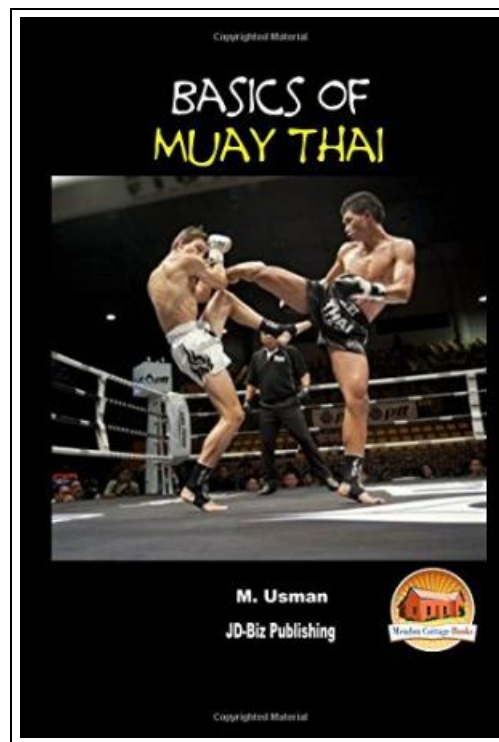


## Basics of Muay Thai



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Starting Out Chapter # 1: Origination of the art of Muay Thai Chapter # 2: Evolution of Muay Thai Chapter # 3: Training/Conditioning Getting Practical Chapter # 1: Attacking Techniques Chapter # 2: Defensive Techniques Chapter # 3: Rules Regulations Chapter # 4: Benefits of Muay Thai Conclusion References Author Bio Publisher Preface There are some people in the world that are extremely fond of sports, such as boxing, kick-boxing, and wrestling, while there are some who require lessons in self-defense to keep themselves safe from violent attacks. This book has been written to help people in every way possible, whether you are seeking educational material or actual help against aggression. This book illustrates the origin of Muay Thai, which is a very ancient and legendary form of contact sport, in a very vast, yet comprehensive manner. This book provides all the information necessary for someone interested in the art of Muay Thai. Soon after Muay Thai originated, it started to evolve, and, with time, additions were made to it that has made it into something more than it was previously. People that are especially fond of action movies are usually die-hard fans of Bruce lee or Tony Jaa, and will really be interested in the sections that cover the areas of attacking techniques and defensive maneuvers, as well. To further improve the reader s knowledge, the rules that should be known to someone new in this field have been explained in an easy manner. Although, there are a tremendous amount of rules surrounding the sport, there are many health benefits, as well. For readers who actually want to pursue the line on Muay...

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