

# THAIBOXING INDIAN FEDERATION



## SYLLABUS

### 1ST LEVEL (WHITE BELT)

Period - 3 Months of Regular Practice after Admission

#### STANCES

- |  |  |
|--|--|
| 1. Parallel Leg Stance                 | 2. Join Leg Stance                     |
| 3. Farword Leg Stance (small)          | 4. Farword Leg Stance (large)          |
| 5. Parallel Leg Seating Stance (small) | 6. Parallel Leg Seating Stance (large) |

#### BLOCKS

- |                        |                        |
|------------------------|------------------------|
| 1. Chest Guard (outer) | 2. Chest Guard (inner) |
| 3. Head Guard          | 4. Lower Guard         |

#### STRIKES

- |                     |                      |
|---------------------|----------------------|
| 1. Face Level Punch | 2. Chest Level Punch |
| 3. Lower Punch      | 4. Elbow             |

#### KICKS

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. Front Kick (Chest Level)       | 2. Front Kick (Face Level)       |
| 3. Round House Kick (Chest Level) | 4. Round House Kick (Face Level) |
| 5. Knee Kick                      |                                  |

#### FORMS

1. T-1

#### FIGHT

Most Simple Techniques

# THAIBOXING INDIAN FEDERATION



## SYLLABUS

### 2nd LEVEL (YELLOW BELT)

Period - 3 Months of Regular Practice after 1st Level (White Belt)

#### STANCES

- |  |  |
|--|--|
| 1. Parallel Leg Stance                 | 2. Join Leg Stance                     |
| 3. Farword Leg Stance (small)          | 4. Farword Leg Stance (large)          |
| 5. Parallel Leg Seating Stance (small) | 6. Parallel Leg Seating Stance (large) |
| 7. Seating Back Leg Stance             |  |

#### BLOCKS

- |                        |                        |
|------------------------|------------------------|
| 1. Chest Guard (outer) | 2. Chest Guard (inner) |
| 3. Head Guard          | 4. Lower Guard         |

#### STRIKES

- |                     |                      |
|---------------------|----------------------|
| 1. Face Level Punch | 2. Chest Level Punch |
| 3. Lower Punch      | 4. Elbow             |
| 5. Round Punch      |                      |

#### KICKS

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. Front Kick (Chest Level)       | 2. Front Kick (Face Level)       |
| 3. Round House Kick (Chest Level) | 4. Round House Kick (Face Level) |
| 5. Knee Kick                      | 6. Side Kick (Chest Level)       |

#### FORMS

- |        |        |
|--------|--------|
| 1. T-1 | 2. H-2 |
|--------|--------|

#### FIGHT

Simple Techniques

# THAIBOXING INDIAN FEDERATION



## SYLLABUS

### 3rd LEVEL (Orange Belt)

Period - 3 Months of Regular Practice after 2nd Level (Yellow Belt)

#### STANCES

- |  |  |
|--|--|
| 1. Parallel Leg Stance                 | 2. Join Leg Stance                     |
| 3. Farword Leg Stance (small)          | 4. Farword Leg Stance (large)          |
| 5. Parallel Leg Seating Stance (small) | 6. Parallel Leg Seating Stance (large) |
| 7. Seating Back Leg Stance (Small)     | 8. Seating Back Leg Stance (Large)     |

#### BLOCKS

- |                        |                        |
|------------------------|------------------------|
| 1. Chest Guard (outer) | 2. Chest Guard (inner) |
| 3. Head Guard          | 4. Lower Guard         |
| 5. Open Hand Guard     |                        |

#### STRIKES

- |                     |                      |
|---------------------|----------------------|
| 1. Face Level Punch | 2. Chest Level Punch |
| 3. Lower Punch      | 4. Elbow             |
| 5. Round Punch      | 6. Hook Punch        |

#### KICKS

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. Front Kick (Chest Level)       | 2. Front Kick (Face Level)       |
| 3. Round House Kick (Chest Level) | 4. Round House Kick (Face Level) |
| 5. Knee Kick                      | 6. Side Kick (Chest Level)       |
| 7. Side Kick (Face Level)         | 8. Lower Sweep Kick              |

#### FORMS

- |        |        |
|--------|--------|
| 1. H-2 | 2. A-3 |
|--------|--------|

#### FIGHT

Progressive Addition of Techniques

# THAIBOXING INDIAN FEDERATION



## SYLLABUS

### 4th LEVEL (Green Belt)

Period - 3 Months of Regular Practice after 3rd Level (Orange Belt)

#### STANCES

- |  |  |
|--|--|
| 1. Parallel Leg Stance                 | 2. Join Leg Stance                     |
| 3. Farword Leg Stance (small)          | 4. Farword Leg Stance (large)          |
| 5. Parallel Leg Seating Stance (small) | 6. Parallel Leg Seating Stance (large) |
| 7. Seating Back Leg Stance (Small)     | 8. Seating Back Leg Stance (Large)     |
| 9. Cross Leg Stance                    |  |

#### BLOCKS

- |                        |                          |
|------------------------|--------------------------|
| 1. Chest Guard (outer) | 2. Chest Guard (inner)   |
| 3. Head Guard          | 4. Lower Guard           |
| 5. Open Hand Guard     | 6. Open Hand Chest Guard |

#### STRIKES

- |                     |                      |
|---------------------|----------------------|
| 1. Face Level Punch | 2. Chest Level Punch |
| 3. Lower Punch      | 4. Elbow             |
| 5. Round Punch      | 6. Hook Punch        |
| 7. Upper Elbow      |                      |

#### KICKS

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. Front Kick (Chest Level)       | 2. Front Kick (Face Level)       |
| 3. Round House Kick (Chest Level) | 4. Round House Kick (Face Level) |
| 5. Knee Kick (Chest Level)        | 6. Knee Kick (Face Level)        |
| 7. Side Kick (Face Level)         | 8. Lower Sweep Kick              |
| 9. Back Kick                      | 10. Side Kick (Chest Level)      |

#### FORMS

- |        |        |
|--------|--------|
| 1. A-3 | 2. I-4 |
|--------|--------|

#### FIGHT

Progressive Addition of Techniques

# THAIBOXING INDIAN FEDERATION



## SYLLABUS

### 5th LEVEL (Red Belt)

Period - 3 Months of Regular Practice after 4th Level (Green Belt)

#### STANCES

- |  |  |
|--|--|
| 1. Parallel Leg Stance                 | 2. Join Leg Stance                     |
| 3. Farword Leg Stance (small)          | 4. Farword Leg Stance (large)          |
| 5. Parallel Leg Seating Stance (small) | 6. Parallel Leg Seating Stance (large) |
| 7. Seating Back Leg Stance (Small)     | 8. Seating Back Leg Stance (Large)     |
| 9. Cross Leg Stance                    |  |

#### BLOCKS

- |                        |                          |
|------------------------|--------------------------|
| 1. Chest Guard (outer) | 2. Chest Guard (inner)   |
| 3. Head Guard          | 4. Lower Guard           |
| 5. Open Hand Guard     | 6. Open Hand Chest Guard |

#### STRIKES

- |                     |                      |
|---------------------|----------------------|
| 1. Face Level Punch | 2. Chest Level Punch |
| 3. Lower Punch      | 4. Elbow             |
| 5. Round Punch      | 6. Hook Punch        |
| 7. Upper Elbow      | 8. Down Elbow        |

#### KICKS

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. Front Kick (Chest Level)       | 2. Front Kick (Face Level)       |
| 3. Round House Kick (Chest Level) | 4. Round House Kick (Face Level) |
| 5. Knee Kick (Chest Level)        | 6. Knee Kick (Face Level)        |
| 7. Side Kick (Face Level)         | 8. Lower Sweep Kick              |
| 9. Back Kick                      | 10. Side Kick (Chest Level)      |
| 11. Back Round                    |                                  |

#### FORMS

- |        |        |
|--------|--------|
| 1. I-4 | 2. B-5 |
|--------|--------|

#### FIGHT

Progressive Addition of Techniques, Correct Movement and Increased Power

# THAIBOXING INDIAN FEDERATION



## SYLLABUS

### 6th LEVEL (Blue Belt)

Period - 3 Months of Regular Practice after 5th Level (Red Belt)

#### STANCES

- |  |  |
|--|--|
| 1. Parallel Leg Stance                 | 2. Join Leg Stance                     |
| 3. Farword Leg Stance (small)          | 4. Farword Leg Stance (large)          |
| 5. Parallel Leg Seating Stance (small) | 6. Parallel Leg Seating Stance (large) |
| 7. Seating Back Leg Stance (Small)     | 8. Seating Back Leg Stance (Large)     |
| 9. Cross Leg Stance                    | 10. Single Leg Stance                  |

#### BLOCKS

- |                        |                          |
|------------------------|--------------------------|
| 1. Chest Guard (outer) | 2. Chest Guard (inner)   |
| 3. Head Guard          | 4. Lower Guard           |
| 5. Open Hand Guard     | 6. Open Hand Chest Guard |
| 7. Cross Block Upper   |                          |

#### STRIKES

- |                     |                      |
|---------------------|----------------------|
| 1. Face Level Punch | 2. Chest Level Punch |
| 3. Lower Punch      | 4. Elbow             |
| 5. Round Punch      | 6. Hook Punch        |
| 7. Upper Elbow      | 8. Down Elbow        |
| 9. Hammer Punch     |                      |

#### KICKS

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1. Front Kick (Chest Level)       | 2. Front Kick (Face Level)        |
| 3. Round House Kick (Chest Level) | 4. Round House Kick (Face Level)  |
| 5. Knee Kick (Chest Level)        | 6. Knee Kick (Face Level)         |
| 7. Side Kick (Face Level)         | 8. Lower Sweep Kick               |
| 9. Back Kick(Chest Level)         | 10. Side Kick (Chest Level)       |
| 11. Back Round                    | 12. Round House Kick (Chest+Face) |
| 13. Back Kick (Face Level)        |                                   |

#### FORMS

- |        |        |
|--------|--------|
| 1. B-5 | 2. O-6 |
|--------|--------|

#### FIGHT

Progressive Addition of Techniques, Correct Movement and Increased Power & Perfect Timing

# THAIBOXING INDIAN FEDERATION



## SYLLABUS

### 7th LEVEL (Purple Belt)

Period - 3 Months of Regular Practice after 6th Level (Blue Belt)

#### STANCES

- |  |  |
|--|--|
| 1. Parallel Leg Stance                 | 2. Join Leg Stance                     |
| 3. Farword Leg Stance (small)          | 4. Farword Leg Stance (large)          |
| 5. Parallel Leg Seating Stance (small) | 6. Parallel Leg Seating Stance (large) |
| 7. Seating Back Leg Stance (Small)     | 8. Seating Back Leg Stance (Large)     |
| 9. Cross Leg Stance                    | 10. Single Leg Stance                  |

#### BLOCKS

- |                        |                          |
|------------------------|--------------------------|
| 1. Chest Guard (outer) | 2. Chest Guard (inner)   |
| 3. Head Guard          | 4. Lower Guard           |
| 5. Open Hand Guard     | 6. Open Hand Chest Guard |
| 7. Cross Block Upper   | 8. Cross Block Lower     |

#### STRIKES

- |                     |                      |
|---------------------|----------------------|
| 1. Face Level Punch | 2. Chest Level Punch |
| 3. Lower Punch      | 4. Elbow             |
| 5. Round Punch      | 6. Hook Punch        |
| 7. Upper Elbow      | 8. Down Elbow        |
| 9. Hammer Punch     | 10. Side Elbow       |

#### KICKS

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1. Front Kick (Chest Level)       | 2. Front Kick (Face Level)        |
| 3. Round House Kick (Chest Level) | 4. Round House Kick (Face Level)  |
| 5. Knee Kick (Chest Level)        | 6. Knee Kick (Face Level)         |
| 7. Side Kick (Face Level)         | 8. Side Kick (Chest Level)        |
| 9. Back Kick(Chest Level)         | 10. Back Kick (Face Level)        |
| 11. Back Round                    | 12. Round House Kick (Chest+Face) |
| 13. Lower Sweep Kick              | 14. Front Kick Heal (Chest Level) |

#### FORMS

- |        |        |
|--------|--------|
| 1. O-6 | 2. X-7 |
|--------|--------|

#### FIGHT

Progressive Addition of Techniques, Correct Movement and Increased Power & Perfect Timing

# THAIBOXING INDIAN FEDERATION



## SYLLABUS

### 8th LEVEL (Half Brown Belt)

Period - 3 Months of Regular Practice after 7th Level (Purple Belt)

#### STANCES

- |  |  |
|--|--|
| 1. Parallel Leg Stance                 | 2. Join Leg Stance                     |
| 3. Farword Leg Stance (small)          | 4. Farword Leg Stance (large)          |
| 5. Parallel Leg Seating Stance (small) | 6. Parallel Leg Seating Stance (large) |
| 7. Seating Back Leg Stance (Small)     | 8. Seating Back Leg Stance (Large)     |
| 9. Cross Leg Stance                    | 10. Single Leg Stance                  |

#### BLOCKS

- |                        |                          |
|------------------------|--------------------------|
| 1. Chest Guard (outer) | 2. Chest Guard (inner)   |
| 3. Head Guard          | 4. Lower Guard           |
| 5. Open Hand Guard     | 6. Open Hand Chest Guard |
| 7. Cross Block Upper   | 8. Cross Block Lower     |
| 9. Elbow Block         |                          |

#### STRIKES

- |                     |                      |
|---------------------|----------------------|
| 1. Face Level Punch | 2. Chest Level Punch |
| 3. Lower Punch      | 4. Elbow             |
| 5. Round Punch      | 6. Hook Punch        |
| 7. Upper Elbow      | 8. Down Elbow        |
| 9. Hammer Punch     | 10. Side Elbow       |
| 11. Grip            | 12. Back Hand Punch  |

#### KICKS

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1. Front Kick (Chest Level)       | 2. Front Kick (Face Level)        |
| 3. Round House Kick (Chest Level) | 4. Round House Kick (Face Level)  |
| 5. Knee Kick (Chest Level)        | 6. Knee Kick (Face Level)         |
| 7. Side Kick (Face Level)         | 8. Side Kick (Chest Level)        |
| 9. Back Kick(Chest Level)         | 10. Back Kick (Face Level)        |
| 11. Back Round                    | 12. Round House Kick (Chest+Face) |
| 13. Lower Sweep Kick              | 14. Front Kick Heal (Chest Level) |
| 15. Round House Opposite Kick     |                                   |

#### FORMS

- |        |        |
|--------|--------|
| 1. X-7 | 2. I-8 |
|--------|--------|

#### FIGHT

Progressive Addition of Techniques, Correct Movement and Increased Power & Perfect Timing



# THAIBOXING INDIAN FEDERATION



## SYLLABUS

### **9th LEVEL (Brown Stripe Belt)**

Period - 3 Months of Regular Practice after 8th Level (Half Brown Belt)

#### STANCES

- |  |  |
|--|--|
| 1. Parallel Leg Stance                 | 2. Join Leg Stance                     |
| 3. Farword Leg Stance (small)          | 4. Farword Leg Stance (large)          |
| 5. Parallel Leg Seating Stance (small) | 6. Parallel Leg Seating Stance (large) |
| 7. Seating Back Leg Stance (Small)     | 8. Seating Back Leg Stance (Large)     |
| 9. Cross Leg Stance                    | 10. Single Leg Stance                  |
| 11. Knee inside Stance                 |  |

#### BLOCKS

- |                        |                          |
|------------------------|--------------------------|
| 1. Chest Guard (outer) | 2. Chest Guard (inner)   |
| 3. Head Guard          | 4. Lower Guard           |
| 5. Open Hand Guard     | 6. Open Hand Chest Guard |
| 7. Cross Block Upper   | 8. Cross Block Lower     |
| 9. Elbow Block         | 10. Elbow Block Upper    |

#### STRIKES

- |                        |                      |
|------------------------|----------------------|
| 1. Face Level Punch    | 2. Chest Level Punch |
| 3. Lower Punch         | 4. Elbow             |
| 5. Round Punch         | 6. Hook Punch        |
| 7. Upper Elbow         | 8. Down Elbow        |
| 9. Hammer Punch        | 10. Side Elbow       |
| 11. Grip               | 12. Back Hand Punch  |
| 13. Open Finger Charge |                      |

#### KICKS

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1. Front Kick (Chest Level)       | 2. Front Kick (Face Level)        |
| 3. Round House Kick (Chest Level) | 4. Round House Kick (Face Level)  |
| 5. Knee Kick (Chest Level)        | 6. Knee Kick (Face Level)         |
| 7. Side Kick (Face Level)         | 8. Side Kick (Chest Level)        |
| 9. Back Kick (Chest Level)        | 10. Back Kick (Face Level)        |
| 11. Back Round                    | 12. Round House Kick (Triple)     |
| 13. Lower Sweep Kick              | 14. Front Kick Heal (Chest Level) |
| 15. Round House Opposite Kick     | 16. Flying Front Kick             |
| 17. Flying Side Kick              | 18. Flying Round House Kick       |

#### FORMS

- |        |        |
|--------|--------|
| 1. I-8 | 2. N-9 |
|--------|--------|

#### FIGHT

Progressive Addition of Techniques, Correct Movement and Increased Power & Perfect Timing

# THAIBOXING INDIAN FEDERATION



## SYLLABUS

### **10th LEVEL (Brown Belt)**

Period - 3 Months of Regular Practice after 9th Level (Brown Stripe Belt)

#### STANCES

- |  |  |
|--|--|
| 1. Parallel Leg Stance                 | 2. Join Leg Stance                     |
| 3. Farword Leg Stance (small)          | 4. Farword Leg Stance (large)          |
| 5. Parallel Leg Seating Stance (small) | 6. Parallel Leg Seating Stance (large) |
| 7. Seating Back Leg Stance (Small)     | 8. Seating Back Leg Stance (Large)     |
| 9. Cross Leg Stance                    | 10. Single Leg Stance                  |
| 11. Knee inside Stance                 |  |

#### BLOCKS

- |                           |                          |
|---------------------------|--------------------------|
| 1. Chest Guard (outer)    | 2. Chest Guard (inner)   |
| 3. Head Guard             | 4. Lower Guard           |
| 5. Open Hand Guard        | 6. Open Hand Chest Guard |
| 7. Cross Block Upper      | 8. Cross Block Lower     |
| 9. Elbow Block            | 10. Elbow Block Upper    |
| 11. Supporting Hand Block |                          |

#### STRIKES

- |                        |                          |
|------------------------|--------------------------|
| 1. Face Level Punch    | 2. Chest Level Punch     |
| 3. Lower Punch         | 4. Elbow                 |
| 5. Round Punch         | 6. Hook Punch            |
| 7. Upper Elbow         | 8. Down Elbow            |
| 9. Hammer Punch        | 10. Side Elbow           |
| 11. Grip               | 12. Back Hand Punch      |
| 13. Open Finger Charge | 14. Single Knuckle Punch |
| 15. Four Knuckle Punch | 16. Thumb Knuckle Punch  |

#### KICKS

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1. Front Kick (Chest Level)       | 2. Front Kick (Face Level)        |
| 3. Round House Kick (Chest Level) | 4. Round House Kick (Face Level)  |
| 5. Knee Kick (Chest Level)        | 6. Knee Kick (Face Level)         |
| 7. Side Kick (Face Level)         | 8. Side Kick (Chest Level)        |
| 9. Back Kick (Chest Level)        | 10. Back Kick (Face Level)        |
| 11. Back Round                    | 12. Round House Kick (Triple)     |
| 13. Lower Sweep Kick              | 14. Front Kick Heal (Chest Level) |
| 15. Round House Opposite Kick     | 16. Flying Front Kick             |
| 17. Flying Side Kick              | 18. Flying Round House Kick       |

#### FORMS

- |        |         |
|--------|---------|
| 1. N-9 | 2. G-10 |
|--------|---------|

#### FIGHT

Progressive Addition of Techniques, Correct Movement and Increased Power & Perfect Timing

# THAIBOXING INDIAN FEDERATION



## SYLLABUS

### Black Belt - 1st Master Degree

Period - 6 Months of Regular Practice after 10th Level (Brown Belt)

#### STANCES

- |  |  |
|--|--|
| 1. Parallel Leg Stance                 | 2. Join Leg Stance                     |
| 3. Farword Leg Stance (small)          | 4. Farword Leg Stance (large)          |
| 5. Parallel Leg Seating Stance (small) | 6. Parallel Leg Seating Stance (large) |
| 7. Seating Back Leg Stance (Small)     | 8. Seating Back Leg Stance (Large)     |
| 9. Cross Leg Stance                    | 10. Single Leg Stance                  |
| 11. Knee inside Stance                 | 12. Knee Down Stance                   |

#### BLOCKS

- |                           |                          |
|---------------------------|--------------------------|
| 1. Chest Guard (outer)    | 2. Chest Guard (inner)   |
| 3. Head Guard             | 4. Lower Guard           |
| 5. Open Hand Guard        | 6. Open Hand Chest Guard |
| 7. Cross Block Upper      | 8. Cross Block Lower     |
| 9. Elbow Block            | 10. Elbow Block Upper    |
| 11. Supporting Hand Block | 12. Back Palm Block      |

#### STRIKES

- |                        |                          |
|------------------------|--------------------------|
| 1. Face Level Punch    | 2. Chest Level Punch     |
| 3. Lower Punch         | 4. Elbow                 |
| 5. Round Punch         | 6. Hook Punch            |
| 7. Upper Elbow         | 8. Down Elbow            |
| 9. Hammer Punch        | 10. Side Elbow           |
| 11. Grip               | 12. Back Hand Punch      |
| 13. Open Finger Charge | 14. Single Knuckle Punch |
| 15. Four Knuckle Punch | 16. Thumb Knuckle Punch  |

#### KICKS

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1. Front Kick (Chest Level)       | 2. Front Kick (Face Level)        |
| 3. Round House Kick (Chest Level) | 4. Round House Kick (Face Level)  |
| 5. Knee Kick (Chest Level)        | 6. Knee Kick (Face Level)         |
| 7. Side Kick (Face Level)         | 8. Side Kick (Chest Level)        |
| 9. Back Kick(Chest Level)         | 10. Back Kick (Face Level)        |
| 11. Back Round                    | 12. Round House Kick (Triple)     |
| 13. Lower Sweep Kick              | 14. Front Kick Heal (Chest Level) |
| 15. Round House Opposite Kick     | 16. Flying Front Kick             |
| 17. Flying Side Kick              | 18. Flying Round House Kick       |
| 19. Flying Back Round Kick        |                                   |

#### FORMS

- |        |         |
|--------|---------|
| 1. N-9 | 2. G-10 |
|--------|---------|

#### FIGHT

Progressive Addition of Techniques, Correct Movement and Increased Power & Perfect Timing