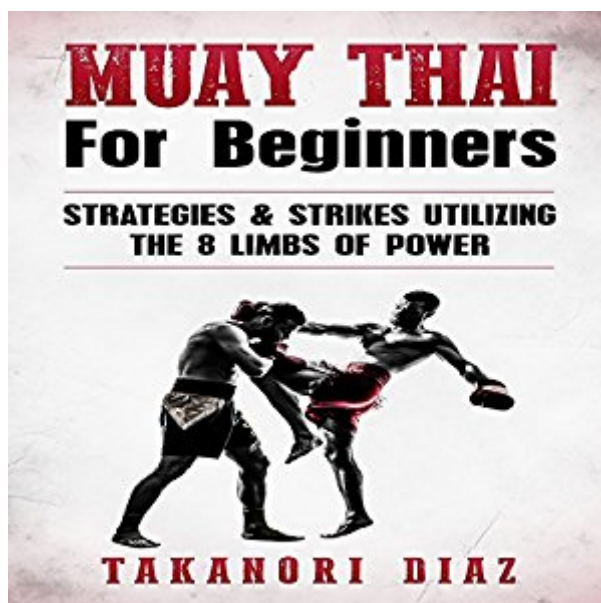


The book was found

# Muay Thai For Beginners: Strategies & Strikes Utilizing The 8 Limbs Of Power



## Synopsis

Are you ready to learn how to train & fight In Muay Thai? If so you've come to the right place. Muay Thai is without a doubt one of the most skillful, quickest growing sports in the world! With many striking styles, including punches, elbows, knees and kicks it's a great sport to watch, and even better to be a part of! Improve your fitness, confidence, self-defense skills, & have fun with Muay Thai. There's a ton of other technical, complicated, & drawn-out books available out there, when I write it's no BS, no fluff. Just the information you want and need to get started. Here's a preview of what Muay Thai for Beginners contains: An overview of Muay Thai How to condition your body before Muay Thai training Stances, strikes and the blocks used in Muay Thai How to correctly throw Muay Thai punches and elbow strikes How to correctly throw Muay Thai kicks and knee strikes Blocks, clinches and other Muay Thai strategies Simple Muay Thai drill and combinations Understanding the Muay Thai rules and regulations as a sport And much, much more!

## Book Information

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## Customer Reviews

I am not the type that likes fighting or engaging in combat. The only reason why i got this book is because i wanted to improve in my defense mechanism especially during the time of danger or under attack. This book was able to show me tips on how to use my upper limbs effectively and also contains pictorial illustration as well. I am glad i read this book, now i can do upper cut effectively.

This has been such an informative book on Muay Thai. I definitely believe that newbies on this sport

will be learning so much from this book. It has given everything little thing an aspirant needs to know. The pictures also added to the complete package of this book. And the topics are all relevant too. Reading this book will surely equip anyone who will be venturing in this rapidly growing sports now.

It is an ancient martial art that originated on the territory of modern Thailand. Thai Boxing, an exciting and manly sport, every year is gaining popularity in the world. The craftsmanship of the Thai boxer is determined by how successfully he owns appliances of various techniques of attack and defence, tactics of their application in real combat cooperation, as well as a certain level of development of moral-volitional, mental and physical qualities. Although this type of martial arts is not for women, but I think for self-defense cost to learn a couple of techniques. I really liked this book.

I'll present this to my husband who's about to enter his class next weekend. He was blabbing about how he doesn't want to end up like a Muay Thai douche bag LOL, since it's a violent sport. He's interested as it works two ways: the sport as a weapon and the sport to lose weight. I got so absorbed with its rich history and intended to find more about it. How to condition one's body, how to increase one's stamina and endurance are just a few of the significant details you'll acquire through this handbook.

Wow! This is a great instructional guide to learn Muay Thai effectively. If you want the skills it takes to be your best, this is where to start. The guides and exercises are very easy to understand and follow. The methods are effective and efficient. This is a great read for anyone who is involved in martial arts or fighting.

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