

# Pinnacle Training Center Youth Programs



## Muay Thai:

**Attendance Cards:** You'll fill out your child's information and have them laminated; FedEx office is easy and cheap to do the lamination. Each time your child comes in for class he/she will drop off the card at the front desk and pick it up and a sticker on their way out. Each month if no more than three classes have been missed they will get a star embroidered on their Muay Thai shorts or Boxing shorts.

**Curriculum:** We use a structured 26 week curriculum we cycle through this two times per year. We have three review weeks within each 26 week period in which techniques are reviewed and stripes are given to students who have learned the curriculum. In our Muay Thai program we use an ankle band ranking system. There are 5 colors and children receive four stripes on a band before advancing through the rank.

**Equipment:** You will be required to purchase a blue youth shirt, Muay Thai shorts, hand wraps, gloves, shin insteps and head gear. A cup and mouth piece you can pick up at any sporting goods store. The total cost of equipment listed above is \$175, this does not include the cup and mouth piece.

### Muay Thai:

- Hand wraps \$10
- Gym Shirt \$25
- Gloves \$30
- Muay Thai shorts \$30
- Shin Insteps \$40
- Regular Headgear \$40
- Enclosed Headgear w/padded chin strap \$50

### Boxing

- Hand wraps \$10
- Gym Shirt \$25
- Gloves \$30
- Black athletic shorts
- Regular Headgear \$40
- Enclosed Headgear w/padded chin strap \$50