



## EXAMINATION TEXT FOR WHITE GRADE (LEVEL 1) THEORY

### PREAMBLE UNDERSTANDING THE BODY

#### PREAMBLE

Muay Thai Kickboxing is currently one of the fastest growing full contact sports in the world. In Thailand, Muay Thai which translates as "Thai Boxing" is as popular as soccer in the U.K. Thousands of camps around Thailand are teaching and training 'The Sport of Kings' to eager students.

The ancient fighting art of Thailand developed from the military use of sword and spear during the wars of the 1600's. Siam, as Thailand was then called, built up one of the world's fiercest armies. Unarmed combat started to develop during peace time as the soldiers needed to test their fighting skills. Challenge-fights between Thailand and its neighbours developed into the modern sport that we now know and love.

Kickboxing has been developed from Muay Thai, known as American Kickboxing, as it was in the USA and Japan in the early 70's that international interest began to gather momentum.

*Learning Muay Thai & kickboxing is a journey of self-discovery and development. Learning to understand your body and how it functions will help you attain your goal, of a quality life style, full of energy, good health and vitality. Your theory examination papers will offer you a very basic introduction to the structure and function of your body.*

#### UNDERSTANDING THE BODY AND HOW IT WORKS – “THE WINNING FORMULA”

Like any equation to get the right result we must have the right formula. The following is the winning formula for success:

- **Good instruction from an experienced qualified instructor** will ensure you develop your technical skills, level of fitness and overall conditioning to fore fill your true potential.
- **The correct intensity and duration of training** (this topic is covered in Level 2 - Red) will ensure you avoid over exertion and gain the optimum amount of benefits from each training session
- **A balanced diet** (this topic is covered in Level 4 - Orange) “You are what you eat”
- **Rest and recovery** (this topic is covered in Level 7 - Brown “Breathing and Relaxation”) is as important as the training itself and learning to relax, breathing correctly and switching off will help you combat stress and increase your energy levels
- **Positive Mental Attitude (P.M.A.)** A positive approach to training will make it more productive. A major part of your development within martial arts is overcoming hurdles both physical and psychological. It is by overcoming these barriers we develop and grow.

*Students are required to answer five oral questions from the above*