

# Tora Martial Arts Academy

## JKD/Muay Thai Kickboxing Curriculum

**JKD** stands for **Jeet Kun Do**, which translates roughly to “**the way of the intercepting fist.**” JKD was **Bruce Lee’s** fighting system developed over many years of study and research in various systems of martial arts. These include, but are not limited to: Wing Chun and other styles of Kung Fu, Western boxing, fencing, French Savate, and wrestling. JKD has a prominent kickboxing component, but also heavily emphasizes trapping from the Wing Chun system as well.

**Muay Thai**, also known as “**the science of 8 limbs,**” is a kickboxing sport from Thailand. It utilizes punches and kicks similar to other styles of kickboxing, but is unique in that it places a heavy emphasis on the use of elbow and knee strikes. Today, Muay Thai is one of the more prominent striking styles used by modern mixed martial arts fighters.

This kickboxing curriculum incorporates techniques and principles from both JKD and Muay Thai to make for a very dynamic and well-rounded striking system. The skills learned in this program can be applied both in the ring as well as a self-defense situation. While there is an emphasis placed on live sparring toward the intermediate and advanced ranks, safety is always of the utmost concern. For this reason, we will never spar with full force contact to the head and face.

Since we will do a great deal of pad work and sparring/partner drills, there is some necessary equipment needed to participate in this program. Beginners will require the following equipment:



Boxing gloves



Mouthpiece

Students at level 3 and higher will require the following additional equipment:



MMA gloves



Boxing headgear



Muay Thai shin/instep guards

**Tora Martial Arts Academy**  
**JKD/Muay Thai Kickboxing Curriculum**  
**Level 1: Gold sash**

**Stance/footwork/basic movements:**

- Salute/show respect
- Fighting stance
- Muay Thai march
- Step slide forward/backward/left/right
- Step through forward/backward

**Defense:**

- Parry: against the jab and cross
- Forearm block high and low: against a wide hooking attack
- Cover: against a tight hooking attack

**Offense:**

- Punches/hand attacks:
  - Jab
  - Cross
  - Palm heel
  - Finger jab
  - Long hook
  - Hook slap
  
- Upward vertical elbow
  
- Kicks:
  - Lead front/push kick
  - Rear front/push kick
  - Rear Thai round kick
  - Lead snap round kick
  
- Rear long knee

## **Kickboxing Level 1 Cont.**

### **Pad drills:**

- Jab-Cross-Lead push kick
- Jab-Cross-Rear push kick
- Jab-Cross-Lead snap round kick
- Jab-Cross-Rear Thai round kick
- Jab-Cross-Rear long knee

### **Clinch work:**

- Basic neck clinch position (Thai plum)
- Single hand neck clinch escape flow drill

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**Level 2: Green sash**

**Stance/footwork/basic movements:**

- Slide/step shuffle forward and back
- Quartering left and right
- Side to side lead change pivot

**Defense:**

- Shoulder roll
- Bob and weave
- Defending the front and side kick:
  - scooping block
  - evade
  - elbow cover
- Defending the round kick:
  - cover and paw
  - evade
  - lean back

**Offense:**

- Punches/hand attacks:
  - Tight hook
  - Tight Uppercut
  - Long Uppercut
  - Overhand
- Elbows:
  - horizontal
  - upward and downward diagonal
- Kicks:
  - Drop switch Thai round kick
  - Side kick (lead and rear)
- Knees:
  - Drop switch knee
  - Skip knee

## Kickboxing Level 2 Cont.

### Pad drills:

-3 Count Boxing Combinations: (J = Jab, C = Cross, H = Hook, U = Uppercut)

-JCH

-JCU

-CHC

-CUC

-Jab/Cross Series:

1) Parry the jab/cross, return cross-hook-cross

-Jab/Rear Hook Series:

1) Parry the jab, forearm block the hook, CHC

2) Parry the jab, cover the hook, CHC

-Jab/Lead Hook Series:

1) Parry the jab, forearm block the hook, return H-C

2) Parry the jab, cover the hook, return H-C

-Kick Combinations:

1) Lead front kick to rear round kick

2) Rear front kick to lead round kick

3) Rear round kick to lead front kick

4) Lead round kick to rear front kick

### Clinch work:

-Neck clinch escape flow drill with skip knees

-Frame principle to prevent neck clinch

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**Level 3: Blue sash**

**Stance/footwork/basic movements:**

- Push shuffle
- Jag step
- Curve step

**Defense:**

- Boang sao/elbow block
- Slip left and right
  
- Defending the leg kick:
  - raise leg shield
  - cross step back

**Offense:**

- Hand attacks:
  - back fist
  - hammer fist
  - chain punch/straight blast
  
- Kicks:
  - jump twist round kick
  - stop kick
  
- Elbows:
  - spear/drop
  - reverse
  
- Feints:
  - Fake high jab to low body jab
  - Fake high/low jab to overhand right

**Trapping:**

- Pac sao (slapping hand) to lead vertical fist punch
- Lop sao (pulling hand) to rear vertical fist punch
- Tan sao (deflecting hand) to rear vertical fist punch
- Loy pac sao (inside slapping hand) to backfist/hammerfist

## **Kickboxing Level 3 Cont.**

### **Pad drills:**

-3 Count Boxing Combinations:

- JHC
- JU(lead)C
- JCU(rear)
- U(lead)CH
- U(rear)HC

-Thai 4 count drills:

- 1) Lead switch kick, C-H, rear Thai kick
- 2) Rear Thai kick, H-C, lead switch kick
- 4) Lead switch kick, C-H, lead switch kick
- 4) Rear Thai kick, H-C, rear Thai kick

-Jab/Cross Series:

- Parry the jab, shoulder roll the cross, return CHC or CUC, lead snap round kick followed by rear round kick

-Jab/Rear Hook Series:

- Parry the jab, bob and weave the hook as you hit the body, HC or UC and 2 round kicks

-Jab/Lead Hook Series:

- Parry the jab, bob and weave the hook, return CHC or CUC and 2 round kicks

-Kick combinations:

- Lead round kick to lead side kick
- Rear round kick to rear side kick.

### **Clinch work:**

- Countering the frame to head and arm triangle
- Frame arm replacement
- Single hand neck clinch escape flow drill with elbow and cover

### **Conditioning/Sparring Rounds:**

- 2 rounds of 3 minutes (60 kicks, 40 knees)
- 1 round of 3 min, freestyle padwork

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**Level 4: Red sash**

**Stance/footwork/basic movements:**

-Sprawl

**Defense:**

-Defending the front kick:  
-outside scoop, hand off and sweep

-Defending the round kick:  
-overhook catch to leg kick, punch, and sweep

**Offense:**

-Kicks:  
-Thai hop kick  
-hook kick

-Elbows:  
-spinning

-Feints:  
-Fake jab to lead pushkick  
-Fake lead pushkick to jab

**Trapping:**

-Bridging the gap:  
1) Bridge high, pac sao da, CHC  
2) Bridge high, lop sao da, HC  
3) Bridge high, lop sao da, pac sao da, CHC  
4) Bridge low, pac sao backfist, CHC

-1 for 1 pac sao cycle  
-1 for 1 lop sao cycle

## **Kickboxing Level 4 Cont.**

### **Pad drills:**

-First 5 of Thai 15 count

Parry-cover-lead flat elbow-rear downward elbow-rear knee

-Jab/Cross Series:

-Parry the jab with a simultaneous split entry jab to the face or body, trap the arm down and lead backfist, CHC or CUC, 2 kicks

-Parry the jab, parry the cross with a simultaneous split entry cross the face or body, trap the arm down and rear backfist, HC or UC, 2 kicks

-Jab/Rear Hook Series:

-Parry the jab, simultaneously forearm block the rear hook and strike with a vertical rear punch, HC or UC and 2 kicks

-Jab/Lead Hook Series:

-Parry the jab, simultaneously forearm block the lead hook and strike with a vertical lead punch, CHC or CUC and 2 kicks

### **Clinch work:**

- Single underhook to neck clinch flow drill
- Transition to guillotine from neck clinch
- Shot defense from guillotine position to single underhook clinch

### **Conditioning/Sparring Rounds:**

- 2 rounds of 3 minutes (60 kicks, 40 knees)
- 1 rounds of 3 minutes, freestyle pad work
- 3 rounds of sparring, 2 min each, new opponent

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**Level 5: Black sash**

**Defense:**

- Defending the front kick:
  - 2 handed catch, pull to overhand right
  - 2 handed catch, pull to spinning elbow
  
- Defending the round kick:
  - underhook catch, knee and sweep
  - underhook catch, turnover to drag down

**Offense:**

- Kicks:
  - spinning back kick
  - spinning hook kick
  
- Feints:
  - fake rear leg round kick to rear push kick
  - fake rear leg push kick to head snap round kick
  - fake round kick to hop kick

**Trapping:**

- Brush traps:
  - 1) Inside brush, trap, hammerfist
  - 2) Outside brush, trap, hammerfist
  
- 3 count pac sao cycle
  
- Follow ups to counter traps: (from high or low reference point)
  - 1) Pac sao da, (opponent pushes punch across center line), lop sao da, straight blast
  - 2) Pac sao da, (opponent pushes punch across center line) lop sao da, pac sao da, straight blast
  - 3) Pac sao da, (opponent catches punch on center line), loy pac sao da, straight blast
  - 4) Pac sao da, (opponent catches punch on center line), tan sao da, loy pac sao da, straight blast

## **Kickboxing Level 5 Cont.**

-Follow ups to counter traps: (from the high reference point)

- 1) Lop sao da, (opponent blocks on outside of arm), lop sao da, straight blast
- 2) Lop sao da, (opponent blocks on outside of arm), lop sao da, pac sao do, straight blast
- 3) Lop sao da, (opponent blocks on outside of arm), pac sao da, straight blast
- 4) Lop sao da, (opponent blocks on inside of arm), pac sao da, straight blast

### **Pad drills:**

-Thai 15 count

Parry-cover-lead flat elbow-rear downward elbow-rear knee-lead switch kick-C-H-parry and long knee-rear round kick-lead push kick-b&w-H-C-rear double kick

-Boxing 24 count

J-C-H-C-b&w-C-H-b&w-H-C-low cov-U-H-low cov-U-C-high cov-U-C-H-high cov-U-H-C

-Kick combinations:

- Rear stepping through round kick to spinning back kick
- Rear stepping through round kick to spinning hook kick

-Free flow with JKD series focus mitt drills: Student should be able to appropriately defend against random punch combinations, counter with any previously learned 3 count boxing combination and finish with any two kicks of the holder's choice.

-Holding proficiency: students at this level should be able to hold with a high degree of proficiency for any of the pad or mitt drills learned up to this point.

### **Conditioning/Sparring Rounds:**

- 2 rounds of 3 minutes (60 kicks, 40 knees)
- 2 rounds of 3 minutes, freestyle pad work
- 5 rounds of sparring, 2 min each, new opponent