

Download How To Fight Muay Thai Your Step By Step Guide To Fighting Muay Thai

Muay Thai (Thai: มวยไทย, RTGS: muai thai, pronounced [mʰaʔj tʰɔj] ()) or literally Thai boxing is a combat sport of Thailand that uses stand-up striking along with various clinching techniques. This discipline is known as the "art of eight limbs" as it is characterized by the combined use of fists, elbows, knees, and shins. Muay Thai became widespread internationally in the ...While this might be a great way to entertain fans, it is not a great way to have a long fighting career. Please see my article on the lasting effects of concussions in Muay Thai. While casual fans want to see blood and guts, giving the crowd what they want often means sacrificing your brain cells for the entertainment of the audience. Ben. Ben has been living, training, and fighting in Thailand for the past 5 years. He has competed in MMA, BJJ, Muay Thai, and Western Boxing matches. Since 2011, Ben has been fighting Muay Thai & Western Boxing in Thailand. Ben follows the latest fitness and nutrition research and is especially interested in how it can apply to combat sports to improve a fighter's performance in the ring. You ...Hello, I wanted to ask what is the difference you mention in the beginning of the video between karate and myai thai kicks, its again with the shin and we throw in the kick from hips, rotate the leg and everything.