



IFMA UNIVERSAL

Education Development Program

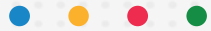


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IFMA's VISION ON UNIVERSAL EDUCATION DEVELOPMENT FOR THE NATIONAL FEDERATIONS



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IFMA AND ITS' VISION ON UNIVERSAL EDUCATION DEVELOPMENT PROGRAM

IFMAs' Universal Education Development Program is under consideration of the UN Sustainable Development Goals and IFMA has been a part of the UN Kazan Action Plan.

These goals are designed to bring the world to several life-changing 'zeros', including zero poverty, hunger, AIDS and discrimination against women and girls.

The creativity, knowhow, technology and financial resources from all of society is necessary to achieve these ambitious targets.



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MESSAGE FROM THE PRESIDENT OF IFMA

For hundreds of years the art of MuayThai has been passed down from generation to generation. It is IFMA's mission and vision for maintaining and preserving the ancient traditions and values of the art and sport. For Thailand, as the motherland, MuayThai is more than just a fighting sport. MuayThai has defined many parts and aspects of our history, it is the Thai way of life. We are proud that today MuayThai has gained recognition by the International Olympic Committee(IOC) and has become not only a respectable but more so a valuable member of the Olympic family. We believe in the Olympic values of excellence, respect and friendship and we believe in honor and tradition. Our cultural heritage commission fosters and promotes all aspects of MuayThai, combined with our spirit of fair play and inclusiveness, we are paving the path for the generations to come.



Dr. Sakchye Tapsuwan



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MESSAGE FROM THE DIRECTOR OF IFMA

MuayThai is more than just a combat sport, it is a science and is based on 5 important pillars: excellence, fair play, honour, tradition and respect. MuayThai promotes cultural understanding with no discrimination of any kind and respect for one another.

The IFMA policy of non-discrimination runs deep into our foundational belief that all our stakeholders, no matter their age, race, religion or economical background should have equal access to education because education is the key to building a sustainable future for our sport. Ensuring that all stakeholders, from athletes, to coaches, to technical officials are equipped with the knowledge and skill of the sport in their respective fields is the most viable way to safeguard the continued development of the sport for future generations.

However, in order to build for the future, we mustn't forget to respect the past, and this is the function of the Culture & Heritage Commission. Ensuring that the integrity of the traditional aspects, the history and origins of the sport remain at the heart of all learning.



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Ms. Charissa Tynan



MESSAGE FROM SECRETARY GENERAL

Sport has a unique power that transcends all differences and unites in our diversity. Its practitioners are always at a center of our efforts. Discrimination of any kind has no place in the IFMA family. IFMA believes in using sport to make a positive contribution to society. We believe not only in excellence in the field of play but in all aspects of life. IFMA is proud to be an IOC recognized organization in sport and we will continue to promote cultural values and understanding especially in our youth development. We also believe that everyone should have the right to education and access to physical activity.

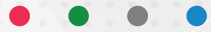
This is why we have built an effective education system, ensuring accessibility for all, understanding the global challenges and focusing on equality and access. Let us work together towards the universal right to health and education.



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Mr. Stephan Fox



MESSAGE FROM MEDICAL COMMISSION CHAIR



Athletes safety and well-being is the priority of IFMA. The latest global health issues has made us all re-evaluate again how personal hygiene and taking care of contagious diseases is important to all parties competing and training together. The IFMA medical team, athletes medical form, medical checks and required blood tests have been serving this target for many years.

Sport allows athletes to push their limits and allows you the most elite to see where they stand on the podium. As much as it is important to train your physical abilities, it is important to practice proper eating habits to fuel your body with sufficient energy and necessary nutrients. Whatever goes into your body is your own responsibility. Athletes must ensure that these substances have no risk to their health and must not be in the WADA's Doping prohibited list. Sport is not a competition between chemicals, it is a competition of human capacity and discipline.

IFMA has made every effort to promote and protect clean sport through in and out of competition doping testing, educational seminars for athletes and entourage and creating anti-doping awareness. It is not an excuse that athletes, coaches, team managers or team doctors did not know. Stay safe and healthy, be aware of your body and always celebrate the winner.



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Dr. Erdogan Aydin

Medical Commission Chair

MESSAGE FROM CULTURAL HERITAGE COMMISSION

MuayThai is more than just a martial art or combat sport... MuayThai is a way of life. For over a thousand years MuayThai has been passed down from generation to generation preserving the ancient traditions from the old Kingdoms of Siam. Today MuayThai is practiced by enthusiasts from all walks of life for fitness, self-defense and competition. IFMA prides itself on the development and efforts in taking MuayThai to the highest recognition by the International Olympic Committee but at the same time fostering and promoting MuayThai as a cultural art form, paving the path for the next generation.

MuayThai and IFMA is based on five important pillars; Excellence, Fair Play, Honour, Tradition and Respect. The mission of the IFMA Culture and Heritage commission under the guidance of the IFMA executives is to ensure IFMA's fundamental principles of equality, regardless of race, gender, sexual orientation, social status, cultural background or belief. Everyone will and must have the right to practice and enjoy MuayThai in all its forms, and within this ideology, IFMA will continue to promote peace and cultural understanding within its core philosophy 'One World One Muay Thai'.



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CULTURAL HERITAGE COMMISSION



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KHAN 01 TO KHAN 10 – STUDENTS



Khan 01

White Mongkhhol

Khan 02

Yellow Mongkhhol

Khan 03

Yellow & White Mongkhhol

Khan 04

Green Mongkhhol

Khan 05

Green & White Mongkhhol

Khan 06

Blue Mongkhhol

Khan 07

Blue & White Mongkhhol

Khan 08

Brown Mongkhhol

Khan 09

Brown & White Mongkhhol

Khan 10

Red Mongkhhol



KHAN 11 TO KHAN 12 HIGHER GRADES

Khan 11

Assistant Teacher
Pu Chuay Khru
Red and White Mongkhol

Khan 12

Teacher (Khru)
Red and Yellow Mongkhol



KHAN 13 TO KHAN 18 ADVANCED

Khan 13

Assistant Master
Pu Chuay Ajarn
Red and Silver Mongkhol

Khan 14

Master – Khru Yai
Silver Mongkhol

Khan 15

Assistant Grandmaster
Gold and Silver Mongkhol

Khan 16

Grandmaster
Ajarn Gold Mongkhol

Khan 17

Assistant Senior Grand
Master Gold

Khan 18

Associate Senior
Grandmaster Gold

Khan 19

Senior Grandmaster
Gold Mongkhol





TECHNICAL EDUCATION PROGRAM



LEVEL 1

National Level
Certification

LEVEL 2

Continental Level
Certification

LEVEL 3

International Level
Certification

LEVEL 4

Olympic Level
recognized Certification



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IFMA – AND ITS PARTNERS



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ATHLETES SAFETY AND ANTI DOPING/ NUTRITION

ANTI-DOPING WORKSHOP OUTLINE

- Harm of doping to the spirit of sport
- Health consequences of doping
- Social impact of doping and sanctions
- Athletes' and athlete support personnel/s rights and responsibilities
- WADA substances and methods on the Prohibited List
- Managing the risks of the Nutritional Supplements use
- Doping Control procedures
- Applicable Whereabouts requirements
- TUEs, rights and responsibilities

COACHING SEMINAR

- Pad holding for elite athletes, how to corner, how to massage/warm up your athlete
- Athlete health and safety and nutrition
- Anti-doping Education in conjunction with NOC, WADA, ITA, and NADA

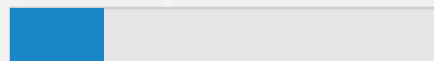
ATHLETE SAFETY WORKSHOP

- Importance of a healthy environment
- Importance of Nutrition
- Importance of Water
- Dangers of weight cutting and dehydration

PAD MASTER CERTIFICATION



Beginner



Level 1

Intermediate



Level 2

Advanced



Level 3



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THE EDUCATION TEAM



**IFMA TECHNICAL
COMMISSION**



**IFMA MEDICAL
COMMISSION**



**IFMA ATHLETES
COMMISSION**



**CULTURAL HERITAGE
COMMISSION**



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MUAYTHAI FOR EVERY BODY



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THANK YOU

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