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The Muay Thai Basics and Origins by [James Pollard](#)

Article published on August 3rd 2012 | [Sports](#)

The Muay Thai is a combat sport, or a fighting style from Thailand, in which the opponents are fighting in a ring, and they are allowed to use their fists and feet. This sport is just like the boxing only that the opponents can use their feet. The Muay Thai lessons are not very different from the boxing lessons, because the practitioners are learning how to boxing, and how to use their feet in a combat. These days, the combat sport named Muay Thai is also known as kickboxing and this combat style could be used in mixed martial arts lessons by the MMA practitioners.

The training is very rough, because the practitioners should have a good body building and they are learning how to fight using Muay Thai techniques and after a few lessons the beginners are involved in their first Muay Thai combat. As in the boxing lessons, they Muay Thai practitioners are wearing shorts, boxing gloves and mouth pieces. Also, in the Muay Thai practitioners are allowed to use their elbows and knees.

After learning how to use their hands and feet, the practitioners of Muay Thai are learning how to defend themselves because in this sport is based in repeat blows from every opponent. As in the boxing, to win a Muay Thai match the practitioner could win by the points, or by knocking out the opponent (K.O.). The duration of every round is different from a country to another, so the fighting rules.

This is a combat sport based on focusing, speed, agility, thinking, and evasion and the practitioner who can focus and hit very fast, and also can defend himself against the hits coming from his opponent will certainly win the match. In some countries the hits with elbows are banned and player are no longer allowed to use their elbows, only their knees, legs, and hands.

Those who are mastering the Muay Thai combat style and are ready to start something new, they can easily start the MMA training, where Muay Thai is a very useful combat style.

For those who are ready to practice Muay Thai they should know that this is a rough sport and it involves a lot of training and body building before going into competitions or moving to a MMA gym, but there are a lot of people who are practicing this sport for a long time.

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Article Keywords:

boxing classes, martial arts classes, mixed martial arts training, muay thai training, mma workouts, muay thai classes, muay thai techniques, boxing training gym, mma training gyms, mixed martial arts training gyms, mma training gym richmond va, richmond

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