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Muay Thai Classes for Kickboxing

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It is a fighting sport originated in Thailand. Other forms of combat sports similar to Muay Thai can be found in the Indochinese peninsula. The phrase muay comes from the Sanskrit language. Sanskrit is an Indian language. The sanskrit word 'mavya' means " binding together".Itâ€™s also called the Science of Eight Limbs and Art of Eight Limbs. It is given these names because this form of combat sport acquires the use of kicks, knee strikes and punches, elbows. It is not like other combat sports which use just fists, hands or feets. A fighter of muay thai is called nak muay.

Muay thai is seen as a form of kickboxing. Other forms of kickboxing can be found in the Indo-Chinese peninsula. Muay Thai's original name is 'dhoi muay' or just 'muay'. Muay thai was a real combat technique used laregely in the region during wars. It is actually considered a war sport.

Muay thai eventually became a sport in the modern era. In the sport the opponents fought in front of spectator for the audience's entertainment. The muay contests were usually held in temples hence gained quite a bit of popularity hence becoming an important part of local festivals and celebrations. Therefore, it became a local sport an form of entertainment in the peninsula. Muay thai techniques slowly became very common among the locals that the basics were easily known to everyone though not making them experts on this war sport.

Muay thai classes are very common in the Indo Chinese peninsula as it is this regions ancient combat style. The Muay thai classes have become rather mainstream as it is not just a sport of the warriors. Muay thai classes have become also popular because of its relevance in the mixed martial arts training. Mixed martial arts training includes theaching the fighting the art of Muay thai.

Muay thai techniques basically include:

1. Chok

2. Ti sok

3. Te

4. Ti khao

5. Thip

These above listed names are just physical contact points that determine the nature of this combat sport. Chok means to puch. Ti sok means to attack the opponent with the elbow. Te means to harm or attack the fighter infront by kicking him/her. Ti khao means to hit the opponent with the knee. And thip means to attack with the foot.

These are common muay thai techniques taught in muay thai classes. Defence in muay thai combat has been divided six ways. Blocking, redirection, avoidance, evasion, disruption and anticipation.

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