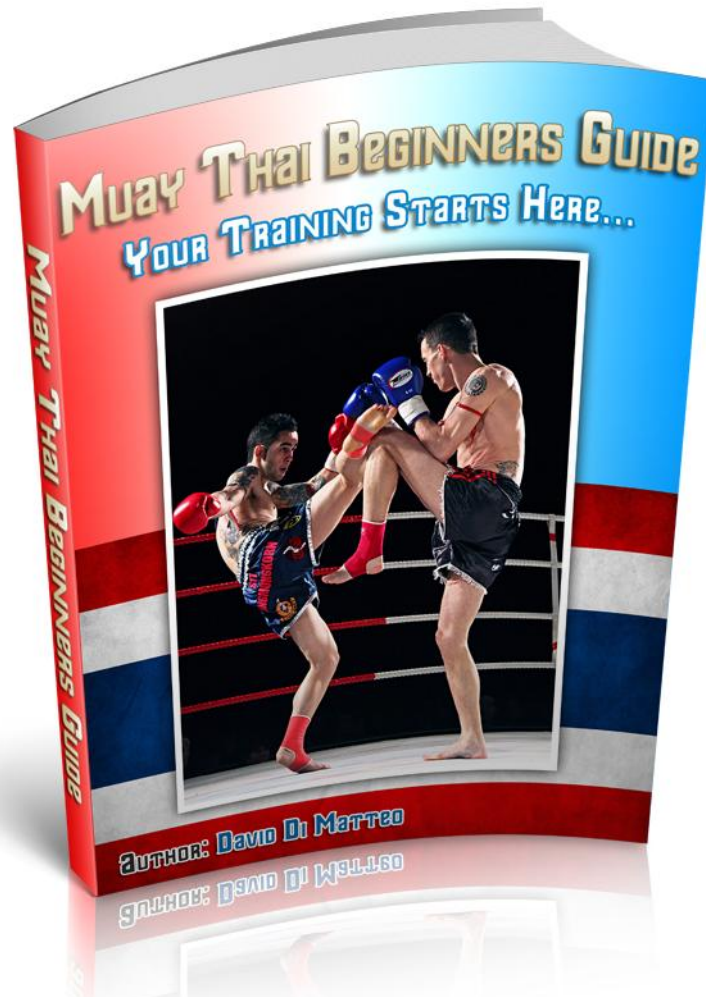


Muay Thai Beginners Guide



MUAY THAI BEGINNERS GUIDE

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Muay Thai Beginners Guide



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A BRIEF INTRODUCTION TO THIS COMBAT SPORT

Combat sports are growing increasingly popular all over the world. If you love combat sports, then you will surely love Muay Thai kickboxing.

This combat sport offers fast punches, bone crushing elbows, piercing knees and kicks that will surely keep you on the edges of your seat.

It's also a type of martial art that people today are increasingly willing to learn. In fact, most boxing gyms today are now offering Muay Thai kickboxing lessons.

So, what exactly *is* Muay Thai?



For starters, Muay Thai is a form of martial art that originated in Thailand. This martial art is unlike any other. Developed by the Thais in order to defend themselves from aggressive powers and thieves, Muay Thai is a deadly art that is designed to pound the enemy in to submission and even kill them.

Before, Muay Thai kickboxing was a lethal art. In fact, because fighters don't wear gears or protection, there are cases where Muay Thai athletes have died because of the hard and fast blows delivered by opponents.

In the past, lengths of cords were used to wrap around the fist of the fighter to be used as gloves. However, as the sport evolved, rules were written in order to make Muay Thai a safer sport that everyone can enjoy. Standard boxing gloves are now used to cover fists.

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Muay Thai is a form of martial art that originated in Thailand.

After many years, Muay Thai progressed as a martial art as well as a fighting style. It attracted martial arts fans from all over the world and there are now many training facilities located all over the world. Qualified instructors offer to teach Muay Thai to people who are interested in learning this highly effective and empowering martial art.

These days, Muay Thai is one of the most popular sports in the world. In fact, there are many TV networks covering live broadcast of Muay Thai kickboxing fights on a weekly basis.

Muay Thai is one of the most popular sports in the world.



Normally, Muay Thai kickboxing fights are fought in 5 rounds with each round lasting 3 minutes. There's also a 2 minute interval in between rounds.

Before the fights begin, a ritualistic dance is performed by the fighters to honor and pay homage to their teachers or coaches. The dance is also a superb physical exercise to warm up and it also has symbolic meanings to the style.

This is known as the 'Wai Khru' or 'Ram Muay'.

You will also see that the fighters wear armbands and a headband. The headband is what the fighters wear and is viewed to have been blessed by a monk or their teacher. This is believed to bestow luck to the fighter.

Not only will this teach you how to defend yourself but it will also serve as a great way to exercise your body and offers many health benefits.

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FROM DEADLY COMBAT TO MODERN SPORTING EVENT

In the past, Muay Thai kickboxing was and still is a devastating martial art. In the past, this martial art was used and developed by Thais as a hand-to-hand combat method to protect themselves and small individual communities from aggressors.

Short range weapons like knives and clubs and spears were also used during combat and loss of a weapon was common. This is basically where the art of Muay Thai proves its worth in combat. Unlike other types of hand-to-hand combat arts, Muay Thai uses almost every part of the body as a weapon, such as the fists, elbows, knees, shins, and even the head.



During combat, you will find warriors using crushing head butts, violent and powerful punches and kicks to the legs, head and even the groin.

In fact, Muay Thai is so lethal that it is widely considered to be as brutal as many armed combat techniques.

Today, Muay Thai is really no longer used for actual combat.

It is now a regulated sport that is recognized all over the world. Today, the use of safety equipment is necessary, such as mouth guards, gloves and even groin protection. And, just like MMA, wrestling, and boxing, you will find that Muay Thai competitions even have weight classes for the competitors or athletes.

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In addition to that, regulated or sport Muay Thai no longer allows the kind of strikes or attacks that other modern combat sports have made illegal, such as strikes to the groin as well as head butts.

Also known as 'Thai Boxing', this sport is exciting and fascinating to watch. The style of combat is quite different from other combat sports, such as karate, boxing, and tae kwon do and for this reason alone, Muay Thai boxing became one of the most popular combat sports in the world. In fact, because of the efficiency of the Muay Thai technique to knock down an opponent, some MMA fighters are now using the Muay Thai techniques inside MMA fights.

Today, Muay Thai is one of the fastest growing combat sports all over the world.

Increasing numbers of gyms all over the world are now offering to teach willing students the art of Muay Thai. So, if you are interested in learning Muay Thai, you may want to visit the nearest gym in your area and find out if they offer Muay Thai training.

Even if you are not planning to become a professional Muay Thai fighter or MMA fighter, you will find that the techniques in Muay Thai can be used for self-defense and the trainings here are so intense that you will be able to have a great workout and get that body you always wanted to have!

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IS THIS WHAT YOU ARE REALLY LOOKING FOR?

If you want to know if Muay Thai is the type of contact sport that is suitable for you, you may want to try visiting several gyms that offer Muay Thai classes.

Once you get to a gym that you like, you can try out for the first few lessons. You will find that most Muay Thai gyms offer free introduction classes. Take advantage of this offer and find out if you want to learn this martial art or not.



You have to remember that everyone can learn Muay Thai. However, you may want to know more about this martial art in order for you to know what to expect when you start taking up lessons.

If you do not have previous boxing experience or if you are new to martial arts, you may find it difficult to adjust to some of the implemented training methods.

First of all, you need to remember that Muay Thai is more than just what you see on the TV with those hard hitting punches, elbows, knees and kicks. And, you will also find that once you start training, Muay Thai is also more than just a martial art that is fought *inside* the ring.

Learning Muay Thai is something that can't be done overnight. There are a plethora of techniques that you should learn and you should also be dedicated to the entire training process even if you are not planning to become a professional Muay Thai fighter.

Muay Thai boxing is also rich in history and it is also the kind of martial art that you need to learn to respect. You have to believe the teachings, you need to stand by the art itself, and you also need to believe in the fighting technique that this martial art teaches.

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Although it is disappointing that a lot of people learn the art for the sake of earning a lot of money in prize fights or to be able to harm other people, the spirit of Muay Thai boxing still exists.

This is why you need to learn the history of Muay Thai before you start thinking about learning the art. By understanding it more, you will be able to become truly dedicated to the art and also have something to encourage you to continue training despite the hardships that you will encounter during training.

If you already have experience with other types of martial arts, then training with Muay Thai will be a lot easier.

However, you may have difficulties in executing some of the moves in Muay Thai as you may be inclined to use the moves you are comfortable with in your previous martial arts training.

Remember these tips and you can be sure that you will love Muay Thai boxing and the hard training involved. In time, you will eventually learn the skills and be a good Muay Thai fighter.



A GREAT SPORT TO WORK OUT AND GET RIPPED

If you're thinking about going to the gym and start working out to get a great looking body, you might want to consider taking Muay Thai kickboxing classes.

Why?

For starters, even though Muay Thai is a contact sport, the workouts here are so intense that you will be able to get the body you want to have in just a short amount of time. In fact, even if you are just in beginner classes, you will be able to find the training to be extremely intense that your sweat will pour out like hot summer rain!

At the start of your training, you will need to line up along with the other students in the gym. You will be facing your 'Kru' or teacher. He or she will bow to you and in turn, the students, including yourself, will bow to him or her.



The start of the training will usually begin with a skipping rope. Although this may sound really silly or even childish, you will find that working out with the jumping rope is very challenging.

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In fact, there is a big chance that you wouldn't be able to keep up with the advanced students working out with the jump ropes.

You can go 15 to 20 jumps in a row but you should expect that the rope will hit your toes or head after. In about a month, you will be able to get the hang of it and you will be able to jump rope continuously for maybe about 4 or even 6 minutes!



After this intense cardiovascular conditioning, the next step would be doing burpees, hillclimbers, plenty of squats, pushups, jumping squats and other workout routines.

Although the training will vary from class to class, you will usually have 20 to 25 minutes for training techniques. There are times you will work your kicks onto the pads that your partner will hold for you and sometimes it would be doing punching combinations. You will do combinations, such as front kick, 3 punch combos and then a right thigh kick.

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There are different combinations that you can experiment on and you will find that the variety of styles is quite enjoyable to do.

The great thing about variety is that it helps keep the training exciting and prevent it from getting stale. You should expect to finish the session with abdominal workout routines. This can really get intense because abdominal muscles are important for fighters.

Even if you are just doing this for the workout, you still need to strengthen your abdominal muscles in order for you to really learn the essence of Muay Thai kickboxing.



It's guaranteed that after a few weeks, you will start to see a big difference on your body.

With Muay Thai workout routines, you can be sure that you will get a great looking and lean body and also lose a lot of weight.

After a few months, you may even get that six pack abs that you always wanted to have. And, the best part of it all is that you will learn how to defend yourself in hand to hand combat.



KEY POINTS TO KNOW ABOUT THE FIGHT

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uay Thai boxing is one of the most physical types of martial arts there is.

It emphasizes a lot on both offense and defense as well as stamina. It is also a type of martial art that anyone can learn and it is also one that can be applicable in real fights.



Now, in order for you to learn Muay Thai and be good at it, you have to know the basics of this martial art...

Here are the key points that everyone should know about Muay Thai fights.

- ❖ First of all, Muay Thai is fought in five rounds with each round lasting three minutes. In between the rounds, the fighters will be allowed to have two minute breaks.

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- ❖ Before the fight, the fighters will perform the *Wai Khru* dance. This dance is to pay homage to his or her teachers and it is also a great warm up exercise that can get the fighter's muscles stretched and be ready for the fight.



- ❖ You will also notice that the fighters wear a headband and armbands. The headband (the *mongkhon*) has been blessed by a monk or the boxer's teacher and is believed to provide luck for the fighter.

And, because the headband symbolizes luck and as a spiritual object, it is removed after the *Wai Khru* dance and it is *only* removed by the boxer's trainer. The armbands are believed to offer protection to the boxer, which is why they are only removed *after* the fight.

- ❖ The match is decided by either points or a knockout. There will be 3 judges who decide which fighter carries the round, who wins the most rounds and who eventually wins the fight. There will also be a referee present inside the ring and they are very important because the boxer's safety will depend on his decision.

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- ❖ On one side of the ring, you will find the band section. The band will be comprised of a Javanese clarinet, cymbals, and drums.

They play traditional music from the homage dance to the conclusion of the fight. You will find that the tempo of the music goes up as the action inside the ring intensifies.



- ❖ Of course, the boxers should wear boxing gloves and head butting is *not* allowed.

These are some of the rules that you need to know about Muay Thai. By knowing about the basic rules, you will be able to fully understand what Muay Thai boxing is all about and you will also be able to get ready to learn the art of Muay Thai boxing.

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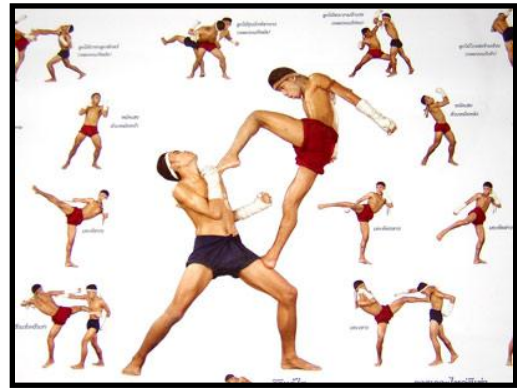


BASIC MUAY THAI TECHNIQUES

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ost MMA or mixed martial arts fighters are now incorporating Muay Thai techniques in their training because of its efficiency in attacking and defending.

Also known as **the art of eight limbs**, Muay Thai will enable you to fight with your ***fists, elbows, knees, and feet***. Muay Thai techniques are different from Japanese and Chinese martial arts because of the use of elbows and knees in order to destroy or pound the opponent in to submission.



In Muay Thai, the risk of injuries from such blows is quite high, which is why many martial arts tournaments ban elbow strikes. In fact, elbow and knee strikes are so efficient in destroying the opponent that elbow and knee combinations are rarely used even in Thailand.

Research suggests that the Muay Thai fighting style originated from Chinese and Indian martial arts. In the past, the head was allowed in Muay Thai fights. It's only recently when Muay Thai became an international sport that the use of the head is no longer allowed.

In Muay Thai, you will see a small amount of grappling or clinching between fighters. This technique can serve as a way to defend or attack. Basically, the techniques that you need to learn are divided in to two groups, which are the 'Mae Mai' or the major techniques and the 'Luk Mai' or minor techniques.

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You also have to remember that all the techniques used in Muay Thai uses the entire body movement and rotating the hip partially or fully with every kick, punch, and block. This is basically the reason why Muay Thai sets itself apart from other fighting styles or martial arts.

In Muay Thai, you will develop several punching techniques, such as the straight punch, swing, hook, spinning back fist, upper cut, over head punch, and cobra punch.



In Muay Thai, the judges score fewer points to fighters using punching techniques. This is mainly because they are less effective than powerful kicks and knee strikes. You will also find that body punching is used less in this contact sport as it exposes the head of the fighter to the knee or elbow of their opponents.

You also need to develop your elbow techniques, such as the elbow slash, upper cut elbow, horizontal elbow, forward elbow thrust, reverse horizontal elbow, elbow chop, spinning elbow, mid air elbow, and the double elbow chop.

The elbow does a lot of damage to the opponent. Mainly used as a finishing move or in order to cut the opponent's eyebrow to affect his or her vision, the elbow is a very effective weapon when you are a Muay Thai fighter.

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The blows here are meant to cut the opponent and draw blood. When using the elbow, your aim here is to scratch the target and not to hit them bluntly. There are 8 elbow strikes that you need to learn in Muay Thai, which are the striking elbow, the cutting elbow, the leveringing elbow, the diagonal elbow, the chopping elbow, the pull down elbow, the double elbow, and the reverse elbow.

Kicking techniques are also important. In fact, most Muay Thai fighters use kicks a lot and you will need to develop several kicking techniques, such as the straight kick, nutcracker kick, roundhouse kick, half spin, half knee kick, diagonal kick, spinning hill kick, down round house kick, jump kick, axe hill kick, and step up kick.

When using the kicking technique, Muay Thai fighters are often taught to hit with his or her shin.

Although the shin is very sensitive for the untrained person, you will find that after developing your shin strength, it will be a powerful and devastating weapon that you can use against your opponent.



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In Muay Thai, there are three basic kicking techniques that you need to learn. You have the low level kick which targets the thigh, calf, and the back of the knee.

The medium level kick will target the ribs and torso and the high level kicks targets the temple, chin and neck. You also need to learn the basic kicks, which are the front kick, the pecking kick, the sweeping kick, the kick outside the knee joint, and the reverse back kick.

In Muay Thai, the kicks are delivered with a full range of motion. This means that they are delivered with a full swing of the hips and trunk in order to maximize the power of the kick, therefore, maximizing the damage.

Also, the kicks in Muay Thai are delivered with the shin hitting the target instead of the foot. Because of this peculiarity in Muay Thai, you will be at high risk if the kick is not successful. In fact, broken shin is not uncommon in Muay Thai fights.

You also have to learn Knee techniques, such as the straight knee strike, diagonal knee strike, curving knee strike, horizontal knee strike, knee bomb, knee slap, flying knee strike, and the step up knee strike.

The knees are very effective especially when you clinch your opponent. If used properly, knee strikes can finish the fight early with a KO.



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There are a lot of techniques that you have to learn in Muay Thai.

These are just some of the basic offensive techniques that you can use when you are a Muay Thai fighter. By developing and perfecting these techniques, you can be sure that you will be able to increase your chances of winning whenever you are inside the ring.

The '**Muay Lak**' and '**Muay Kiew**' are the two main categories in the art of '**Pahuyut**'. The former category is in the verge of extinction and only few master boxers today know about it and you won't be able to see it anymore inside the ring. This is because it emphasizes on lethal combinations of attack and counter attack where fighting happens at a very close range and in a straight line.

The '**Yang Saam Khum**' or three-step walk is perhaps the most important technique that every Muay Thai has to master before they start learning other techniques. This technique is learned as it is the basis of all footwork in Muay Thai. You will be able to see the graceful side of this technique when the Wai Kruu dance is being performed.

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BECOME A **BETTER** MUAY THAI FIGHTER



If you want to become a good Muay Thai fighter, then you need to develop your fighting skills in this martial art. In this fighting style, you will need to develop your kicks and jabs using your knees and feet. You should also expect to use a heavy bag during training. Muay Thai heavy bags are a lot heavier than your traditional boxing bag as it will provide the fighter with enough resistance needed in order to develop power.

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You will also find that there are several Muay Thai **heavy bags** that you can use. Depending on the area on your body that you are trying to develop, you will be using a different heavy bag. For example, if you are going to practice your kicks, you will be using a long bag on the floor. The shorter bags may be used for practicing hand and elbow jabs.

Along with the heavy bags, Muay Thai **pads** are also used for training.

This particular training tool will not only develop your power, but it will also help you practice your combination moves in order to hit your opponent effectively.



For this training, you will need a **sparring partner**, which will help you practice your footwork and also develop speed.

By sparring with a partner, you will be able to experience what it is like to be in an actual fight without being seriously injured. Both you and your sparring partner will need to wear protective gear and the power of the punches, elbows, knees, and kicks you throw will be kept lower than in an actual bout or fight.

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You should always keep in mind that as a Muay Thai fighter, you should always be in the best physical condition. Even if you are not a professional fighter, you need to keep your body ready in order for you to increase your chances of winning inside the ring.

In Muay Thai, you will also encounter conditioning exercises, such as **calisthenics, weight training, skipping ropes, medicine balls**, as well as **shadow boxing exercises**. These conditioning exercises will not only develop strength but it will also increase your endurance and flexibility, which is essential for a Muay Thai fighter in order for you to stay a lot longer in the ring and also stay powerful.

Resting is also important.

This will help heal any injuries that you may have gotten during training. Give yourself a day off a week.

Lastly, you need to have fun. Although this is last on the list, this is one of the most important parts if you want to become a good Muay Thai fighter. If you are not having fun, then you will eventually quit training. Try to lighten up a bit, relax, and enjoy the entire training. By doing so, you will want to learn Muay Thai.

Remember these tips and you can be sure that you will be able to condition your body and get it ready for the fight.

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BE EFFECTIVE INSIDE THE RING

As a Muay Thai fighter, you have to keep in mind that there are other important things about this combat sport other than executing the techniques properly.

You have to remember that you will also be fighting against a determined and skilled opponent inside the ring and you have to do whatever it takes in order for you to win.



And, simply having the skills alone will not be able to let you win the fight. In Muay Thai, it's all about how you control your opponent and how you control the entire match.

So, here are some tips that will help you become a better Muay Thai fighter and eventually let you win more matches and have the advantage over your opponent inside the ring..

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1. The first tip that you should remember is that you should never take your eyes off your opponent. However, you need to keep in mind that you should also avoid looking at the point or part of the body where you plan on attacking.

For example, try looking low but kicking high. This will deceive and confuse your opponent and will really not have any idea on where you plan on attacking next.

2. You also have to avoid tensing your muscles unless you are about to make contact with your strike.

If you tense up before you execute your move, then your opponent will better be able to anticipate your strikes. This will also mean that they will be able to avoid your strikes and counter with ease.

Keep in mind that the key to power and being able to last the entire fight is to be correctly relaxed.

3. You also have to remember that you should never allow your opponent to be in a continued or sustained attack mode.

This basically means that you should avoid being in a defensive mode for longer than absolutely necessary. Keep in mind that in most fights, the more aggressive fighter always wins.

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4. If you are fighting a taller opponent, try to fight closer to him or her. Avoid fighting them from a distance as you will be allowing them to use their advantage against you.

By getting close to your opponent, you will be able to play to your advantage while disadvantaging your opponent.

5. Also, try to exploit your opponent's favorite techniques. Try to take away the opportunity for him or her to use his or her favorite move. This will not only provide you with a good defense but it will also frustrate your opponent and can really have a psychological impact to them during the fight.

If you are fighting in an arena packed with people, avoid listening to the audience.

6. Try to train your ear to listen to your trainer instead. Besides the referee, they are the only ones that you should listen to.
7. It is also important that you should never let your opponent know that you are in pain. If you are hurt, clinch and use this to your advantage.

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8. If you are receiving strong blows from your opponent, do not stand like a statue or a dummy. Instead, continue moving around in order to minimize the impact as well as deflect the direct power of his or her strikes.

These are the tips that you need to remember in Muay Thai. By applying these techniques inside the ring, you can be sure that you will become a more effective Muay Thai fighter and increase your chances of winning matches.



IMPROVING YOUR MUAY THAI TECHNIQUE

A you may already know, Muay Thai is one of the most intense combat sports in the world. Here, almost every strike is legal. In Muay Thai, you have to learn different techniques in order for you to become efficient in the ring and win more matches.

S Even if you are not a professional Muay Thai fighter, you need to remember that there are certain things that you shouldn't do when you get caught in a clinch.

These things are basically the common mistakes that Muay Thai fighters do and in most cases, they pay dearly for the mistakes they make.

By following these tips, you will be able to keep yourself out of danger and increase your chances in converting your seemingly disadvantageous position in to an advantageous position.



THE FIRST thing that you should never do when you get caught in a clinch is to try moving away. Doing so will extend the distance between the two of you, which will provide your opponent with enough distance to deliver powerful knee strikes with full range of motion.

When you get caught in a clinch, you want to minimize the space between you and your opponent as much as possible in order to make it difficult to deliver knee strikes.

THE SECOND thing that most people do is grab their opponent's hand to break the grip. This is a big mistake as it will open up your midsection and your weak ribs to knee strikes. Knee strikes in this part can be very serious and painful that it can knock you out of the fight prematurely.

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THE THIRD mistake is to turn your back to your opponent. If your opponent has a solid grip of the back of your head, never attempt to turn away. This will twist your neck, which can potentially injure you and it can also leave you in a perfect position to receive powerful knee strikes from your opponent.

THE FOURTH mistake is swinging your head under your opponent's elbow. If you make this mistake, then your opponent will get the jackpot by delivering a knee strike upwards, which will eventually hit you solidly on the face. In most cases, this is considered to be a knockout blow.

THE FIFTH mistake is striking your opponent's midsection with punches during a clinch. This may work against beginners but if you are fighting an advanced Muay Thai fighter, you need to remember that they trained long enough and got their midsections conditioned that they will be able to take blows here without flinching. All this will do is annoy your opponent and will also make them more eager to finish the fight early by knocking you out.

LASTLY, many Muay Thai fighters especially beginners panic when they get caught in a clinch. Relax, take your time, and concentrate. Panicking will tense you up and use up valuable energy. By relaxing and concentrating, you will be able to work better to escape the predicament you are in.

Remember these tips and you can be sure that you will be able to handle the pressure of getting caught in a clinch and convert to a more advantageous position.



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QUICK IMPROVEMENT TIPS

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all know for a fact that as a Muay Thai fighter, you need to be aggressive in order for you to intimidate your opponent as well as score the winning strike or deliver a devastating blow. However, you should also remember that being aggressive also has its drawbacks.

For starters, being constantly aggressive will leave you open for strikes. This is reckless and potentially dangerous especially in a brutal combat sport like Muay Thai.



If you really want to be effective in Muay Thai, you should also know how to defend yourself from strikes and also know how to get out of a disadvantageous position.

So, here are some tips that will help you sharpen your defense in Muay Thai...

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- The first tip is that **YOU SHOULD START PRACTICING REFLEX DRILLS**. Just like what it sounds, this training will help speed up your reflexes to a given action. By building up your reflex in response to attacks, you will be able to have a solid and strong defense.

One great drill for reflex is to have your sparring partner throw mid level roundhouse kicks at you over and over again.

What you need to do is block every single one of them with the proper technique. And, by doing this over and over again, you will be able to gain muscle memory. This means that it will teach your body to naturally react to this type of kick.

- Another tip is to **DEVELOP YOUR PATTERN RECOGNITION**. By knowing how to recognize a pattern, you will be able to effectively defend yourself.

Try to recognize a sign that your sparring partner gives before he or she attacks you. A sign would be something that your partner does just before he or she throws a punch, kick, elbow, or knee.

This is a difficult one as the signs vary from fighter to fighter. It's sort of like a "tell" for poker players.



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- **USING A MIRROR** IS ANOTHER GREAT TIP TO SHARPEN OR EVEN PERFECT YOUR DEFENSIVE TECHNIQUE. Using a mirror will let you watch how your body moves while you evade a roundhouse kick to your midsection or your head.



- You should also REMEMBER THAT **REPETITION** WILL EVENTUALLY RESULT TO PERFECTION.

By repeating the proper movements in Muay Thai, the more it will become automatic and natural for you to execute. Keep in mind that all movements in Muay Thai must be automatic and purely instinctive. T

Thinking first before responding to what your opponent does is a no-no. So, try to master all the moves that you have to make in Muay Thai. So, get your sparring partner to throw punches, kicks, elbows, and knees at you over and over again.

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- Lastly, YOU HAVE TO **TAKE CARE OF YOUR EYES**. You need to remember that your ability to evade an attack is a hundred percent tied to your ability to see.

If you keep on blinking or flinching every time your opponent throws a punch, kick, elbow, or knee at you, then you may want to train your eyes to stay open and relaxed.



Remember these tips and you can be sure that you will be able to improve your skills

Remember: Building a good and solid defense, you will be able to convert a seemingly disadvantageous position in to an advantageous one



SHARPEN YOUR DEFENSE

AND BECOME A BETTER MUAY THAI FIGHTER

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S**

Muay Thai fighter, you need to remember that there are certain things that you need to learn aside from the techniques and execution of moves in order for you to win more fights and become an effective fighter.

You see, it's not just about being able to deliver the most powerful blows or being able to execute the moves flawlessly.



So, here are some tips that will help you become a better fighter and eventually win more fights and have the advantage over your opponents.

THE FIRST TIP is that you should never take your eyes off your opponent. Always remember that getting distracted for a split second can mean the difference between winning and losing. Try to keep in mind that although you should keep your eyes on your opponent try to avoid looking at the point where you want to attack.

For example, try to look at your opponent high but kicking low and vice versa. This will confuse your opponent. Remember the teachings of Sun Tzu in the Art of War where deception is described as a divine art in warfare.

THE SECOND TIP is that you should never drop your guard when you are attacking. Even if you are an aggressive fighter, you should always keep your guard up. Always defend yourself whenever you are attacking. Keep in mind that the ultimate warrior is one who never gives any opening to his or her opponent.

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THE THIRD TIP is never stand with your feet together. This will not only keep you off balance but it is also extremely difficult to launch an effective attack in this weak stance.

THE FOURTH TIP that you need to remember whenever you are fighting is that you should never turn your face away when you are attacking. This is a common mistake among Muay Thai fighters, especially beginners. If you do turn your face away, you will lose focus and it will also affect the effectiveness of your strikes even if they connect.

THE FIFTH TIP is that you should never tense up until you are about to make contact with the strike. Keep your muscles relaxed until the moment of contact. If you tense up, your technique will be slow and will therefore be weak. Also, your opponent will be able to anticipate your strikes, which basically means that they will be able to avoid it and counterattack you easily.

THE SIXTH TIP is to never turn your back to your opponent unless a certain technique requires it, such as the spinning back fist, spinning hook kick, or the back thrust.

THE SEVENTH TIP is that you should never use techniques that you never practiced to perfection. Doing so will expose you to danger and even if you do make contact with the technique, it will be weak.

These are some of the tips that you need to know whenever you are inside the ring.

By following these tips, you will be able to become an effective Muay Thai fighter and increase your chances of winning.



GETTING YOUR BODY IN FIGHTING CONDITION

A s a Muay Thai or MMA fighter, it is important for you to condition your body and get it ready for a fight. You need to remember that knowing how to execute the techniques alone is not enough in order for you to win.

S In Muay Thai, you will find that conditioning training can be very intense both physically and mentally.

You need to remember that the fitness routine in Muay Thai is designed to promote maximum body conditioning in order for you to get the level of fitness and toughness that is required for ring competition.

Included in the training regimen would be running, shadow boxing, body weight resistance exercises, rope jumping, abdominal exercises, medicine ball exercises, and in some cases, you also need to weight train.



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Most Muay Thai practitioners apply 'Namman Muay' liberally before they start their intense body conditioning sessions. Namman Muay is also known as the Muay Thai Boxing Linament, which is basically made from herbs.

The ingredients in this oil are derived from plants in the region that is known to aid in blood circulation as well as reduce inflammation.

The wintergreen scent in some Namman Muay is believed to open nasal passages, which helps in improving oxygen intake and also increase alertness.



As a Muay Thai fighter, you need to train with coaches on Thai pads, heavy bag, and focus mitts. Also, you have to spar with your sparring partner. On average, the daily training will include many rounds of sparring, which last 3 to 5 minutes for each round and is only broken up by a short rest in between rounds.

In regard to Muay Thai body conditioning, the Thai pad is known to be its cornerstone. Here, you will practice your punches, knees, kicks, and elbow strikes.

The trainer will be wearing thick pads that cover the forearms and hands, which are basically designed to absorb the impact of the strikes that you deliver during training. This will also allow you to react to the attacks of the pad holder.

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The focus mitts are used to train the hand speed and punch combinations as well as the timing, and punching power. It is also used to train defense and counterpunching. Focus mitts may also be used for practicing elbow strikes.

The heavy bag training will simply reinforce the techniques practiced on the pads. It will help in the conditioning and it is also a power exercise.

Sparring basically means that you have to fight against a training partner and test out your technique, skills, strategy, and timing. Basically, sparring is often a light to medium contact exercise where the fighters will not really hit each other with full power.

As you can see, the conditioning or training in Muay Thai can be quite intense. In fact, the training regimen can be so rigorous that professional Muay Thai fighters have short careers in the ring.

The great thing about Muay Thai body conditioning is that you will be able to enhance your fighting skills and really get your body to become fit and ready for fights. Even if you are not a Muay Thai fighter, the training regimen in Muay Thai can surely keep your body lean and fit.



THE PROPER DIET OF A MUAY THAI FIGHTER

A s a Muay Thai fighter, you have to keep in mind that your diet plays a very important role in order for you to keep your body fit and conditioned for training as well as for fighting. Most Muay Thai boxers in Thailand really don't need to modify their diet. If you are already eating ordinary Thai food, then you don't have to change anything.

S Keep in mind that Thai people eat large amounts of white rice with almost every meal. Also, there will be small portions from a selection of dishes. The great thing about Thai food is that it is prepared using only fresh ingredients and it is also highly nutritious.

Thai meals are also carefully balanced. It contains small amount of fat and protein along with vegetables and fresh herbs. In between meals, you can snack on fruits that are available in Thailand.



So, how do you eat properly if you are training in Muay Thai?

First of all, you may want to stop worrying about the amount of food you eat when you are just beginning to train in Muay Thai boxing. The first thing that you need to do is to give your body a chance to get used to the training schedule.

In time, your appetite will find its own rhythm. If you come from a western country, you may want to give your body a chance to adjust to Thai food.

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Also, keep in mind that you shouldn't eat within a few hours before training. You have to remember that Muay Thai training is very intensive and training on a full stomach will make you sick.

You should also drink plenty of water in order to fulfill what your body needs. Try not to get yourself become dehydrated. Sugary drinks that are high in calories, such as sodas are considered a no-no in Muay Thai. Instead of drinking soda, try drinking plain water.

As mentioned before, Muay Thai training is very intensive, which means that you will sweat a lot. You have to replace the fluid you lose. However, you shouldn't drink excessive amounts of water as this will not help you with your training. During training, take only small sips of water.

You should also keep in mind that weight loss should not exceed one pound a week.

Anything faster will have a damaging effect on your body. Unless you are overweight, you shouldn't lose more than a pound a week.

These are the things that you need to remember when you are Muay Thai training. By following these diet tips, you can be sure that you will be able to get your body ready for training as well as for fights.

So, keep in mind that being a Muay Thai fighter means that you also need to watch what you eat. Always eat nutritious food and always remember to rehydrate yourself whenever needed.



Remember these tips and you will be able to keep your body in optimum condition for training as well as for fighting.



MUAY THAI TRAINING ROUTINES

If

you are planning on learning the art of Muay Thai, here is a brief view of what your training will be like. You need to remember that unlike other forms of martial arts,

Muay Thai training can be so intensive and for some, it can even be considered as brutal.

During training, the first thing that you need to do is **TO WARM UP YOUR BODY**. This is very important in Muay Thai and the purpose for warming up is to simply get your body ready for high impact training that is often done in Muay Thai training sessions. Warming up will “awaken” your muscles and promote flexibility. This will loosen your joints and decrease the risk of injuries related to intensive training.

The second part of the training is **ENDURANCE TRAINING**. This is done in order for you to maintain powerful and efficient whenever you are inside the ring. Normally, if you are just starting out in this type of training, it will take you at least 2 months before you can really achieve good endurance.

Muay Thai training is not too long or too short. The training sessions here will not over train or under train you, which basically do any good and will only wear down your joints and muscles.

Training will also involve teaching you your limitations. Your trainer or teacher will be able to tell you what your limitations are and how you can become a lot better and efficient using the art of Muay Thai inside the ring.



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Strength training is also important. In Muay Thai, you need to do a lot of free weights. But, always keep in mind that you have to lift lighter weights but with more repetitions. You don't need to bulk up like body builders. What you need is to maximize your strength and energy level in order for you to deliver powerful punches, kicks, knees, and elbows.

Shadow boxing. In order for you to learn and develop your strategies in Muay Thai, you need to do this. Try doing it in front of the mirror. This will help you determine if your movement is correct and also know if a full range of movement is achieved in every angle.

SKIPPING IS DONE TO INCREASE YOUR AGILITY. It will also improve your endurance. Keep in mind that stamina and good coordination must be achieved if you want to be effective when you are executing the movements that are involved in Muay Thai. You can use a skipping rope to do this. Try to remember that you should maintain your alertness level and shift from one leg to another.

Keep in mind that you should never bounce using your two feet.

YOUR MOVEMENT is another thing that you need to train. As a Muay Thai student, you will be taught how to move faster and you will also learn about lateral movement and modifying your stances that you can use to your advantage inside the ring.



ADVANCED TRAINING TECHNIQUES

Bag and pad routines are very important in Muay Thai. Here, you will be able to practice your punches, kicks, knees and elbows and prepare you for the training proper.

Speed ball will improve your movement coordination and also strengthen your shoulder.

Lastly, sparring is another important element that you should do if you are Muay Thai training. This drill will help teach you how to control your opponent and also improve your techniques. It will also give you a feel of what the real fight will be like and prepare you mentally and physically for the real fight.

These are the intensive workout routines in Muay Thai. These routines are for the advanced trainees who have been working out for years and one that beginners should not attempt to do.

Muay Thai training is very intensive and the workout program here is designed for people who are already advanced when it comes to fitness. However, beginners can still learn the art of Muay Thai. With proper guidance from the trainer and with determination, you will be able to become a good Muay Thai fighter.

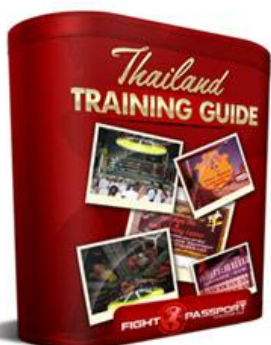


Muay Thai Beginners Guide



Recommended Reading

Thailand Training Guide



Everything You Need To Know About Training At The Muay Thai Camps In Thailand. Thousands Of People Go To Thailand To Train Muay Thai Every Year. This Guidebook is an excellent for research and as a preparation tool.

[Click Here To Access 'Thailand Training Guide'](#)

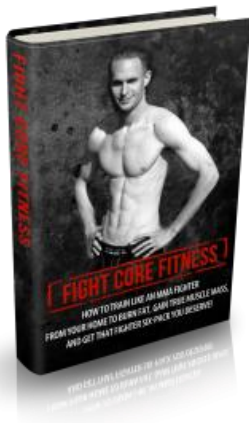
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