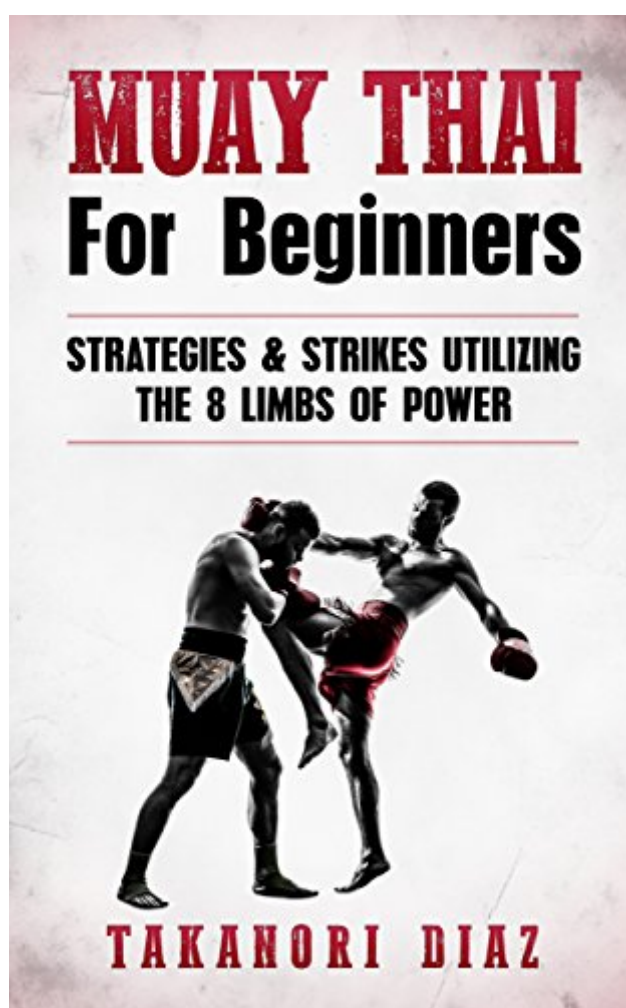


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# Muay Thai For Beginners: Strategies & Strikes Utilizing The 8 Limbs Of Power (MMA, Martial Arts, Self Defense, BJJ)



## Synopsis

Muay Thai For Beginners! 1st Edition (July 2016)The Ultimate Beginners Crash Course To Muay Thai!Are You Ready To Learn How To Train & Fight In Muay Thai? If So You've Come To The Right PlaceMuay Thai is without a doubt one of the most skillful, quickest growing sports in the world! With many striking styles, including punches, elbows, knees and kicks it's a great sport to watch, and even better to be a part of! Improve your fitness, confidence, self defence skills & have fun with Muay Thai. There's a ton of other technical, complicated & drawn out books available out there, when I write it's no BS, no fluff. Just the information you want and need to get started.Here's A Preview Of What Muay Thai For Beginners Contains...An Overview Of Muay ThaiHow To Condition Your Body Before Muay Thai Training Stances, Strikes and the Blocks Used in Muay Thai How to Correctly Throw Muay Thai Punches and Elbow Strikes How to Correctly Throw Muay Thai Kicks and Knee Strikes Blocks, Clinches and other Muay Thai Strategies Simple Muay Thai Drill and Combinations Understanding the Muay Thai Rules and Regulations as a SportAnd Much, Much More!Order Your Copy Now And Let's Get Training!

## Book Information

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## Customer Reviews

Self defense is the right thing to do in the world we are living right now. What I like about this book is it teaches us basic way on how to do self defense in Muay Thai. This is really a good book to learn.

Very good book for beginners! It will even guide you before start with your training. Gives you a bunch of exercises and diet to prepare your body for training. It will guide you through how to utilize the 8 limbs of your body. Gives you combos and counters.

Good read for beginners. I would recommend this to someone who wants to learn about Thai boxing. Some material may require you to watch a video on how it would look.

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