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 Mand 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)
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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