

Organised by the Muaythai Association of Hong Kong, China
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈 Muaythai 〉

Objective: To establish clear technical standards for muaythai through a tiered assessment system, enabling students to gauge their own proficiency, set personal goals, and progressively improve their skills.

Badge Levels: There are three levels: Gold, Silver, and Bronze. Participants must begin testing from the Level 1 movements and may only progress to the next level upon passing, and so on.

Credential Level	Assessment Items	Passing Criteria
Bronze	Please refer to Annex	Complete Levels 1 – 3 technical requirements and achieve a passing score
Silver		Complete Levels 4 – 6 technical requirements and achieve a passing score
Gold		Complete Levels 7 – 9 technical requirements and achieve a passing score

Participation and Award: Participants of the “Outreach Coaching Programme –Muaythai” training courses under the School Sports Programme will be assessed by their coach against the badge requirements at the end of the course. Those who meet the required standards will be awarded a badge and certificate by the Leisure and Cultural Services Department (LCSD) as an encouragement.

Collection of Certificates: Teachers are required to return the “Record of Assessment by Individual” and the “Record of Assessment by Coach” to the LCSD within one week of the assessment. Upon verification, the badges and certificates will be sent to the schools by post for teachers to distribute to qualified participants.

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Remark: The Badges Award Scheme (Muaythai) is co-ordinated and developed by Muaythai Association of Hong Kong, China.

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Badge Requirements

- Assessment Criteria:**
1. Scoring is based on technical accuracy. Correct execution of 60% of the movements earns 5 points (passing score), 70% earns 6 points, 80% earns 7 points, and 100% earns 8 points. A maximum score of 10 points is awarded if the movements are executed with sufficient strength and core stability.
 2. Wai Kru is judged on grace, agility, fluidity, rhythm, power, and precision in timing.

Badge Requirements	Level	Assessment Items
Bronze Complete Levels 1 – 3 technical requirements and achieve a passing score	Level 1 (Elementary)	Footwork: Stance, forward and backward steps Punches: Jab, hook, uppercut Physical Fitness: 1. Knuckle push-ups x 8 2. Sit-ups x 10 3. Squat jumps x 5
	Level 2 (Elementary)	Footwork: In-and-out footwork Kicks: Low roundhouse kick, middle roundhouse kick, front push kick Physical Fitness: 1. Knuckle push-ups x 12 2. Sit-ups x 15 3. Squat jumps x 10
	Level 3 (Elementary)	Knees: Straight knee, step-up knee, knee slap Physical Fitness: 1. Knuckle push-ups x 15 2. Sit-ups x 20 3. Squat jumps x 12
Silver Complete Levels 4 – 6 technical requirements and achieve a passing score	Level 4 (Intermediate)	Footwork: Stance, side steps Defence: Guard, block, parry, in-and-out footwork, evasion Elbows: Horizontal elbow, axe elbow and upward elbow Physical Fitness: 1. Knuckle push-ups x 18 2. Sit-ups x 20 3. Squat jumps x 15 4. Jump kicks x 20 Rope Skipping: 80 skips per minute
	Level 5 (Intermediate)	Defence: Guard, block, parry, in-and-out footwork, evasion Kicks: High, middle, low kicks; pad work; high, middle, low roundhouse kicks; block; kick catch Elbows: Forward spear elbow, striking elbow and spinning back elbow Physical Fitness: 1. Knuckle push-ups x 20 2. Sit-ups x 20 3. Squat jumps x 15 4. Jump kicks x 20 Rope Skipping: 80 skips per minute

Badge Requirements	Level	Assessment Items
	Level 6 (Intermediate)	Knees: Straight knee, knee slap Elbows: Elbow chop, downward chopping elbow Pad Work: Punches, kicks, elbows, knees Physical Fitness: 1. Knuckle push-ups x 25 2. Sit-ups x 30 3. Squat jumps x 24 4. Jump kicks x 30 Rope Skipping: 80 skips per minute Wai Kru: Five starting postures 1. Paying Respect to the Kru with a Wai gesture 2. Praying for Blessings 3. Embracing the Earth 4. The Power of Creation 5. Swan Soaring
Gold Complete Levels 7 – 9 technical requirements and achieve a passing score	Level 7 (Advanced)	Punches: Long hook Shadow Boxing: 1 minute Pad Work: 1 minute of freestyle pad work Sparring: Light punches Physical Fitness: 1. Knuckle push-ups x 30 2. Sit-ups x 35 3. Squat jumps x 24 4. Jump kicks x 30 Rope Skipping: 100 skips per minute Wai Kru: Sitting Postures (Choose 4 out of 6) 1. Warrior Sharpening His Spear 2. Power of Thunder and Lightning 3. Peering Through the Clouds 4. Mother Combing Her Hair 5. Tiger Swishing Its Tail 6. Garuda Spreading Wings
	Level 8 (Advanced)	Kicks: High, middle, low push kicks; high, middle, low roundhouse kicks; side push kick Sparring: Punches and kicks (light contact) Physical Fitness: 1. Knuckle push-ups x 30 2. Sit-ups x 35 3. Squat jumps x 35 4. Jump kicks x 40 Rope Skipping: 120 skips per minute Wai Kru: Standing Postures (Choose 4 out of 6) 1. The Peacock Dance 2. Warrior Throwing a Discus 3. The Elephant Dance 4. Warrior Shooting Arrows 5. Warrior Hurling a Spear 6. Warrior Wielding a Sword
	Level 9 (Advanced)	Shadow Boxing: 2 minutes Pad Work: Offensive and defensive sparring drills Physical Fitness: 1. Jumping knuckle push-ups x 10 2. Sit-ups x 50 3. Squat jumps x 40 4. Jump kicks x 30 Rope Skipping: 120 skips per minute Wai Kru: Complete routine 1. Forward and backward offensive and defensive footwork

Badge Requirements	Level	Assessment Items
		2. Eight-directional footwork 3. Arm weaving movements 4. Knee raising footwork 5. Turning movements Incorporate an additional 2 starting postures, 2 sitting postures and 2 standing postures to complete the entire Wai Kru routine.