

### KICKBOX AND MUAY THAI CHEAT SHEET

<b>Question: HISTORY</b>	<b>Answer:</b>
What does Muay Boran stand for?	Muay Boran is literally translated to ancient boxing and is the origins of Muay Thai.
When was Muay Boran founded?	Muay Boran was founded in the 13 <sup>th</sup> Century during the Sykhotai Dynasty.
What does Muay Thai stand for?	Muay thai, which translates directly to "thai boxing" is also known as the art of 8 limbs. This is because of the 8 striking tools & points of contact 2 (fists) 2(elbows) 2(knees) 2(shins).
Who is the founder of Muay Thai?	The father/founder of Muay Thai is Nai Khanom Tom.
When was Muay Thai found?	Muay Thai was found in the year 1767, after the falling of the Thai capital Ayudhaya.
When was Muay Thai officially introduced into the combat sports world?	In the early 1930's muay thai was officially codified, with rules and regulations being created and introduced into the sporting world
When did muay thai become Thailand national sport?	It was between the 18th and 20th century when muay thai became Thailand's national sport and rules and regulation were introduced.
What is Nak Muay day	Muay Thai came from the great Nai Khanom Tom during the Ayudhaya period. They say he defeated 9 Burmese fighters one after another during his imprisonment after the Siam kingdom was under siege. This historical event is now celebrated as Muay Thai Day or Nak Muay Day.
When is Nak Muay Day celebrated?	It is celebrated on March 17 <sup>th</sup> every year.

<b>Questions: Terminology</b>	<b>Answer:</b>
Kru	Instructor
Poo Choi Kru	Assistant Instructor
Suworikap	Bow/Formal Greeting
Kard Chuek	Rope wraps
Wai Kru/Ram Muay	Spiritual Pre-fight Ritual
Mongkon	Head Dress
Prajied	Arms Bands

<b>Counting: Thai</b>	<b>English</b>
Nueng	One
Song	Two
Sam	Three
See	Four
Haa	Five
Hok	Six
Jed	Seven
Paed	Eight

Gao	Nine
Sib	Ten

### Couplets and Sparring Combos

<b>C1.</b> JAB-CROSS
<b>C2.</b> JAB-REAR FRONT
<b>C3.</b> JAB-REAR ROUND
<b>C4.</b> CROSS-LEAD ROUND
<b>COMBO #1</b> (JAB-CROSS-LEAD ROUND KICK)
<b>C5.</b> DOUBLE JABS
<b>C6.</b> CROSS-LEAD HOOK
<b>C7.</b> LEAD HOOK-REAR ROUND KICK
<b>C8.</b> JAB-REAR BODY HOOK
<b>COMBO #2</b> (CROSS-LEAD HOOK-REAR ROUND KICK)
<b>COMBO #3</b> (JAB-REAR BODY HOOK-LEAD HEAD HOOK-CROSS-LEAD ROUND KICK)
<b>C9.</b> LEAD HOOK CROSS
<b>C10.</b> REAR UPPERCUT-LEAD HOOK
<b>C11.</b> JAB-UP JAB
<b>COMBO #4</b> (LEAD HOOK-CROSS-LEAD ROUND KICK)
<b>COMBO F1</b> (FAKE REAR FRONT KICK-CROSS)
<b>COMBO F2</b> (FAKE GAP-REAR ROUND KICK)
<b>C12.</b> DOUBLE CROSS
<b>C13.</b> DOUBLE HOOK
<b>COMBO #5</b> (LEAD UPPERCUT-OVERHAND CROSS-LEAD ROUND KICK)
<b>COMBO #6</b> (JAB-REAR ROUND KICK-CROSS-LEAD ROUND KICK)
<b>C14.</b> REAR FRONT-CROSS
<b>C15.</b> REAR FRONT-LEAD UPPERCUT
<b>COMBO #7</b> (JAB-REAR FRONT KICK-CROSS)
<b>COMBO #8</b> (JAB-REAR FRONT KICK-LEAD UPPERCUT)
<b>COMBO #9</b> (JAB-REAR UPPERCUT-HOOK-CROSS-LEAD ROUND)
<b>COMBO F3</b> (JAB-SPINNING BACK KICK)
<b>C16.</b> CROSS-REAR UPPERCUT
<b>C17.</b> LEAD HOOK-ANGLE PUNCH
<b>C18.</b> OVERHAND CROSS-ANGLE PUNCH