 3min pad sets explained and drilled (3 pad sets taught over 4 different occasions)				
4 x 10min technical skill explanation and drilling (same skill set taught over 4 different occasions)				

Prerequisites completed and approved for official grading.

Coach / Instructor signature _____

Coach / Instructor Name _____

Date of approval _____

Physical Test

Marathon grading as per the syllabus, this should be conducted at an official grading or event. Where possible a BJMA State or National representative should be present.

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

8th Test – 2nd Degree, Physical Requirements

Fitness

<i>Skipping</i> <i>3 x 3 min</i> <i>double time every 30</i> <i>seconds</i>	<i>GRADE</i>	<i>Gladiator HIIT</i> <i>Lvl 3 - 60 sec</i>	<i>GRADE</i>
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Skill Work

All shadow sparring and pad rounds will be 3 minutes in duration with a 1 minute rest between all rounds.

Shadow Sparring 3 minutes	Round 1 – Boxing style GRADE
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Pad Sets - freestyle -focus pad 3min rounds Boxing Skills	Focus Pad Round 2 GRADE	Focus Pad Round 3 GRADE
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Shadow Sparring 3 minutes	Round 4 – Kicking and knees GRADE
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Pad Set – freestyle – kick shield Kicking and Knees 3 minutes	Kick Shield Round 5 GRADE
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Shadow Sparring 3 minutes	Round 6 – Muay Thai GRADE
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Pad Sets - freestyle – Thai Pads 3min rounds Grade	Thai Pad Round 6	Thai Pad Round 7	Thai Pad Round 8
	Thai Pad Round 9	Thai Pad Round 10	Thai Pad Round 11

Clinching Slow flow showing positions, balance and posture GRADE	Round 1 2 minutes	Round 2 2 minutes
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Partner Sparring Slow and deliberate	Round 1 3 minutes	Round 2 3 minutes	Round 3 3 minutes
3minute rounds with a 2 minute rest GRADE	Round 4 3 minutes	Round 5 3 minutes	Round 6 3 minutes

Continued next page.

2nd Degree Grading assessment result:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Prerequisite to be completed prior to being assessed for

2nd Degree to 3rd Degree –Coach

Minimum Time Frame: 3 years

Please write in the dates of each session you attend.

Prerequisites

Tick once completed

Current First Aid Certificate (Administer first aid or equivalent)	
Working with Children Check or regional legal equivalent	
AIS Online free coaching course or hold government recognized coaching qualifications	

To be completed since your last grading	Date	Date
2 x 3hr BJMA Regional training day		
Demonstrate how to wrap hands for training		
Demonstrate how to wrap hands for a competitor		
Prepare a gradee and be their partner for a brown, black or 2nd degree grading. Name of gradee:		

Continued next page.

You need to amass a minimum of six (6) points from the following	Points	Date
Official BJMA Thailand Training Camp.	3 points	
Chant a grading – any patch level	2 points	
Complete a preflight massage, application of oils, Vaseline, pra-jaid and mongkon ritual as per your club (This can be completed at a club training session).	1 point	
Attend a seminar on advanced clinching, minimum of 2hrs	1 point	
Attend and be assessed in a BJMA advanced pad holding course	1 point	
Complete a Referee or Judges course in Combat Sports. Must inc. Kickboxing or Muay Thai	2 points	
Attend a professional Muay Thai, Kickboxing or K1 fight show	1 point	
Competed in 3 round bout Full Muay Thai Rules (Inc. Elbows)	2 points	
Corner a competitor (interclub, amateur or professional)	1 point	
Demonstrate a Ram Muay	2 points	

Continued on next page.

Minimum Teaching Experience

Running your own club.

Club name _____

OR

Run all of the following sessions under your coach/instructor's guidance

	Date	Date	Date	Date
4 x 10 minute- sparring supervision				
12 x 3min pad sets explained and drilled (3 pad sets taught over 4 different occasions)				
4 x 10min technical skill explanation and drilling (same skill set taught over 4 different occasions)				

Specialist Course – BJMA Coaches / Instructors course

Official 8 Hour or 2 Day BJMA Coaches/Trainers course.

Date: _____

Prerequisites completed and approved for official grading.

Coach / Instructor signature _____

Coach / Instructor Name _____

Date of approval _____

Final Test To receive your 3rd Degree black patch, you need to complete and pass the official physical grading.

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

9th Test – 3rd Degree, Physical Requirements

This should be conducted at an official grading or event.
Where possible a BJMA State or National representative should be present.

<p>Round 1 Shadow sparring 2 minutes</p> <p>GRADE</p>	<p>Round 2 Thai Pads 2 minutes</p> <p>GRADE</p>	<p>Round 3 Sparring- Focus on leg defence 2 minutes</p> <p>GRADE</p>
<p>Round 4 Sparring- Focus on knees and elbow strikes 2 minutes</p> <p>GRADE</p>	<p>Round 5 Sparring- Focus on clinch and sweeps 2 minutes</p> <p>GRADE</p>	<p>Perform Ram Muay & Wai Kru ceremony</p> <p>GRADE</p>
<p>Essay or presentation on the Wai Kru and Ram Muay rituals – their place in history and modern Muay Thai.</p>		<p>GRADE</p>

Continued next page.

3rd Degree Grading assessment result:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Prerequisite to be completed prior to being assessed for

3rd Degree to 4th Degree –Coach

Minimum Time Frame: 4 years of consistent training and coaching

Prerequisites

Tick once completed

Current First Aid Certificate (Administer first aid or equivalent)	
Working with Children Check or regional legal equivalent	
A licenced trainer with a Govt Combat sports body or a recognised state or national sanctioning body	

To be completed since your last grading	Date	Date
8 x 3hr BJMA Regional training days		
Attend a minimum of 1 professional fight show per year		
Demonstrate how to wrap hands for a competitor		
Complete a preflight massage, application of oils, Vaseline, pra-jaid and mongkon ritual as per your club (This can be completed at a club training session)		

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To be completed since your last grading	Date
Complete a Referee or Judges course in Combat Sports, must inc. Kickboxing or Muay Thai	
Prepare a gradee and be their partner for a 2nd degree grading	

Minimum Teaching Experience

Running your own club. Club name_____

OR

or 20 hours of teaching made up of 30 minute and/or 1 hour sessions – mark date and circle length of class

Date / /	Date / /	Date / /	Date / /	Date / /
Time 30min 1hour	Time 30min 1hour	Time 30min 1hour	Time 30min 1hour ate	Time 30min 1hour
Date / /	Date / /	Date / /	Date / /	Date / /
Time 30min 1hour	Time 30min 1hour	Time 30min 1hour	Time 30min 1hour	Time 30min 1hour
Date / /	Date / /	Date / /	Date / /	Date / /
Time 30min 1hour	Time 30min 1hour	Time 30min 1hour	Time 30min 1hour	Time 30min 1hour

Date / /	Date / /	Date / /	Date / /	Date / /
Time 30min 1hour	Time 30min 1hour	Time 30min 1hour	Time 30min 1hour	Time 30min 1hour
Date / /	Date / /	Date / /	Date / /	Date / /
Time 30min 1hour	Time 30min 1hour	Time 30min 1hour	Time 30min 1hour	Time 30min 1hour
Date / /	Date / /	Date / /	Date / /	Date / /
Time 30min 1hour	Time 30min 1hour	Time 30min 1hour	Time 30min 1hour	Time 30min 1hour

Specialist Coaching session to be completed

2 x presentations, instruction or coordination of a seminar of at least 45 minute duration conducted at a State or National level with higher ranks in attendance to observe and assess.	Date	Date
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Prerequisites completed and approved for official grading.

Coach / Instructor signature _____

Coach / Instructor Name _____

Date of approval _____

Final Test To receive your 4th Degree black patch, you need to complete and pass the official physical grading.

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

10th Test – 4th Degree, Physical Requirements

This should be conducted at an official grading or event.
Where possible a BJMA State or National representative should be present.

<p>Round 1 Shadow sparring 2 minutes</p> <p>GRADE</p>	<p>Round 2 Thai Pads 2 minutes</p> <p>GRADE</p>	<p>Round 3 Sparring- Focus on leg defence 2 minutes</p> <p>GRADE</p>
<p>Round 4 Sparring- Focus on knees and elbow strikes 2 minutes</p> <p>GRADE</p>	<p>Round 5 Sparring- Focus on clinch and sweeps 2 minutes</p> <p>GRADE</p>	<p>Perform Ram Muay & Wai Kru ceremony</p> <p>GRADE</p>
<p>Essay or presentation on the future of Muay Thai as a sport and changes coaches need to be aware of when preparing competitors.</p>		<p>GRADE</p>

Continued next page.

4th Degree Grading assessment result:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Prerequisite to be completed prior to being assessed for

4rd Degree to 5th Degree – State Level Coach

Minimum Time Frame: 5 years of consistent training and coaching

Prerequisites

Tick once completed.

Current First Aid Certificate (Administer first aid or equivalent)	
Working with Children Check or regional legal equivalent	
A licenced trainer with a Govt Combat sports body or a recognised state or national sanctioning body	

To be completed since your last grading	Date	Date
8 x 3hr BJMA Regional training days		
Attend a minimum of 4 professional fight show per year		
Attend an official BJMA Muay Thai, Thailand Training Camp or BJMA Muay Thai International training weekend		

Continued next page.

<p>You need to amass 4 points from the following - These may have been completed or achieved at any time, since starting BJMA Muay Thai.</p>	Points	Date
Had one or more fighters compete at an Amateur level. Name:	1	
Had one or more fighters compete at a Professional level. Name:	2	
Had one or more fighters compete for an Amateur level State Title. Name:	2	
Had one or more fighters compete for a Professional level State Title. Name:	3	
Have one or more students grade to Black, 1st degree level. Name:	1	
Have one or more student grade to 2nd Degree level. Name:	2	
Have one or more student grade to 3rd Degree level. Name:	3	
Promote or Co-Promote one or more interclub event. Name of event:	1	
Promote or Co-Promote one or more Amateur event. Name of event:	2	
Promote or Co-Promote one or more Pro/AM Show. Name of event:	3	
Had a student open a BJMA Muay Thai Kickboxing Club. Name:	3	
Complete a BJMA Pad holders course	1	
Complete a BJMA Corner persons Course (inc. cut and injury management)	1	

	Points	Date
Complete BJMA Clinching course	1	
Chant a grading for Brown, Black or 2nd degree grading	1	
Complete a Certificate 3 in fitness (SIS30315)	2	
Complete a Certificate 4 in fitness (SIS40215)	3	
Complete a Certificate 4 in Nutrition (10763NAT)	3	
Complete a Diploma of Remedial Massage (HLT52015)	3	

Specialist Coaching session to be completed

Conduct a seminar at a BJMA Muay Thai Club or state event outside of your region or State. Minimum duration of 1.5hrs.

Location _____ Date _____

Prerequisites completed and approved for official grading.

Coach / Instructor signature _____

Coach / Instructor Name _____

Date of approval _____

Final Test To receive your 5th Degree patch, you need to complete the following.

5th Degree Grading assessment result:

State Level Coach

Once all prerequisites are completed send full details to your regional or state head. If approved, you will work together with your state or regional head to devise a seminar or demonstration on any aspect of Muay Thai, to be conducted on the day of your rank presentation.

This rank will not be presented in a standard class.

An achievement of this prestige must be recognized by your peers at an official occasion. It should be seen by the BJMA Muay Thai Kickboxing community and demonstrate accountability within the BJMA organization. The presentation must take place at the next official Muay Thai or State/Region BJMA Function.

Date of presentation _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

