



Basics of Muay Thai (Paperback)

By M Usman, Managing Director John Davidson

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...



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