

Sityodtong Muay Thai GENERAL KNOWLEDGE

ZenQuest Martial Arts Center

“A” - White Armband/Prajiet		
1	What should students do when an instructor is teaching?	Focus and listen carefully
2	What should students do if they have a question or comment for the instructor?	Raise their hand and wait until called upon. They must also understand that they must sometimes wait until the right time for comments or questions.
3	How can the student be successful in their training?	By staying focused, having a positive attitude, and doing their best in every class.
4	How should students approach partner training?	Students should help each other learn the skills and strategies being taught in class, and remember that training is not competitive or fighting.
5	Should students (or their parents) ask about when they will be promoted?	No. Instead, they should focus on good attendance, training hard, and being positive about training.
6	What do students wear for Muay Thai classes?	Students must wear clean shorts, training shirt, and proper gloves with acceptable logos.
7	Should students lay on the floor or lean on the walls in class?	Students should maintain a respectful posture and stay focused in class.
8	What is ‘bumping’ Thai Pads?	When holding pads the student must provide coordinated force to counter their partner’s strikes and optimize the impact for both partners.
9	What should students do when an instructor provides instruction or guidance?	They should listen carefully and make sure they understand. Afterward they should thank the instructor by saying ‘Kup Poom’ (for males) or ‘Ka’ (for females.)
10	What happens at the beginning and end of each class?	Instructor comments and group bow.
“B” - 1-Stripe White Prajiet		
1	What type of kickboxing are you studying?	Sityodtong Muay Thai
2	What are teachers in Muay Thai called?	Head Instructors – Kru Assistant Instructors – Coach
3	What is the armband and headband called in Thai?	<i>Prajiet</i> (Armband) and <i>Monkol</i> (Headband)
4	What are the “keywords” in the first half of the Dojo Code of behavior?	Respect, Self-defense, Perseverance, Honor, & Responsibility
5	What are the levels of sparring at ZenQuest?	Technical/Light (up to 20% power), Regular (up to 50% power), Pre-Competition (up to 70% power), Competition (up to 100% power)
6	How do you say hello or goodbye in Thai?	<i>Sawadii Kup</i> (males) or <i>Sawadii Ka</i> (females)
7	How do you say thank you in Thai?	<i>Kup Koon Kup</i> (males) or <i>Kup Koon Ka</i> (females)

8	Should students talk in class?	Although a little chatting is OK, students need to stay focused on the instruction and drills in their classes.
9	What does 'Muay Thai' mean?	Kickboxing from Thailand
“C” - 3-Stripe White Prajiet		
1	What does 'Wai' mean?	Showing respect with the traditional Thai bow (with the hands together in front of the face.)
2	What is the 'Wai Kru'?	A ceremonial ritual to show respect for a teacher
3	How can each student help to make the dojo a clean and pleasant place to learn?	By keeping themselves and their equipment neat and clean.
4	How do students qualify for rank or Prajiet promotions?	They must: 1) learn skills and knowledge, 2) show development of mind, body, and spirit, and 3) attend a minimum number of classes.
5	What are the basic Prajiet colors?	White, Blue, Purple, Brown, Black & Red
6	Who is Kru Connie's and Mark's teacher?	Kru Mark DellaGrotte
7	What do the keywords in the first half of the Dojo Code of conduct mean?	Respect - Treating everyone and everything in the dojo with courtesy and consideration. Self-defense - Developing self-control to use martial arts skills for protection ONLY. Perseverance - Succeeding through dedication, hard work and doing your best in training. Honor - Developing a sense for right and wrong and choosing what is right. Responsibility - Learning to take action when something needs to be done and accepting the results.
“D” - 4-Stripe White Prajiet		
1	Where is the original Sityodtong Muay Thai gym and world headquarters?	Pattaya, Thailand
2	What are the three basic targets in Muay Thai?	The head, body, and legs
3	What does 'Sityodtong' mean?	Student of Yodtong's method
4	Should students do drills differently from the way the instructor shows and explains?	No. Students should do moves exactly the way the instructor shows. Advanced students may do variations if the instructor OKs it.
5	Who is Kru Mark DellaGrotte?	An American pioneer of Sityodtong Muay Thai and head of Sityodtong Boston.
6	What are primary punches or 'Toy' in Muay Thai?	Jab (yab), cross (toy), hook (mut weng), and upper cut (mut suai)
7	What is the Thai word for 'parry' or deflecting block?	Pad Bong
8	What elements are students judged on for rank promotions?	Development in Muay Thai skills and strategies, and effectiveness in sparring.
“E” – Blue Prajiet		
1	What are the “keywords” in the second half of the Dojo Code of behavior?	Dedication, Patience, Courage, Self-Control, & Humility

2	What is the 'Wai Kru'?	A ritual to show respect for the student's teachers often performed before a fight or demonstration.
3	How can the student be courteous in the dojo?	By using good manners and consideration for the instructors and other students.
4	What is the purpose of sparring in Muay Thai?	To learn to use Muay Thai techniques and strategies intelligently.
5	What are the primary kicks in Muay Thai?	Teep (front kick), Teh (round kick) and Teep Kang (side kick)
6	What are Professor Connie's and Mark's Muay Thai Ranks?	Red Prajiet
7	What does 'Sabai' mean?	Being relaxed in Muay Thai training and sparring
"F" – 1-Stripe Blue Prajiet		
1	Why is Muay Thai called the 'Art of Eight Limbs'?	Muay Thai employs strikes with both hands, legs, elbows, and knees (eight limbs)
	How do you say yes and no in Thai?	Chai (yes) and Mai Chai (no)
2	How do you say left and right in Thai?	Sai (left) and Kwaa (right)
3	What are the primary knees in Muay Thai?	Kao (straight knee) and Kao Kang (sideways knee)
4	What are the primary elbows in Muay Thai?	Sok (forward elbow) and Tapmalah (up elbow)
5	What does the name ZenQuest signify?	The pursuit of self-improvement through martial arts training.
6	Who was <i>Ajarn Sennan Yodtong</i> ?	He was a famous Muay Thai champion and Grandmaster of the Sityodtong style
7	Who is <i>Kru Toy Sriwaralak</i> ?	The current headmaster of Sityodtong Muay Thai
"G" – 2-Stripe Blue Prajiet		
1	What is another way to say goodbye in Thai?	Lah Gon
2	What do the keywords in second half of the Dojo Code of conduct mean?	Dedication - Commitment to prompt and consistent class attendance, and following instructions Patience - Understanding that important achievements require time and hard work Courage - The ability to stay calm, focus and perform under pressure Self-Control - The ability to control behavior and emotions to achieve goals Humility - Being modest and respectful towards others
4	How do you say block in Thai?	Bong or Bat
5	How do you say clinch in Thai?	Bramp
6	What are the three shin blocks in Muay Thai?	Left, right, and crossover
7	What is the national sport of Thailand?	Muay Thai
"H" - 3-Stripe Blue Prajiet		
1	What is a shin check?	A block used to counter low kicks

2	What is the low and high fade?	Moving the abdomen or head back away from a strike
3	What was the original name of the ZenQuest Martial Arts Center?	<i>The Okinawan Karate School</i>
4	When did the Okinawan Karate School first open?	1972
5	When did the Okinawan Karate School become ZenQuest Martial Arts?	2010
6	How do you say gloves and hand-wraps in Thai?	<i>Nuam</i> (gloves) and <i>Pad Meu</i> (hand wraps)
7	What is the capital of Thailand?	<i>Bangkok</i>
“I” – 4-Stripe Blue Prajiet		
1	Where is Kru Mark’s gym?	The Sommerville area of Boston, Massachusetts
2	What are the three aspects of developing a “Zen” mind in martial arts?	<i>Mushin, Zanshin and Fudoshin</i>
3	What does <i>Mushin</i> mean?	Clarity of the mind
	What does <i>Zanshin</i> mean?	Awareness
4	What does <i>Fudoshin</i> mean?	Calmness and stability
5	How long are amateur Muay Thai fights?	3 or 5 two-minute rounds with 1 minute in between
6	How long are professional Muay Thai fights?	5 three-minute rounds with 1 minute in between
7	What are the two major Muay Thai stadiums in Thailand?	<i>Rachadamnern</i> and <i>Lumpinee</i>
“J” - Purple Prajiet		
1	How do you count to ten in Thai?	<i>Neung, song, saam, si, ha, hok, dep, badt, gao, sip</i>
2	How do you say ‘fight round’ in Thai?	<i>Yok Tee (yok tee neng, yok tee saam, yok tee si, etc.)</i>
3	What was a special distinction given to Grandmaster Yodtong?	He was appointed International Conservator of Muay Thai by the Kingdom of Thailand.
5	What is the meaning of <i>Bushido</i> or the Warrior Spirit followed at ZenQuest?	To train the mind, body, and spirit to be pure and strong.
6	What are the minimum time requirements for each stripe/prajiet advancement?	For White - 3 months, For Blue, Purple, Brown, Black & Red - 6 months
7	What is the Thai currency called?	<i>Baht</i>
8	What is the predominant religion in Thailand?	<i>Theravada Buddhism</i>
9	What type of government does Thailand have?	<i>A Constitutional Monarchy</i>
10	What are some of Kru Mark DellaGrotte’s major accomplishments?	<i>He has trained and fought in Thailand, scoring a 2nd round TKO at Rachadamnern Stadium. He also established One of the first Muay Thai gyms in the U.S. and currently provides technical support for the UFC.</i>

Note: Advanced ranks should research additional history, terminology, and understanding through independent study. Students may also find past newsletter articles and the “History of Muay Thai” on the ZenQuest website (www.zenquestmac.com) helpful.