



Lucky Nine Gym Potiki Grading System and Curriculum 2025.

Gradings are every 3 months, and a focus will be on getting everybody through. Gradings will be by invite based on attendance over the 3 month period, retention of previous grade curriculum and showing respectful behaviour in class to coaches and team mates. Grading will require a minimum attendance of 2 classes a week. Grading dates will be announced at the start of each new semester. We want to respect the safety of the kids and we understand that kids can't help time away from training sometimes, especially around staying at an out of town parents or aunties house. So for this reason we offer an early grading option where students who are shy or anxious to grade in a big group or are going to be away for the grading date, can grade in private with coaches, parents and whānau. We will discuss with whānau prior to gradings.

Grading will cover all the things below and be expected to do in front of class and guests at the grading. Assessment will be done by Matua Scott and senior coaching staff.

Gradings cost \$50 to cover Prajeets (arm bands), and the presentation food for guests and students.

Grade 1: Introduction to Muay Thai skills: Thai Stance and being able to move in 4 directions correctly, straight punches and hooks, teeps, knees, low kicks and defence of punches and kicks to legs. Ability to recite class karakia. Be able to do 10 full press ups and 20 sit ups. Be able to introduce themselves properly to others in English, Te Reo and Thai. Learning when it is appropriate to use Muay Thai skills.

Grade 2: Introduction to Muay Thai Tradition & Muay Thai Strikes: Retention of previous grades, How to enter the boxing ring and seal it. Introduction of rear leg kicks to the body and its defence and counter body kick drills. Straight and hooks power punching on the bags showing correct foot work and stance. Be able to welcome a guest to the gym in English, Te Reo and Thai. Be able to demonstrate 50 skipping knees on bags, and 50 power punches on a bag.

Grade 3: Introduction to Bullying Prevention For Self and Others & Muay Thai Switch Kicks: Being able to utilize previous skills learnt into realistic situations. Learning the risks involved with being able to potentially harm others in a self defence situation and options to avoid violence. Includes dealing with name calling and online bullying. NOTE: This is our way of dealing with

bullying and how we feel is a good help for kids. There is no grading on the above criteria. This grading will be fitness based over 30 minutes with demonstrations of power punching, swing knees and Muay Thai leg kicks.

Grade 4. Introduction to Clinching & Sweeps: How to initiate and escape stand up clinch/grappling basics using locks and how to use knees in clinch. Rehearsed demonstration of this will be part of the grading. Being able to count to 20 in English, Maori and Thai. Power kicks and punches on bags, be able to do 20 press ups, 50 situps and 30 burpees.

Grade 5: Future Champions - Introduction to Sparring and Padwork: Extended counter defensive skills, counter striking, clinching, sparring etiquette, Muay Thai scoring system, attack set ups. Grading will include light contact sparring and stronger clinching control and movement with effective counter clinch. Ability to demonstrate powerful striking and hold pads properly in rehearsed partnered drills. This is to help encourage teamwork skills and the importance of turning up for each other. There are running and skipping requirements for this grading. Passing Grade 5 will allow the student to join our Future Champions fighters class with Matua Scott.