

MMAC Syllabus (Fall Quarter)

Purpose: Students will learn a strong base in Muay Thai basics and be introduced to advanced techniques. Students will be exposed to live pad work and simple sparring. Students will be taught standing grappling fundamentals, throws, and takedowns. Students will be exposed to concepts, principles, and basic techniques from Penjak Silat Mande Muda.

Time Period: 1 quarter (10 weeks). Weeks one through five, instruction is focused on Muay Thai basics and misc. striking techniques. Weeks five through ten, students maintain and build on their striking basics while learning standing grappling skills.

Note: *Italicized text denotes drills; non italicized text denotes techniques/concepts.*

Week 1

L.1

Guard/Stance
Footwork/Movement
Jab
Cross
Round Kick

Solo movement drills
Partner moving drills
J, C pad work
Shadowboxing
Progression Drills (pad work)
Round Kick placement drill

L.2

Hook
Horizontal Elbow
Spear Knee

J, C, H progression
Round kick placement drill
Round kick pad work
Horizontal Elbow focus mitt drills
Spear knee kicking shield drills

Week 2

L.1

Uppercut
Vertical elbow

Uppercut, vertical elbow focus mitt drills

Boxing 4 counts

- *J, C, H, C*
- *J, C, H, U*

Integrated Combos

- *J, C, Round*
- *J, C, Spear*

L.2

Parries
Bob and weave
Shield block

4-counts (with elbows)

Integrated three counts

Light live attack and defense drills

- *J, C – parry, parry*
- *J, C, H – parry, parry, bob and weave*
- *Round – shield block*
- *J, C, round – parry, parry, shield block*

Week 3

L.1

Diagonal Elbow
Head/body soaks

4-count w/ elbows

2 count responses (J, C – bob and weave– C, H)

Guru Brown Boxing 4 count (with soaks)

L.2

Front Teep

Rear Teep

Line drilling

Teep-round

Thai pad closing drill

Master Chai 4 count (w/ teep)

Week 4

L.1

Gating

Half plume

Shoulder gate drill

Silat 'superman' entrance

Master Chai 4 count (w/ hip gate)

J, C, (half plume) spear, spear

A: hook. D: Bob and weave, half plume, spear, spear, shove

L.2

Full plume/Clinch

Plume movement

Open hip knees

Hooking knees

Base drill

Swim drill

J, C, (plume), spear, spear, hooking, hooking

Open hips from the clinch

Week 5 (Standing Grappling)

L.1

Standing pillow choke

Reaper toss

PC follow up from B&W of hook

PC from pass of a cross

Reaper placement drill

Reaper response from a J, C

Free drill: Responding to the J, C, H

L.2

Standing rear naked
Dumog arm drag

RN from B&W of hook
RN from pass of a cross
Arm drag response to hook

Week 6

L.1

Standing guillotine
Hip toss

Guill. from ½ plume
Guill. from 'superman' entrance
Hip toss from gated hook
Hip toss from

L.2

Response drill # 1 (Free response to a single attack)
Response drill # 2 (Free response to single situation)

Week 7 (Silat)

L.1

Cimande # 1
Cimande # 2
Cimande # 7

Djuru # 1

L.2

Cimande # 3
Cimande # 4
Cimande # 5

Djuru # 3

Sapu Dalam

Week 8

L.1

Cimande # 6

Cimande # 8

Djuru # 3 (variations)

Sapu Nuwar

L.2

Cimande # 9

Cimande # 10

Tug Tug

“Broken Glass”

(Week 9 and 10 not addressed due to two weeks of seminar preparation)

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