



Muay Thai (Martial Arts)

Tony Moore

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Muay Thai, or Thai boxing, is one of the most exciting martial arts. This book traces the development of the art from its beginnings to its spread worldwide. The book provides valuable advice on choosing a school, and the etiquette and traditions involved in becoming a student. From the essential Wai Kru (respect to teacher) and Ram Muay (ritual dance), through the basic techniques of punching, elbow, knee and clinching and kicking and on to advanced techniques, this book attempts to answer every question a new student of the art might ask. The book also looks at Muay Thai's effectiveness as a system of self-protection, using the tried and tested methods in use today as a truly awesome contact sport. Also covered are mental and physical preparation for competing in Muay Thai bouts, a summary of the rules, number of rounds and the scoring of bouts.

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