



EXAMINATION TEXT FOR YELLOW GRADE (LEVEL 3) THEORY TRADITION & CULTURE UNDERSTANDING YOUR BODY

MUAY THAI, The Tradition and Culture

One of Thailand's most special customs is the 'Wai'. The 'Wai' is a way that students show their care and respect for one another. To 'Wai' students should place the palm of the hands together in front of their chest. It is a simple elegant and noble gesture. All the people of Thailand greet and thank each other in this way. Students should greet or thank Instructors using the 'Wai', also a 'Wai' should be performed at the beginning or end of a training session or when receiving guidance from an Instructor.

The Wai may also be used to say goodbye. When greeting or saying goodbye the words 'Sawasdee Krab' for males and 'Sawasdee Kha' for females are used. The 'Wai' has one other use and that is to say sorry. All students are taught the traditional values and customs of Muay Thai. They learn how to pay homage and respect to their teachers and all others.

It is important to develop character as well as martial art skills

Every fighter must perform the 'Ram Muay' before every fight. This is an ancient spiritual dance where the fighter pays homage and respect to their teacher and the great warrior kings of old. The fighter thanks their spirits for the wisdom and knowledge they have found.

'Kru' is a Thai word, which means the person who teaches or passes on knowledge to pupils. Normally 'Krus' are highly respected in Thai society. They are knowledgeable; have high moral values, living respectable lives. They always devote themselves to performing their teaching commitment until their pupils attain full knowledge.

The 'Wai Kru' is a demonstration of the pupil's respect and gratitude to their teacher by showing a sincere appreciation and gratitude for the teacher's dedication and generosity in conferring knowledge. Pupil show they are willing to submit themselves obediently and respectfully to the teacher's instruction, obey the rules and regulations laid down. When the 'Kru' accepts someone as student a ceremony takes place traditionally on a Thursday known as the teacher's day. On this day the new pupil makes a vow that they will study seriously and patiently, respect him, remain loyal and use the knowledge gained properly.

UNDERSTANDING YOUR BODY & HOW IT WORKS

Where do you get the energy to train? (Energy production)

As a kick boxer / Thai boxer you'll train in two modes - aerobic and anaerobic.

These are two types of energy systems that the body utilizes, aerobic and anaerobic. Both produce Adenosine triphosphate (ATP), which is used by the muscles to contract.

Aerobic Training

The aerobic system can utilize carbohydrates, proteins or fat to supply ATP as long as oxygen is present. Indeed the term aerobic means "with oxygen". The higher the heart rate the greater the

amount of oxygen your body requires. The Aerobic system provides medium to very long duration energy production with low to moderate power that is why this is called endurance training. e.g. the pre-grading run.

Generally you should not exceed level 8 on the perceived exertion scale. Otherwise you may go anaerobic, this is not a problem, however the aerobic phase of your training is to improve your endurance, also to help reduce body fat (if that is your goal!). The by-product of this system is heat, water and carbon dioxide.

Anaerobic Training

The anaerobic system on the other hand is explosive, providing a higher level of power and because the body works without oxygen, you can only work for a short duration (45-70 sec) e.g. sprints (bleep test). This energy system can utilize carbohydrates for ATP production and does not use oxygen in the metabolization of its fuel source. The by-product of the system (metabolization of glucose/glycolysis) is heat and lactic acid, the cause of muscle soreness immediately after exercise. Muscle soreness 24 to 48 hours after exercise is due to torn muscle fibres and connective tissue. This type of soreness can be reduced by adequate warm up (don't be late for class!) and cool-down stretching exercises (do not leave class early)

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