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**Jason Lee**

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**Muay Thai in Pictures** Sid Remmer,2012-08 This is the black and white version. Exactly the same as the colour version, but with black and white internal images. It holds the same knowledge at a lower price. 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)

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*Muay Thai Basics for Beginners* Valery Niazov, Oliver Olsen, Harald Olsen, 2018-06-30 Muay Thai is a century-old fighting system born in Thailand. It offers an enjoyable fitness system that combines cardio, endurance, strength, and conditioning exercises with development of cognitive skills. It enhances concentration and builds a strong and balanced mind. Others find in Muay Thai an exaltation of a combat and a test of ones skills. Whatever one seeks in Muay Thai, it rewards its practitioner

with a physically demanding but very gratifying experience. Because of its versatility, this sport is accessible to any person at any age and gender. Not surprisingly, Muay Thai is popular around the world, and some of its techniques are also used by MMA fighters.

*Conquering Muay Thai* Christopher Aboy, 2021-01-05 Learn the basics of Muay Thai from the successful owner of a Muay Thai gym. Chris Aboy was bullied as a kid. When he met a neighbor who practiced a martial art, Chris knew he wanted to become a fighter. By the age of 15, he was winning every point fight he was in. So he was overconfident the first time he fought with full contact in an unsanctioned amateur fight. He got his ass kicked. At that moment, he realized fighting is all about what's in your head-your mentality. Whether you want to learn Muay Thai to build confidence and fight off bullies, get fit, or just learn a new skill, you'll learn the basics of this centuries-old martial art from an insider who has spent years refining his skills. Here are just some of the important topics Kru Chris reveals in *Conquering Muay Thai*: -How to choose a Muay Thai instructor and gym-What to focus on as you begin training-Why sparring is the best way to build your skills-What the goal should be for every Muay Thai student (Hint: it's not going pro!)-How to know when you're ready to fight-And much more!

**Muay Thai Basics** Christoph Delp, 2005-12-21 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.

*Muay Thai Training Exercises* Christoph Delp, 2013

*Muay Thai Fighting* Jason Lee, 2019-12-30 The Ultimate Guide to Fitness, Strength, and Fight Preparation Muay Thai is the national sport and cultural martial art of Thailand. It was developed several hundreds of years ago as a form of close-combat that utilizes the entire body as a weapon. Train your body and mind in the ways of the ancient warriors of Thailand. In this book, you'll discover: The Proper Diet Of A Muay Thai Fighter How to Get Your Body In Fighting Condition Mastering The Techniques To Become An Unstoppable Fighter Tips On How You Can Sharpen Your Defense And Much More! Learn the art of Muay Thai by grabbing a copy today!

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