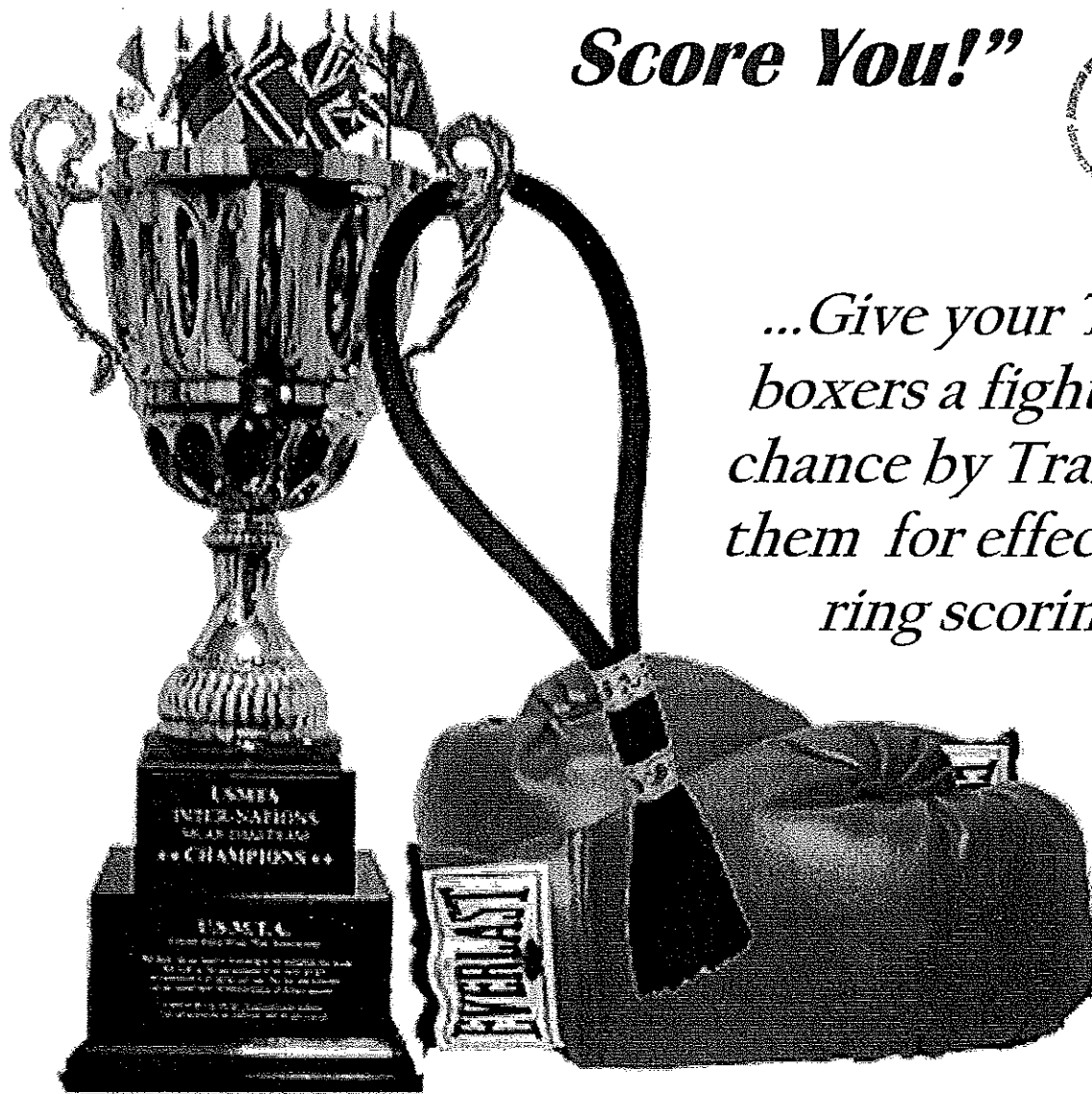


SANCTIONED BY THE USMTA

***“The Thai Boxers Guide on
How The Judges Will
Score You!”***



*...Give your Thai
boxers a fighting
chance by Training
them for effective
ring scoring...*

"HOW THE JUDGES SCORE YOUR FIGHT"

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This information is presented to members' of the USMTA, as part of their training program, and as a guide for fighters to take note of what Muay Thai Judges are looking for in fighters.

This guide will enable trainers and coaches to make adjustments to fighters training methods to give each fighter the best possible chance of scoring points in USMTA sanctioned competitions.

Explanation:

Method of Judging: In order to determine the result of a Muay Thai contest the USMTA suggest a judge must consider the following:

- * Which contestant was more effective and caused the greatest disadvantage to his opponent using a full repertoire of techniques.
- * If neither contestant was more effective then determine which contestant was in command i.e. controlling the action.
- * A judge must look for the effectiveness of strikes, their accuracy and technical quality, also the defensive abilities of the contestants; although if both contestants score equal points, the one who was more offensive (*who initiated attacks first, the aggressor*) in the contest will be given the advantage.

What do the rules mean when they state the phrase, "a full repertoire of techniques"?

How do you judge the effectiveness of strikes or their accuracy?
How do you judge technical quality?

Full repertoire of techniques correctly executed Muay Thai attacking techniques:

- * **dae** (Thai round kick)
- * **teep** (Thai front kick)
- * **kow** (Various Thai kneeling techniques)
- * **Sok** (Various Thai elbow techniques)
- * **Wiang** (Various Thai throwing techniques)
- * **Punches** (Various)

Correctly executed Muay Thai defensive techniques:

- * **evasions** (sway-back, skip-back, side stepping etc.)
- * **bung** (Various blocks)
- * **catches** (Catching; dae, teep and kow)

(For an overview of the most important techniques for scoring purposes see hierarchy of techniques chart)

Effectiveness of Strikes = visible effect on opponent/appropriate use

Accuracy = technique hits correct/legal target area

Technical quality = legal using correct form/correct striking area / correct timing

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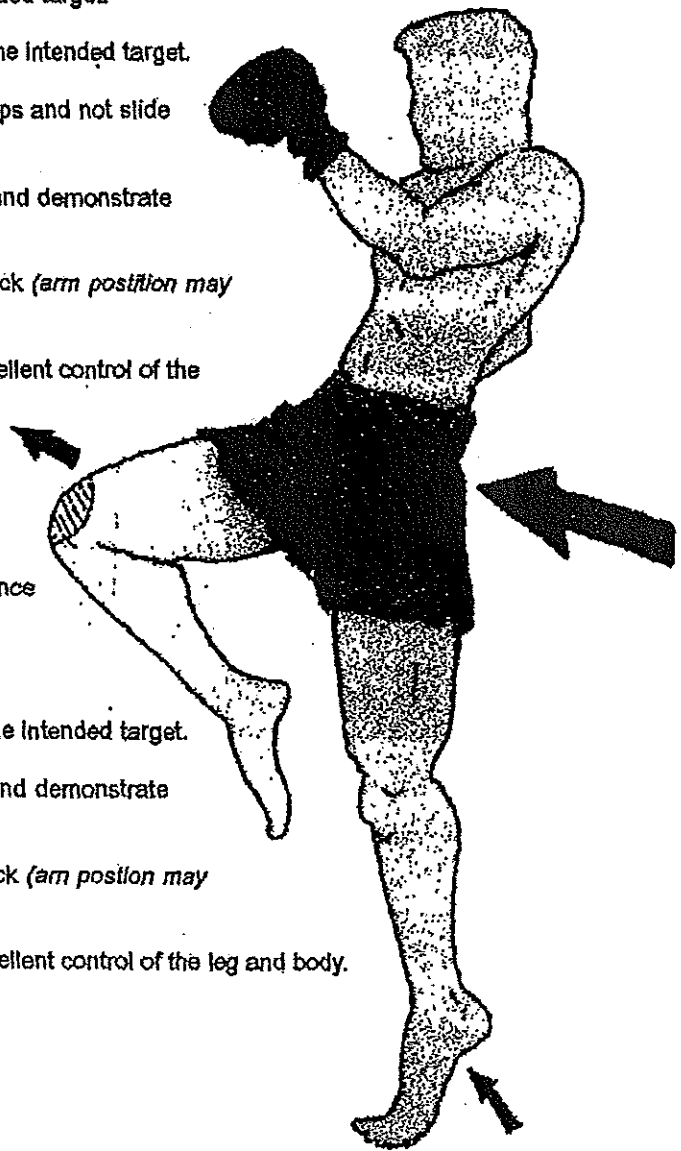
KOW - STRAIGHT KNEE KICK

Excellent technique:

- * The knee should be launched at the correct distance (*not too faraway and not too close*).
- * The fighter should raise onto the toes and ball of the foot of the none kneeling leg.
- * The hip should be thrust towards the target.
- * The knee should travel straight towards the intended target.
- * The point of the knee should make contact with the intended target.
- * The knee should drive into the target using the hips and not slide off just skimming it.
- * The kneeling action should be quick but relaxed and demonstrate good balance
- * Arms should be controlled acting as defence/attack (*arm position may vary from illustration*).
- * After the knee the fighter should demonstrate excellent control of the leg and body.

Good techniques:

- * The knee should be launched at the correct distance (*not too faraway and not too close*).
- * The hips should be thrust towards the target.
- * The point of the knee should make contact with the intended target.
- * The kneeling action should be quick but relaxed and demonstrate good balance.
- * Arms should be controlled acting as defence/attack (*arm position may vary from illustration*).
- * After the knee the fighter should demonstrate excellent control of the leg and body.

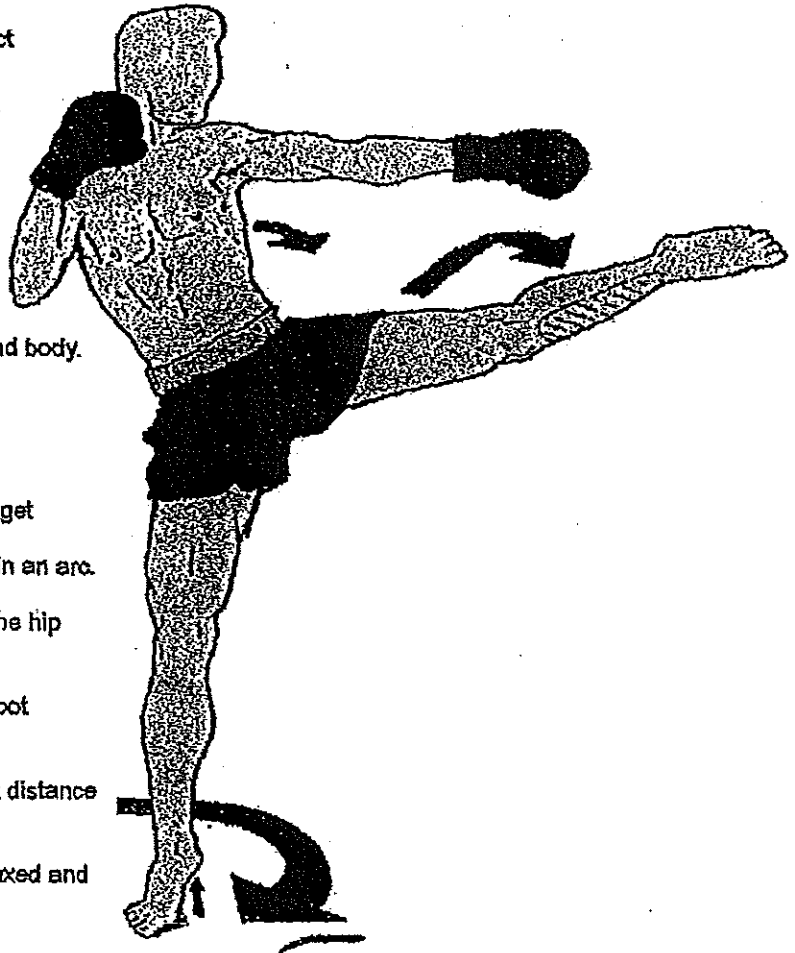


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DTAE - THAI ROUND KICK (TO BODY)

Excellent techniques:

- * The shin should make contact with the target.
- * The Kicking leg should travel to its target in an arc.
- * The fighters whole body should turn and the hip be pushed into the kick.
- * The fighter should raise onto the ball of the foot (of the none kicking leg).
- * The fighter should pivot on the ball of the foot (of the none kicking leg).
- * The kick should be launched at the correct distance (not too far away or too close)
- * The kicking action should be quick but relaxed and demonstrate good balance.
- * Arms should be controlled acting as defence (arm position may vary from the illustration)
- * After the kick the fighter should demonstrate excellent control of the leg and body.



Good technique:

- * The shin should make contact with the target
- * The Kicking leg should travel to its target in an arc.
- * The fighters whole body should turn and the hip be pushed into the kick
- * The fighter should pivot on the ball of the foot (of the none kicking leg)
- * The kick should be launched at the correct distance (not too far away or too close)
- * The kicking action should be quick but relaxed and (demonstrate good balance)
- * Arms should be controlled acting as defence (arm position may vary from the illustration)

Satisfactory techniques:

- * Part of the shin should make contact with the target
- * The fighter should attempt to pivot on the foot of the none kicking leg
- * The fighter should attempt to push the hip into the kick
- * The fighter should demonstrate reasonable balance and control during and after the kick.

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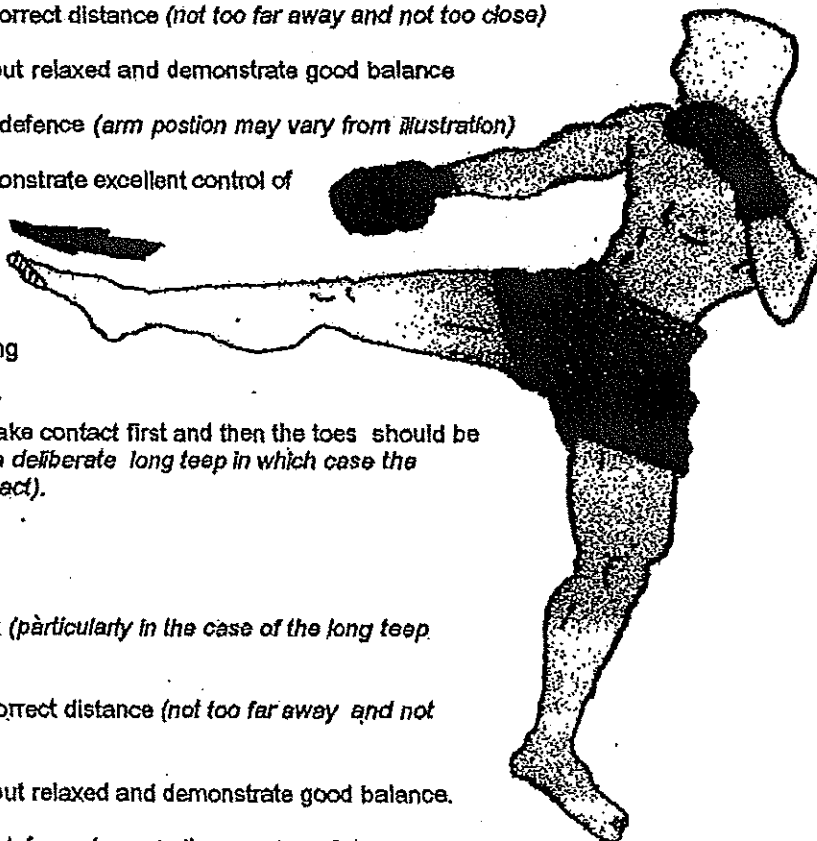
TEEP - THAI FRONT KICK (to body)

Excellent technique:

- * The knee should raise and the kicking foot thrust towards the target.
- * The ball of the kicking foot should make contact first and then the toes should be stabbed into the target *(unless it is a deliberate long teep in which case the heel and side of foot may make contact)*
- * The kick should be launched from a good stance
- * The hip should be thrust into the kick *(particularly in the case of the long teep or teep from the rear leg)*
- * If the fighter shuffles their body weight into the target *(as often done in long teep)* the fighter should only shuffle the standing leg towards the opponent as they teep and not before.
- * The kick should be launched at the correct distance *(not too far away and not too close)*
- * The kicking action should be quick but relaxed and demonstrate good balance
- * Arms should be controlled acting as defence *(arm position may vary from illustration)*
- * After the kick the fighter should demonstrate excellent control of the leg and body

Good Technique:

- * The knee should raise and the kicking foot thrust towards the target.
- * The ball of the kicking foot should make contact first and then the toes should be stabbed into the target *(unless it is a deliberate long teep in which case the heel and side of foot may make contact).*
- * The kick should be launched from a good stance.
- * The hip should be thrust into the kick *(particularly in the case of the long teep or teep from the rear leg).*
- * The kick should be launched at the correct distance *(not too far away and not too close).*
- * The kicking action should be quick but relaxed and demonstrate good balance.
- * Arms should be controlled acting as defence *(arm position may vary from illustration).*



Satisfactory technique:

- * The knee should raise and the kicking foot thrust towards the target
- * The fighter should attempt to push the hip into the kick
- * The fighter should demonstrate reasonable balance and control during and after the kick.

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Hierarchy of Muay Thai scoring techniques *(to be used only as a guide)*

- A) = Highest scoring techniques (B) = Second highest scoring techniques (C) = Third highest scoring technique
 (D) = Forth highest scoring technique (E) = lowest scoring technique (-) does not score raises technique to the scoring category above when performed before that technique.

TECHNIQUE	TARGET	AFFECT OF TECHNIQUE ON OPPONENT	TECHNIQUE'S RANKING
Kow	Head	Visibly affected: head/body moved/facial expression	A
Kow	Body	Visibly affected: body moved/facial expression	A
Kow	Leg	Visibly affected: limping/facial expression	B
Kow	Head	Target hit no visible effect	C
Kow	Body	Target hit no visible effect	C
Kow	Leg	Target hit no visible effect	C
Kow	Body	Target hit no visible affect and leg caught effectively	D
Kow	Head	Stopped, blocked, evaded, caught and opponent not hit	-
Kow	Body	Stopped, blocked, evaded, caught and opponent not hit	-
Kow	Leg	Stopped, blocked, evaded, caught and opponent not hit	-
Sok	Head	Cut opponent: particularly if cut hinders sight	A
Sok	Body	Visibly affected: body moved/facial expression	C
Sok	Head	Visibly affected: head/body moved/facial expression	B
Sok	Body	Target hit no visible effect	D
Sok	Head	Target hit no visible effect	C
Wiang	N/A	Legally thrown cleanly onto canvas	A
Wiang	Various	Legally thrown off balance and technique executed well	+
Wiang	N/A	Thrown off balance no technique administered	-
Catchleg	Various	Thrown onto canvas or technique administered effectively	+
Punch	Head	Visibly affected: head/body moved/facial expression	B
Punch	Body	Visibly affected: head/body moved/facial expression	C
Punch	Head	Target hit no visible effect	C
Punch	Body	Target hit no visible effect	D

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Hierarchy of Muay Thai scoring techniques (to be used only as a guide)

- (A) = Highest scoring techniques (B) = Second highest scoring techniques (C) = Third highest scoring technique
 (D) = Fourth highest scoring technique (E) = lowest scoring technique (-) does not score raises technique to the scoring category above when performed before that technique.

TECHNIQUE	TARGET	AFFECT OF TECHNIQUE ON OPPONENT	TECHNIQUE'S RANKING
Dtae	Body	Visibly affected: body moved/facial expression etc.	A
Dtae	Head	Visibly affected: head/body moved/facial expression.	A
Dtae	Leg	Visibly affected: limping/facial expression.	B
Dtae	Body	Target hit no visible affect	C
Dtae	Head	Target hit no visible affect	C
Dtae	Leg	Target hit no visible affect	D
Dtae	Body	Target hit no visible affect and leg caught effectively	E
Dtae	Head	Target hit no visible affect and leg caught effectively	E
Dtae	Leg	Target hit no visible affect and leg caught effectively	E
Dtae	Body	Evaded or blocked using leg/arm	-
Dtae	Head	Evaded or blocked with arm/glove	-
Dtae	Leg	Evaded or blocked using leg	-
Teep	Body	Visibly affected: body moved/stopped suddenly from advancing	A
Teep	Head	Visibly affected: head/body moved/facial expression	A
Teep	Leg	Visibly affected: limping/facial expression	B
Teep	Body	Target hit no visible effect	C
Teep	Head	Target hit no visible effect	C
Teep	Leg	Target hit no visible effect	C
Teep	Body	Target hit no visible affect and leg caught effectively	E
Teep	Head	Target hit no visible affect and leg caught effectively	E
Teep	Leg	Target hit no visible affect and leg caught effectively	E
Teep	Body	Stopped, blocked, evaded, caught and opponent not hit	-
Teep	Head	Stopped, blocked, evaded, caught and opponent not hit	-
Teep	Leg	Stopped, blocked, evaded, caught and opponent not hit	-