

Muay Thai Class-What can you expect?

What can you expect in a Muay Thai class here at PMATC? Each class is structured around learning the various techniques and skills of Muay Thai style boxing. Classes are taught so that beginner students can work comfortably alongside more seasoned students in the same class. Here is a brief insight as to what is done in class:

- Each class starts with a brief meditation to clear your mind of outside distractions and stresses of the day. It is an opportunity to quiet your mind and prepare yourself for the class and the material that will be taught. It is a time to refocus your energy and get ready for the work ahead.
- After the meditation, we begin with warm up exercises including running, sit-ups, push-ups, jumping rope and other stretching and strengthening exercises that help train the muscles and the body for the various movements in the Thai program.
- We work a lot with a partner using different types of pads (Thai pads, focus mitts, shield pads, etc) in order to learn and practice the many styles of punches, kicks etc. associated with the Thai program.
- We also work on a bag training circuit so that you can use your skills on different styles of bags (heavy bags, double end balls, speed bags, hanging bags, etc).
- We close each class with a brief meditation so that you can relax and absorb the lessons of the class before class is dismissed.

Although each class varies on the material that is covered, you can always expect the class to be high energy and full of interesting challenges. The class is designed to allow each student to work at their own level and pace, with constant room to improve and advance yourself. Individual attention by the instructor is also given to students during practice drills to help answer questions on techniques etc during class.

Muay Thai Class Guidelines

In order to maintain the standards of a professional classroom environment, we must enforce the following guidelines in the Muay Thai program:

- Students enrolled in the Thai program are required to wear their uniform to each and every class. The Muay Thai shorts that are provided as part of our uniform are required, as well as a "Choose your Weapon" or Kempo T. Shirt. No low-cut tank tops/shirts, (loose fitting shirts) or pants are allowed in class. Also, we cannot allow vulgar or obscene logos on T. Shirts in the classroom.
- No outside shoes are allowed on the training floor. We recommend taking class barefoot or obtaining training shoes that are only worn for class and not used as "outside shoes".

- Use only approved boxing gloves and wraps that are either purchased or borrowed from PMATC. Everyone must have an equal level of protection. Please do not bring equipment purchased from outside sources.
- A courtesy bow is always done when working with a partner as a sign of respect, discipline and humility. Bow when beginning or ending a training session with a partner.
- If you have long hair it must be pulled back out of the way to prevent it from being accidentally pulled.
- Jewelry should never be worn to class. If you cannot remove all of your jewelry you must speak with the instructor running the class for that day. Earrings, bracelets, necklaces, etc. can break easily during normal class activities. They may also unintentionally injure your partner or yourself during training.
- Stay focused on your instructor; please do not move or speak while the instructor is explaining or demonstrating concepts or techniques.
- Demonstrate proper posture at all times; no leaning against walls, poles or equipment.
- No foul language is permitted in the school.
- No gum or food is allowed in the training room.
- It is recommended that you always bring a clean towel and plenty of water for each class.
- Arrive approximately 15 minutes before class to warm up.
- Always come to class with a positive attitude. Be encouraging and supportive of your classmates' efforts. Come to class each day with a desire to learn something new!

The instructors reserve the right to dismiss any student from class at any time!!!

