



EXAMINATION TEXT FOR ORANGE GRADE (LEVEL 4) THEORY MUAY THAI, KICKBOXING & FULL CONTACT KARATE

Muay Thai, Kickboxing, Full Contact Karate what is the difference?

Muay Thai

Muay Thai is a two thousand year old martial art, developed from warfare into a modern day sport featured in the Asian games with a view to Olympic recognition. It is the traditional art of Thai Boxing, following the rituals of the Wai Kru and the Ram Muay. Respect for the traditions and values of Muay Thai both inside and outside the ring is fundamental to any practitioner of this art. There have been many variations and interpretations, however the principle remains the same; if the traditional values of respect and loyalty which are shown in the rituals such as the wai kru ceremony are not followed then this cannot be Muay Thai only Thai Boxing. In a nut shell Muay Thai advocates character and spiritual development as much as martial arts proficiency.

Kickboxing

The term kickboxing has become all encompassing e.g. light continuous kickboxing and semi-contact kickboxing. So what exactly is kickboxing? Well there has been a lot of confusion between American full contact karate and kickboxing to explain, let us first look at the rules in the ring:

- **Muay Thai** allows the use of boxing and kicking including low kicks, knee and elbow strikes to the head and body are allowed.
- **European Thai boxing** allows the use of boxing, kicking including low kicks. Knees and elbows strikes to the body only.
- **Kickboxing** allows the use of boxing and kicking including low kicks but not the use of knees or elbows
- **Full contact karate** allows the use of boxing and kicking but restricts the use of kicks to above the waist it also prohibits the use of knee and elbow strikes.

The various governing bodies for kickboxing e.g. WKA, ISKA, WAKO, IKF, WKU, etc use this classification system

Full Contact Karate

Developed in the USA in 1970's and made famous by stars like Bill 'Super Foot' Wallis and Benny 'THE JET', competitions started on a mat format later moving into a ring. It combined traditional martial arts like karate with boxing. A governing body was formed (the PKA) and televised matches gave it great exposure, catapulting its stars into celebrity status. The rules were modified to make it a spectacular sport to watch with kicks only allowed to be targeted above the waist with a minimum of eight kicks having to land per round. Stars like Benny 'THE JET' did try their hand at kickboxing in Japan with great success capturing the WKA world title but had little success against a Muay Thai champion, losing in Thailand!

Students are required to answer ten multi-choice questions from the above