

## Muay Thai Training Manual

Learn Muaythai with Pictures. There are over 50 illustrated pictures by real fighters according to Dr. Paul Metayo's discipline, philosophy, education, experience and supreme ideology

An internationally renowned wrestler, boxer and gymnast, Imi Lichtenfeld recruited young men who shared his views, but his tactics were no match for armed adversaries. So he focused on creating a form of fighting that combined all the martial arts with a new way of thinking. Tracy Lee Thomas, a master teacher who has been instructing students in the martial arts for more than thirty years, explores how Krav Maga evolved and how to use it to transform your life. He examines its core principles, including: Neutralizing threats: This is the first and foremost objective. Simplicity: The art consists of holds, strikes, and blocks that are simple and efficient. Defense and attack at the same time: By using both techniques in a single move, you can remove the threat as quickly as possible. Constant motion: The objective is to incapacitate the opponent with a continuous series of movements that are aggressively defensive.

The Reputation of Muay Thai as a ruthlessly effective martial art is second to none. The footwork of Muay Thai is at the foundation of what makes it such an effective and devastating martial art for stand-up striking. Did you know that no matter which weapon you throw - Punch, Kick, Teep, Knee or Elbow Strike - the power generation of your weapons ALWAYS starts from your feet? Muay Thai is a legacy of the Thai people and the power contained within this Thai Martial Art is retained and passed down through the deep wisdom contained within the Muay Thai curriculum itself. This book aims to simplify the Art of Muay Thai by breaking down the art into footwork movements anyone can learn. WHY FOOTWORK IS SO IMPORTANT FOR MUAY THAI The entire Muay Thai system of fighting is based on learning the footwork. Just like there are 26 letters in the English alphabet which are used to create words and sentences, there are 19 footwork movements of Muay Thai which are at the literal foundation of all the basic strikes, blocks, offensive combinations, and counter-attacks of Muay Thai. By reading this book, you will learn how these footwork movements are at the foundation of the Muay Thai fighting system and how to apply the footwork to your own fighting repertoire. +170 photos and diagrams for learning the art of Muay Thai - through the lens of the Footwork. The Art of Muay Thai - Decoded! The most basic and advanced Authentic Muay Thai techniques, all learned from the perspective of the footwork - step sequences that anybody can learn and understand - child or adult! Learn what 'Chawk' footwork is, and how Thai fighter's use this evasive footwork to neutralize their opponents attacks to set-up up their own counter-attack. Learn the difference in how to generate power for your elbow strikes when stepping forward vs. throwing the elbows in place. Improve your Fighting Intelligence. Learn how to think about the game of Muay Thai - in terms of rhythm, broken down into series of step sequences. Learn the origin and history of Muay Thai and the cultural aspects hidden with the names of the Muay Thai techniques, drawing upon the imagination and culture of the Thai people to preserve the Art. Who This Book is For This book aims to simplify the art of Muay Thai for English speaking students who are looking for more than how to just kick or punch, but really looking to expand their knowledge of the art to a Deeper Level. If you've been training Muay Thai for a while, nothing in this book is new or revolutionary. It discusses all of the basic weapons, footwork movements, blocks, catches, parrys, offensive combinations, and higher level counter-techniques - through the lens of the Footwork. You might be someone who has reached an intermediate level of Muay Thai and searching to improve your sparring game. This book will open your mind to the various steps at the disposal of a Muay Thai fighter, allowing you to think new possibilities you can set-up off your footwork. You might be a Muay Thai instructor looking for an effective method for teaching the art of Muay Thai to your students. Reading this book will help you teach by helping you to crystallize the basic concepts of Muay Thai in clear and concise language that will work for beginners. Or if you are new to Muay Thai, this book will give you that mental edge in training to really improve your fight intelligence from the start, so that you can learn quicker and spend less time figuring out the nuances of this rich and mystifying art.

Make the most out of your martial arts training sessions with this specifically designed log book. Each page has space for all the important details of your training session. Use the data you record to monitor your improvements and new techniques learned, keep track of specifics and technicalities, and keep an eye on any aspects of your training that need more focus. If you train twice per week, this log book will keep you going for over a year! Features: Track session details - Date, week, weight, session, instructor, belt rank Track techniques covered in each session Note progress made, and areas for improvement next time Space for your own notes

This comprehensive training manual features all the information needed for a successful start in kickboxing, right up to winning the match in the ring. Author Christoph Delp, an expert fitness coach and an experienced kickboxing and Muay Thai trainer, begins by describing kickboxing's history, development, and rules. The technical section explains all of the attacking techniques, as well as important defense and feinting skills. In spectacular photographs, champion kickboxers demonstrate the skills step by step, enabling the reader to easily duplicate the exercises and to understand the technical fine points. Chapters dedicated to training and competition contain vital information on training plans and structure, contest preparation, and competitive strategy. An ideal companion for beginners, the book is also an excellent reference for active kickboxers and other martial arts athletes who want to improve their punching and kicking techniques. Readers can use the book to train on their own or as a complement to club training.

Why You Need to Train in Thailand Thailand has so much to offer from the beautiful beaches to the wonderful people and delicious food. So many people travel to Thailand not only for the relaxing holiday but for Amazing opportunity to train Martial Arts. Specifically Muay Thai, however in the past ten years there has been a huge increase of popularity

in not only Muay Thai but also MMA, Wrestling, Boxing, and Brazilian Jujitsu. Do to this large amount of interest Thailand has become a home to some of the best MMA and Mixed Martial Arts gyms in the world, not to mention they have always been the known for their world class stand up skills known as Muay Thai or Thaiboxing. In this book you will learn why Thailand is such an excellent choice to train whatever combat sport you desire. You will also learn a number of the following things: \* How to get to Thailand \* Visa and passport information \* What cities to live in \* What are the best MMA and Muay Thai gyms \* How to finance your trip and make money while you live in Thailand \* How to get MMA fights \* How to get Muay Thai fights \* How to get K1 Fights \* Information on MMA promotions and promoters \* Cost of living in Thailand \* How I get the best deals on cheap flights \* How to get sponsored by a gym \* Ways to make money outside of fighting \* Free time activities and info about the beautiful woman of Thailand Also included when you purchase this book you will receive a free chapter from my book: \*\*\*\*\*If You're Not Cheating You're Not Trying\*\*\*\*\*Tips, Tricks, Techniques, and Cheats for Winning in MMA, BJJ, Boxing and WrestlingAlong with a free chapter of: \*\*\*\*\*Ketogenic Diet for Beginners\*\*\*\*\*To Order Now Click the Orange Button on the Top of the Page

In the most comprehensive guide available for entry into the fast-growing sport of Muay Thai kickboxing, personal trainer, Thai boxing coach and experienced fighter Chad Boykin leads you through every aspect of the game. Whether you long to test your mettle in the ring or simply get in the best shape of your life, this book will show you how. With clear, instructive photos and descriptions, Boykin demonstrates the conditioning exercises that provide the foundation for the power and speed of Muay Thai. Then he takes you step by step through the brutal elbow and knee strikes, punches, clenches and kicks that form your offensive arsenal, plus the blocks and evasion techniques that will confound your opponent. Training drills teach you to flow from one move to the next with accuracy and confidence. A veteran of the ring, Boykin gives novice fighters inside information on what to expect and offers advice on fighting styles and strategies. Whether you've been participating in kickboxing for years or are new to the sport, this book will give you the edge you need to succeed.

Created around the idea that becoming your own coach and being brutally honest with yourself is the best way to improve your game - this workbook is designed to help you improve faster than the average nak muay. More than just a notebook or journal this workbook is designed to keep you honest with yourself and help guide you to becoming your own coach. Suitable for all ages and levels it's designed for fighters - by fighters. A great fit in any bag it's made with quality paper and industry perfect binding. Whether for yourself or as a gift this workbook is designed to help anyone who practices Muay Thai. Bolinger KickBoxing (The Complete Training Manual) by Scott Bolinger (kickboxing master with over 30 years experience in martial arts) The Complete Kickboxing Manual By Scott Bolinger This isn't about just teaching how to kick and punch, It is instructions on how to become a technician of the art. This is a instruction manual for the Bolinger Kickboxing System. Published in 2016 then revised in 2021. This has 394 pages and over 1000 pictures. This book goes threw many aspects of martial arts: Business building and fund raising, stretching, stances, punches and strikes, kicking, combinations, blocks, bridging the gap, exercise routines, how to make your own equipment, weight lifting, the 4 levels of boxing, medicine ball routines, speed drills, heavy bag drills, a self-defense course, rules and regulations for several combat sports and how to wrap your hands.

This beautiful Notebook will not only brighten up your office, but also brighten up your mood. It makes a great conversational piece and is a great gift for any occasion like a Birthday or Christmas. This journal is a perfect gift for friends and family male or female. Other features of this notebook are: - 120 pages - 6x9 inches This book is convenient for writing. It has the perfect size to carry anywhere for journaling and note taking.

Anderson "The Spider" Silva—Brazilian Jiu-Jitsu black belt, boxing and Muay Thai specialist and current UFC middleweight champion—is the most decorated martial artist in the UFC. In Mixed Martial Arts Instruction Manual: The Muay Thai Clinch, Takedowns, Takedown Defense & Ground Fighting, Silva unveils the secrets to his fighting success. Beginning where his first book, The Mixed Martial Arts Instruction Manual: Striking left off, Silva demonstrates how to devastate opponents from the Muay Thai clinch with off-balancing techniques and brutal knee and elbow strikes. Silva also devotes an entire section to focus mitt drills that hone striking combinations. This book is a must-have for any fighter looking to improve his ground game.

The first comprehensive book on footwork in martial arts covers everything you need to know to take your training to the next level. In this Muay Thai Training Book, you will discover how these footwork movements are at the foundation of the Muay Thai fighting system and how to apply the footwork to your own fighting repertoire. This Muay Thai Basics book includes: - +170 photos and diagrams for learning the art of Muay Thai - through the lens of the Footwork. - The Art of Muay Thai - Decoded! The most basic and advanced Authentic Muay Thai techniques, all learned from the perspective of the footwork - step sequences that anybody can learn and understand - child or adult! - Learn what 'Chawk' footwork is, and how Thai fighters use this evasive footwork to neutralize their opponent's attacks to set-up up their own counter-attack. - Learn the difference in how to generate power for your elbow strikes when stepping forward vs. throwing the elbows in place. - Improve your Fighting Intelligence. Learn how to think about the game of Muay Thai - in terms of rhythm, broken down into series of step sequences. - Learn the origin and history of Muay Thai and the cultural aspects hidden with the names of the Muay Thai techniques, drawing upon the imagination and culture of the Thai people to preserve the Art. Learn the most basic and proven footwork patterns right now!

Muay Thai Training ExercisesThe Ultimate Guide to Fitness, Strength, and Fight PreparationNorth Atlantic Books

Weight Training for Martial Arts is the most comprehensive and up-to-date martial arts-specific training guide in the world today. It contains descriptions and photographs of the most effective weight training, flexibility, and abdominal exercises used by martial artists worldwide. This book features year-round martial arts-specific weight-training programs guaranteed to improve your performance and get you results. No other martial arts book to date has been so well designed, so easy to use, and so committed to weight training. This book is the most informative and complete resource for building muscles, speed, and stamina to enable the body to excel in judo, karate, aikido, kung fu, jujitsu, taekwondo, kempo, muay thai, and all other martial arts forms. The book provides martial artists with an abundance of easy to follow training techniques needed to be effective in the martial arts, such as flexibility, joint stabilization, balance, and muscle development. From recreational to professional, martial artists all over the world are already benefiting from this book's techniques, and now you can too!

The Schutzhund Training Manual begins with the brief history and regulations of the sport of Schutzhund/IPO, to working abilities, pack structure, and understanding the basic language of dogs.

Mastering Muay Thai Kick-Boxing, covers muay thai stances and such moves as: Upper body strikes and defenses Lower body strikes and defenses Plum/clinch tie up defenses Stalking and retreating Also, read about what equipment is best to use, training and endurance drills, and specific problem areas. This martial arts book is an outstanding aid to anyone training in muay thai or mixed martial arts. New

students will learn the moves efficiently through clear diagrams that include centerline, levels, directional angles, and linear positioning. Over 200 color photographs supplement the diagrams, making it easy for more experienced students to refine their techniques.

The Complete Martial Arts Training Manual is a complete guide for anyone who has an interest in the martial arts. Having a broad knowledge of the various techniques of the martial arts gives a martial artist an expanded ability to counteract a variety of attacks and overwhelm an opponent's defenses. Author Ashley Martin shares with the reader his years of experience as a practitioner and teacher. He provides a catalog of the various martial arts being taught worldwide and their strengths and weaknesses. He then covers the basics of hand-to-hand techniques within each of those disciplines, from strikes to ground fighting. Finally, he offers information on the overall health and well being of the martial artist, including important nutritional information and stretching techniques. The Complete Martial Arts Training Manual is a solid foundation of martial arts for beginners and a key supplement for the veteran martial artist.

Martial artists require a unique physical training program, one that ensures that powerful attacking and rapid counterattacking techniques can be used in self-defense performed over the full course of any contest or practice. In *Fitness for Full-Contact Fighters*, trainer, author, and fighter Christoph Delp presents a fitness training program expertly tailored to the martial arts. The book, amply illustrated with spectacular photographs from renowned photographers, details the basics of martial arts fitness training and offers an in-depth description of its various elements: flexibility, stamina, and power. The exercises are described in detail and presented step-by-step by leading martial artists. The book focuses on planning and monitoring one's training and includes complete training programs as well as extensive advice on the proper diet. With this guide, martial artists at all skill levels, from newcomers to those at an advanced level, vastly improve their ability to perform in training and competition.

Effective martial arts training, especially for a demanding sport like Muay Thai, requires a prudent training plan. In *Muay Thai Training Techniques*, professional trainer Christoph Delp shows amateur as well as advanced fighters how to best utilize their training time, whether at home or in the gym, alone or with a partner or coach. A comprehensive guide for Muay Thai fighters as well as those utilizing Muay Thai techniques in Mixed Martial Arts (MMA), *Muay Thai Training Techniques* teaches effective exercises to improve flexibility, stamina, and strength as well as basic fighting techniques such as feints, counters, and combinations. Muay Thai champions Saiyok Pumphanmuang and Kem Sitsongpeenong are featured, demonstrating their own training methods and most effective techniques. Training is broken down into core components that any Muay Thai fighter or instructor can use to help build an individual training plan; several ready-made, detailed training plans are also included for beginners, intermediate, and advanced practitioners. Rounded out with crucial information on nutrition, weight classes, and the importance of regeneration to effective training, *Muay Thai Training Techniques* will help all Muay Thai fighters to take their practice to the next level.

Cool Muay Thai Design 120 ruled pages 6'x9' - Unique gift idea for players, Sportsman and Athletes, who love Muay Thai. Notebook or Journal and a nice birthday gifts or Christmas present for sportfans or sportlovers. This Notebook is perfect for all Fans and Lovers of Muay Thai. With this Writing Book, you can show your passion every day at work, in the school, collage or university. Write down your thoughts, ideas, tactics or whatever you want and be the owner of this unique Muay Thai Notebook. Perfect for everyone who practise Muay Thai in a Team or coaches some crazy Muay Thai kids. Training Log Book or Trainings Journal for your perfect training and your progress. 120 ruled pages Unique Design For Fans and Muay Thai Lovers 6'x9' Pagesize (DIN A5) Gift Idea for Friends or Family Find other Sport Notebooks by clicking on the author's Name.

Thai boxing—muay thai—has escalated in popularity in the Western world and is appreciated by its fans as a means of fitness training, competitive sport, and self-defense. Advanced students greatly benefit from internationally known muay thai boxing competitor Christoph Delph's focus on what they must know to win a match. He describes tried and tested fighting strategies and traditional muay thai techniques, and shows how to best counter the opponent's attacks, use the element of surprise, and even bring the match to an early close. *Muay Thai: Advanced Thai Kickboxing Techniques* includes sections on: -Muay Thai as a competitive sport -The rules of competition -Traditional ceremonies -Stars and stadiums -A professional training program -Competitive tips and tricks -Effective countertactics -Historical techniques -Training in Thailand

A Dutch expert and Muay Thai trainer explains the history and meaning of the martial art, outlines moves from warm-ups through clinches and cool-downs, and provides training advice, including tips for women.

Do you love Martial Arts? Are you a Fighter? Then this awesome, ruled composition notebook is perfect for you Keep the notebook with you at all times and write down your ideas, thoughts and notes. With 120 pages, the notebook offers plenty of space for your notes at school, university or at work. Features: 120 ruled lined pages 6x9 inches College book / school book Personal Notebook Diary Perfect for many occasions as well, such as: Birthday gifts Graduation gifts Gifts for pupils and students Dream journals School activity notebook Vacation travel Journal Home school notebook Boys write journal Girls write journal - For all who love Martial Arts; Kickboxing; Muay Thai; Kung Fu; Karate; Boxing; Judo; Fighting etc.

Real Muay Thai training techniques as used by current Thailand champions - in easy to follow photo sequences. This is the full color version. ""Thank you for sending in your book, it really is a great asset to any Thai boxing students arsenal and something that every one will use regularly to not only assist them with their training but also to monitor their progress. I have had the good fortune (over the last 38 years) to have read a great deal of books in my capacity of being the publisher of *Combat and Fighters* magazines but I have only once before come across a book designed to be "USED" and not just read. I believe that what you have created will be used for many years to come by thousands of Thai Boxing students and I wish that the same concept could be created/adopted for the other martial arts systems and styles. Congratulations for producing a book that is not only a very valuable tool for training but also a book that was obviously written from the heart and a Thai Boxing students point of view. It WILL become a landmark publication and one that you will need to reprint for many years to come which, in my opinion denotes its intrinsic value to the Thai Boxing World." Paul S Clifton - Publisher of *Combat and Fighters* magazines. "

Muay Thai Notebook is a Muay Thai Journal Muay Thai Training Log Book Planner Muay Thai Gifts For Men & Women. Wonderful birthday gift, Christmas gift, or a present for any other occasion, like Thanksgiving, St. Patrick's Day, Valentines Day, graduation, anniversary, or just because! Get yours today! Specifications: Cover Finish: Matte Dimensions: 6" x 9" (15.24 x 22.86 cm) Interior: Blank, White Paper, Lined Pages: 110

This is the premium, colour version. A black and white version is also available which is exactly the same as the colour version, but with black and white internal images and a reduced price tag. Real Muay Thai training techniques - in easy to follow, photo sequences - as used by current Thailand champions. The next best thing to being there - its a video in a book Above all else, it is a training aid, which lets you record and keep the learning throughout your Muay Thai journey. What do the experts think? *Muay Thai in pictures?* is an excellent resource for all those interested in the art of Muay Thai. Anyone from the casual enthusiast to the Muay Thai connoisseur will benefit from the impressive sequential photographs of expertly demonstrated techniques. Thai boxers from the famous Sasiprapa gym in Bangkok, Thailand demonstrate 23 solo techniques, 55 techniques with a partner and a further 67 techniques with a pad holder. I have been involved in the sport for many years and I highly recommend this practical

visual guide to authentic Muay Thai training. Tony Myers - respected UK Muay Thai official and coach. Thank you for sending in your book, it really is a great asset to any Thai boxing students arsenal and something that every one will use regularly to not only assist them with their training but also to monitor their progress. I have had the good fortune (over the last 38 years) to have read a great deal of books in my capacity of being the publisher of Combat and fighters magazines but I have only once before come across a book designed to be USED and not just read. I believe that what you have created will be used for many years to come by thousands of Thai Boxing students and I wish that the same concept could be created/adopted for the other martial arts systems and styles. Congratulations for producing a book that is not only a very valuable tool for training but also a book that was obviously written from the heart and a Thai Boxing students point of view. It WILL become a landmark publication and one that you will need to reprint for many years to come which, in my opinion denotes its intrinsic value to the Thai Boxing World. My advice would be for anyone that trains Muay Thai to get their copy now before they are too late and because a first edition will always be sought after more than a reprint. Congratulations on producing, what will forever be hailed, a true master piece of student support in the form of an A political master class Thai Boxing publication. Paul S Clifton - Publisher of Combat and Fighters magazines. Muay Thai in pictures is exactly that, a photographic profile of many of the core moves and techniques in Muay Thai without needless words. The pictures speak for themselves. All of the techniques are broken down in each photograph (with relevant notes) so that they can be fully understood, and the guys in the pictures are actual fighters from the World famous Sasiprapa Gym in Bangkok, rather than glossy models that are so often found in other books. Ive been involved in Muay Thai for almost 30 years now, and I can honestly say that this is the best book that Ive seen on the subject, especially as it dispenses with all the guff and simply gets down to what we want to know (maybe even giving away a few secrets?). In the late nineties I was lucky enough to have been trained by the late great Chanai Pongsupha, and the fact that this book is dedicated to his memory cements the deal for me. Buy this book now. Al Oakley - Owner of [www.AlsGym.co.uk](http://www.AlsGym.co.uk) Muay Thai Store, Cheif Instructor at West Area Kick Thai [www.wakt.co.uk](http://www.wakt.co.uk)

Let elite Muay Thai warriors turn your body into an unbeatable weapon! Written by professional Muay Thai fighters and trainers, Muay Thai Unleashed shows you how to master this feared and dangerous martial art. Author and trainer Erich Krauss, along with Muay Thai pros Glen Cordoza and Tana (Chun) Yingwitayakhun, teach you the same body-punishing techniques that are used at the highest levels of Muay Thai competition. Whether you use these skills in the ring or on the street in self-defense, your opponents will regret the day you read this book. Unleash your potential with: \* Kicks \* Punches \* Elbow strikes \* Knee strikes \* Clinching techniques \* Defense and counters \* An arsenal of combinations

Muay Thai Training Log and Diary - This cool training journal is perfect for any muay thai lover who's serious about their training and about achieving success and getting results. Use it to keep a record of training sessions and as a reminder of distance run, course, time, heart rate zone, pace and power. Keeping a record is vital in order to track progress and maintain motivation levels. Each page has sections to record drills, techniques worked on and for making notes. Ideal for a coach, dad, mom, son, daughter or anyone that simply loves muay thai. Makes a great gift for Christmas or Birthday. Use for note taking, keeping competition results, as a training diary or journal, fitness record, recording competition stats, journaling, writing, making lists and recording ideas. Click on the author link to see our other muay thai logs and diaries in the series - Strength and Conditioning Log, to record strength and aerobic exercises worked on, and Nutrition Log, to record dietary intake. Size: 6 x 9 in. 120 Pages Glossy soft cover Printed on white paper

This inspiring and heartwarming notebook is ideal to use as a journal, planner or notebook. Whether you fill the pages with your personal thoughts and musings, or use it to stay organized in your busy life, you'll love having this stunning notebook by your side. This Notebook Features: - High-quality paper sized at 6 x 9 inches (the ideal size for your bag) - Beautiful soft matte finish covers - 120 ruled lined pages - Original artwork featured by Lisbob Publishing

Real Muay Thai training techniques as used by current Thailand champions - in easy to follow photo sequences. This is the black and white version. ""Thank you for sending in your book, it really is a great asset to any Thai boxing students arsenal and something that every one will use regularly to not only assist them with their training but also to monitor their progress. I have had the good fortune (over the last 38 years) to have read a great deal of books in my capacity of being the publisher of Combat and fighters magazines but I have only once before come across a book designed to be "USED" and not just read. I believe that what you have created will be used for many years to come by thousands of Thai Boxing students and I wish that the same concept could be created/adopted for the other martial arts systems and styles. Congratulations for producing a book that is not only a very valuable tool for training but also a book that was obviously written from the heart and a Thai Boxing students point of view. It WILL become a landmark publication and one that you will need to reprint for many years to come which, in my opinion denotes its intrinsic value to the Thai Boxing World." Paul S Clifton - Publisher of Combat and Fighters magazines. "

Muay Thai, also referred to as Thai boxing, combines fitness training, self-defense, and competitive sport. In this hands-on guide, renowned trainer Christoph Delp presents the sport's history, development, rules, and equipment. In the techniques section, he first details basic skills such as the correct starting position and footwork. Next he offers a complete list of all the attacking techniques and a selection of effective defensive and counterattacking strategies. All techniques are presented step-by-step by Thai champions from the famous Sor Vorapin gym in Bangkok, showing readers the fine details of each technique. The training section provides detailed information about the structure, content, and planning of training regimens and this includes historical training methods, a stretching program, and training schedules. Suitable as both a self-training guide and a supplement to club training, Muay Thai Basics offers authoritative instruction for Thai boxers and other martial arts enthusiasts.

This thoroughly revised edition of Muay Thai: Advanced Thai Boxing Techniques teaches intermediate Muay Thai fighters how to counter a wide range of opponents' attacks. Author Christoph Delp explains the rules and ceremonial procedures unique to Muay Thai competition, demonstrates historical and modern techniques, provides training tips, and details the benefits of training in Thailand--experiencing the art in its country of origin. The primary focus of Muay Thai Counter Techniques is on counter-tactics, or techniques used to counter an attack from one's opponent. Muay Thai is a martial art with a variety of impressive techniques; every attack technique can be countered with a large number of variants. No two fighters will react to an attack in the same way, because while most Muay Thai fighters learn the same basic techniques (as presented in Delp's earlier book Muay Thai Basics), each fighter will go on to learn a wide variety of secondary techniques and will adapt them to his or her individual fighting style. This edition includes new full-color photographs throughout in which many well-known Thai boxers--including champions like Saiyok Pumphanmuang, Kem Sitsongpeenong, and many others--demonstrate the most important techniques for competitive success. Suitable for Thai boxers as well as mixed martial arts (MMA) fighters, Muay Thai Counter Techniques is a useful addition to the library of anyone seeking to add more techniques into their repertoire and take their training to the next level. From the Trade Paperback edition.

