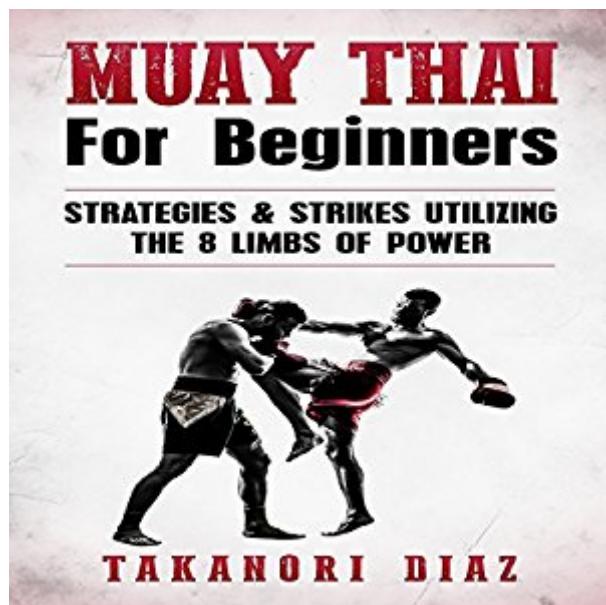


The book was found

Muay Thai For Beginners: Strategies & Strikes Utilizing The 8 Limbs Of Power



Synopsis

Are you ready to learn how to train & fight In Muay Thai? If so you've come to the right place. Muay 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-defense 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 Thai How 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 sport And much, much more!

Book Information

Audible Audio Edition

Listening Length: 1 hourÂ andÂ 57 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Takanori Diaz

Audible.com Release Date: September 7, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01LFGOAS0

Best Sellers Rank: #78 inÂ Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #373 inÂ Books > Audible Audiobooks > Nonfiction > Sports & Recreation #550 inÂ Books > Sports & Outdoors > Individual Sports > Martial Arts

Customer Reviews

I am not the type that likes fighting or engaging in combat. The only reason why i got this book is because i wanted to improve in my defense mechanism especially during the time of danger or under attack. This book was able to show me tips on how to use my upper limbs effectively and also contains pictorial illustration as well. I am glad i read this book, now i can do upper cut effectively.

This has been such an informative book on Muay Thai. I definitely believe that newbies on this sport

will be learning so much from this book. It has given everything little thing an aspirant needs to know. The pictures also added to the complete package of this book. And the topics are all relevant too. Reading this book will surely equip anyone who will be venturing in this rapidly growing sports now.

It is an ancient martial art that originated on the territory of modern Thailand. Thai Boxing, an exciting and manly sport, every year is gaining popularity in the world. The craftsmanship of the Thai boxer is determined by how successfully he owns appliances of various techniques of attack and defence, tactics of their application in real combat cooperation, as well as a certain level of development of moral-volitional, mental and physical qualities. Although this type of martial arts is not for women, but I think for self-defense cost to learn a couple of techniques. I really liked this book.

Iâ™ll present this to my husband whoâ™s about to enter his class next weekend. He was blabbing about how he doesnâ™t want to end up like a Muay Thai douche bag LOL, since itâ™s a violent sport. Heâ™s interested as it works two ways: the sport as a weapon and the sport to lose weight. I got so absorbed with its rich history and intended to find more about it. How to condition oneâ™s body, how to increase oneâ™s stamina and endurance are just a few of the significant details youâ™ll acquire through this handbook.

Wow! This is a great instructional guide to learn Muay Thai effectively. If you want the skills it takes to be your best, this is where to start. The guides and exercises are very easy to understand and follow. The methods are effective and efficient. This is a great read for anyone who is involved in martial arts or fighting.

[Download to continue reading...](#)

Muay Thai for Beginners: Strategies & Strikes Utilizing the 8 Limbs of Power
Thai Cooking: Cook Easy And Healthy Thai Food By Thai (40 years experience of cooking)
Muay Thai: Peace, At Last
Corporate Finance: Corporate Finance Guide To Understanding Corporate Finance With Strategies For Business Owners For Utilizing Corporate Finance Including ... Finance Business, Theory And Practice)
Heavenly Thai Recipes: Thai Cooking Made Simple
True Thai: The Modern Art of Thai Cooking
Everyday Thai Cooking: Quick and Easy Family Style Recipes [Thai Cookbook, 100 Recipes]
Anatomical Guide for the Electromyographer: The Limbs and Trunk Beginning Power BI with Excel 2013: Self-Service Business Intelligence Using Power Pivot, Power View, Power Query,

and Power Map Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 Day Trading Strategies: A Beginners Guide To Day Trading (Day Trading, Trading, Day Trading Strategies, Day Trading Books, Day Trading For Beginners, Day Trading Stocks, Options Book 1) Forex: Strategies - Best Forex Trading Strategies For High Profit and Reduced Risk (Forex, Forex Strategies, Forex Trading, Day Trading Book 2) Trading: 6 Manuscripts + 8 Bonus Books - Forex Guide, Day Trading Guide, Options Trading Guide, Forex Strategies, Day Trading Strategies, Options Trading Strategies Options Trading: Strategies - Best Options Trading Strategies For High Profit & Reduced Risk (Options Trading, Options Trading For Beginner's, Options Trading Strategies Book 2) Options Trading: Strategies - Best Options Trading Strategies For High Profit & Reduced Risk (Options Trading, Options Trading For Beginner's, Options Trading Strategies) (Volume 2) Options Trading Successfully for Beginners: Making Money with Options in just a FEW HOURS! (Investing Basics, Investing, Stock Options, Options Trading Strategies, Options Strategies, Book 1) Forex: Beginners Guide - Proven Steps and Strategies to Make Money in Forex Trading (FREE Bonus Included) (Forex Trading, Forex Strategies, Passive Income, Affiliate Marketing) OPTIONS TRADING for Beginners: Basic Guide to Crash It with Options Trading (Strategies For Maximum Profit - Option Trading, Stock Exchange, Trading Strategies, Tips & Tricks) DAY TRADING for Beginners: Basic Guide to Crash It with Day Trading (Strategies For Maximum Profit - Day Trading, Stock Exchange, Trading Strategies, Tips & Tricks) Penny Stocks: A CherryTree Style Trading Book (penny stocks for beginners, penny stocks for beginners, penny stocks guide, penny stocks investors guide, penny stocks strategies, penny stocks trading)

[Dmca](#)