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Muay Thai: Advanced Thai Kickboxing Techniques

Christoph Delp

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Thai boxing—muay thai—has escalated in popularity in the Western world and is appreciated by its fans as a means of fitness training, competitive sport, and self-defense. Advanced students greatly benefit from internationally known muay thai boxing competitor Christoph Delph's focus on what they must know to win a match. He describes tried and tested fighting strategies and traditional muay thai techniques, and shows how to best counter the opponent's attacks, use the element of surprise, and even bring the match to an early close.

Muay Thai: Advanced Thai Kickboxing Techniques includes sections on:

-Muay Thai as a competitive sport
-The rules of competition
-Traditional ceremonies
-Stars and stadiums
-A professional training program
-Competitive tips and tricks
-Effective countertactics
-Historical techniques
-Training in Thailand

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