



Lucky Nine Gym Tuakana Curriculum 2025.

This class is broken into 6 sections, with 2 weeks being spent on each section before starting at the first section again. This allows students to keep focussed on learning new skills but keeping skill retention a priority, and working with a variety of different coaches to ensure a well rounded skillset as the outcome. There is no grading system for this class.

Students in this class also learnt the introduction of themselves to guests, welcoming others to the gym and how to count to 20. These are all learnt in English, Te Reo and Thai languages.

Sections/Curriculum

- Section 1: Stance, footwork, fitness and accuracy. Group work and partnered drills using focus mitts, bags and kick shields. Techniques learned - Straight punches, teeps, shadowboxing, counter punching. A big focus on fitness through cardio and bodyweight circuits.
- Section 2: Kicking, kick defense and Core strength. Partnered drills with Thai Pads and kick shields. Shadow boxing. Techniques learned - Rear leg kicks to legs and body, checking and avoiding kicks, counter kicking.
- Section 3: Knees, clinch/grappling, and leg strength: Partnered drills, light semi contact involved, bag work. Techniques learned - Initiating clinch/grappling, control of opponent in clinch, knee techniques. Leg focussed strength circuits.
- Section 4: Thai style boxing, foot work and cardio: Partnered drills on focus mitts and belly pads. Skipping and explosive drills. Techniques learned: Straight punches, hooks, uppercuts and body shots. Counter defensive drills
- Section 5 (1 week): Muay Thai scoring, teamwork focussed fitness drills, bullying, goal setting/visualization. Skills learned - Mental focus techniques, using skills learned for self defence in realistic scenarios, how to avoid using violence, consequences of using violence as self defence. Social media and online bullying discussion.

- Section 6: Elbows, knees, kicking and punching. Partnered drills on pads and bags, introduction to sparring (light semi contact and controlled) Techniques learned - putting everything together into realistic scenarios. Elbows and elbow defence.