

CHERNG MUAY

Cherng Muay means methods of the usage of fists, feet, knees and elbows (in Muay Thai art) as the skills of attack defense. Cherng Muay are divided into four methods (4 Cherng);

Cherng Mad 15 Cherng

Cherng Sok 24 Cherng

Cherng Khao 11 Cherng

Cherng Thao 15 Cherng

MAD 15 Cherng

KA JIG KHAI

The boxer throws the straight left or the swing left first to the chin, nose, or the eyes of the opponent. Then hurry to attack with another trick. This trick used for attack, defense, or escape.

To protect: the straight fist: Throws the right punch, if to protect the swing fist. Moves the right arm to right side.

To counter: throws the right knee to the left rib of the opponent.



PRAPAI LOM SINGKORN



Straight fist and follow with another trick.

The boxer throws the straight right punch and twists the body by that punch, stepping the right foot forwards (the boxer must consider about the distance); the target is the chin or the heart of the opponent. This trick used for attack, defense or escape (if for attack use both left and the right alternately)

To protect: brushes it with the fist or the arm which in the front, If the boxer is a right handed, fighter use the left fist or the left arm, to wipe the punch out to the left side.

To counter: throws the tiptoe to the opponent's abdomen to prevent the punch, if the boxer is a left handed fighter do opposite.

- ❖ The straight punch, also known as 'Phaprai Lom Singkhon,' is one of the heaviest punches in all of Muay Thai. It can be used in attack and defense. If used properly, it can stop your opponent right in his tracks. However, if used at the wrong moment it may put a boxer in a difficult situation because if the punch misses the target the boxer will have wasted a lot of energy and will be left exposed to a counter attack.
- ❖ The strength of this punch comes from moving the foot forward and from the transfer of force from the leg to the moving body and finally to the fist. To further enhance the power in this punch the boxer must twist his hips, waist, and shoulder while punching. The result is a very powerful blow that draws upon (a) the boxer's weight, (b) the muscles of the feet, legs, hips, waist, and shoulders, and (c) the proper technique in releasing the punch for its forcefulness.
- ❖ For a right-handed boxer, the basic stance is with the left foot forward. From this stance, the left foot slides forward. At the same time, the boxer pushes off the ball of the right foot, pushing his body forward. Next, the boxer should turn his hips and right shoulder toward the opponent, twisting the waist simultaneously. Pivot around the torso, straighten the right arm, and release the punch. When releasing the punch, the fist can be either at a right angle, open, or closed, with the arm fully extended and the elbow locked as the target is hit. To ensure maximum efficiency, the fist must be in a straight line as if punching through a wall. Maximum power is achieved once the left shoulder is in line with the hips at the completion of the punch.
- ❖ Note that the chin should be tucked in at all times, and the head should move from right to left along with the punch. Do not lower the left arm while delivering the punch as this will expose the body to counter attack by the opponent. Do not show in advance, by moving your hand backward, that you are going to throw a straight punch. After delivering the straight punch the fist must be returned quickly to the guard up position.
- ❖ There are also two other versions of the straight punch. First, there is the straight punch throwing the whole body. This straight punch uses the force of gravity thrown in the perpendicular plane. The boxer throws himself forward and the momentum of his falling body is added to the punch making it very powerful. To practice this punch, start by standing at ease with guards up. Then move either foot forward and use the rear leg to push the body forward, similar to falling forward, towards the target. The momentum from this movement is transferred to the arm and fist, giving the punch its characteristic power.

- ❖ The other version of the straight punch is the over the shoulder straight punch. This punch is released by a sudden jerking and twisting of the body. It derives its power solely from the muscles and is less powerful than the other versions of the straight punch. It is best used in close fights and emergencies. To practice this punch, when a punch is thrown with the left hand, the right hand is automatically jerked backwards. As a result, the muscles of the shoulder, back, stomach, waist, and the two legs will work together transferring the weight from one side of the body to the other. This twist of the body prepares one for an over the shoulder punch with the right hand. This twist should be practiced so that one is comfortable throwing the over the shoulder punch using the twist of the body and the corresponding transfer of body weight as the source of the punch's power.

Defending

1. Protect with the fists and move away.
2. Lower the body.
3. Brush to the left.
4. Brush to the right.
5. Counter with a kick.
6. Counter with a punch.
7. Move to the side and thrust kick.
8. Move to the side and knee.
9. Move to the side and elbow.
10. Move to the side and kick.

WANORN HAK DAN

The boxer throws the transversely punch (from right to left) to the opponent's jaws or the rib. This trick is used for attack, defense or escape.

To protect wipes the left-hand back.

To counter: throws the straight right punch to the opponent's chin and strikes the left knee to the opponent's right rib. If the boxer is the left fighter, reversed the descriptions from right to left.



PRAKAN PERD LOK

Turns front side punch

The boxer steps, with the right foot and strikes the right uppercut to the opponent's chin. This trick is used for defense or escape.

To protect wipes the left hands down and leans the head back.

To counter: strikes the left tiptoe to the opponent's abdomen and throws the elbow, to the opponent's face. If the boxer is a left handed fighter, reverse the descriptions from right to left.



KHOK NASA

The bent fist

The boxer turns back the punch, bends the elbow and the inner wrist, twists the body to the left and steps forwards then throws the back punch down at the opponent's nose or the left jaws. This trick used for attack.

To protect hold up the left hand and wipe over, then sway back at the same time.

To counter: throw obliquely the left-knee to the opponent's right

Rib, if the boxer is a left handed fighter, reverse the descriptions from right to left.



INTRA KWANG JAK

Throw the lengthily punch

The boxer holds up the right fist in the front, straighten the arm, steps the right foot forwards then strikes the punch down to the neck or the nose of the opponent. This trick, is used for attack, defense, or escape in the distance of fists.

To protect move the straight left hand above the head.

To counter: throw the left swing kick to the opponent's right rib, if the boxer is a left handed fighter, reverse the descriptions from right to left.



PRALAK HAM PON

The uppercuts

The boxer steps the right foot close to the opponent, and throws the right uppercut up to the heart or the abdomen or the rib of the opponent. This is used for attack which is close up to the body and used for defense immediately attacked.

To protect: wipe the punch to the left by the left arm, twist the body to the right, turn the side to the opponent and hold on to the left elbow to guard the left rib.

To counter: throw the left knee to the rib or the abdomen of the opponent, if the boxer is a left handed fighter, reverse the descriptions from right to left.



Uppercuts are the only punch that it's safe to throw with either hand. But, that is only if you are throwing them from the inside. An uppercut thrown from the outside is very bad mistake to make. It leaves you vulnerable to numerous counters. I cannot stress enough that if you are going to throw an uppercut, throw it from the inside! Like the other punches, you don't only use your arm when throwing an uppercut. The power from an uppercut comes from the lifting motion, and you lift with your legs. You use very little arm movement. Bringing your hand back to throw and uppercut leaves you very vulnerable. So remember to use your legs to get the desired power. Uppercuts can be very dangerous, because they are hard to see coming if you throw them right. If your opponent has his head down, looking at your feet, an uppercut is a very effective punch. Following a right uppercut with a left hook is one of the best combinations you can throw.

PAJON CHANG SAN



Throws the punch and kick at the same time

The boxer throws the right punch to the opponent's chin and swings the left kick to the opponent's rib. This trick is used for attack; defense or escapes with the opponent who work with wided angle guards.

To protect: wipe back both of the fists of the opponent then turn right and press down the right elbow to guarded the opponent's kick.

To counter: throw the left foot. Or left shin to the opponent's rib.

If the boxer is a left handed fighter reverse the descriptions from right

HANUMAN THAWAI WAEN

A pair of upper-cuts

Throwing both uppercuts to the opponent's chin and jumping to strike the knees to the chest of the opponent uses this movement. This trick, is used for attack, defense, escape or while the opponent was careless.

To protect jump back to escape from the distance of punches and move the elbows to cover the abdomen.

To counter: throw the right swing kick to the opponent's left leg or throw the tip of foot then follow by another trick.



LUANG DAN HERA



Throws a punch and the knee at the same time

The boxer throws the right swinging punch to left jaw and at the same time strikes the knee to the right rib of the opponent. This trick, is used the same as KON PAJON CHANG SAN

To protect: wipes the opponent's punch by the left arm and sways to the right side then covers the right rib with the right elbow.

To counter: use the knee as PAJON CHANG SAN

ONGKOT KUANG PRAKAN

Twirled fists

This trick is used when the opponent fights and steps back to escape at the same time, in the distance of the punches throw them both, left and right punches to the opponent's jaws.

To protect guard both left and right hands to cover both sides of the jaws.

To counter: throw the right or left tip toes to opponent's abdomen.



Lead Hand Hook

Usually boxers lead hand is his left hand, so use term “left hook” instead of “lead hand hook” if it’s closer to Western Boxing terminology and you are fond of it. If by any means your lead hand is your right hand (may be you are southpaw or may be you are ambidextrous), then reverse the descriptions from left to right and tread lead hand hook as right hook.

It's seen only from the peripheral vision. You see the body torque, then impact. If you don't have that right hand up by your chin, it's light's out. Cracking the jaw, the head is twisted; the brain becomes disconnected from the body, which falls like a load of potatoes.

It's a foundation knock out punch.

How is this punch thrown? With a lot of practice! As I was taught the punch, the rear hand is tight, hand against the rear side of the chin. It begins with the hips, solidified by the lead foot that bears 90% of the weight. The torso torques, the elbow lifts, the forearm makes a right angle with the lead arm, the palm is facing the mat, the chin is tucked by the lead shoulder, the rear hand against the rear chin. The power is generated from the hips and torso, connected tightly to the right-angled lead arm that confesses the whole body's power at the moment of impact.

You've got to work the body united with the punch 10,000 times under a trainer's watchful eye to get it right.

Throwing a lead hook the proper way is one of the hardest things for a beginning fighter to do. It is not a natural motion that we use in every day life. Unlike the jab and the cross, which are similar to grabbing something, the lead hook is unlike any motion we make in our everyday lives. For this reason, it is probably the hardest punch to throw. But be patient with it, because a properly thrown lead hook is one of the most lethal punches in a boxers arsenal.

Like with any other punch, you want to remember to use your entire body when throwing it, from your shoulders and hands down to your feet. I'm going to use a persons feet as the starting point of throwing a lead hook. Remember that all of the motions I am about to describe come simultaneously. Turn your lead foot inward, while throwing your hook. You don't have to turn it much, but that little inward movement of your feet adds to the power of your hook. I am now going to move up to your hips. Turn your lead hip inward in the same motion as you turn your foot. Using your hips when throwing a lead hook multiplies the power of a hook ten fold. I am now going to move to your shoulder. Again, turn this, the same way that you turned your hip and foot. Realize that you haven't used your hand in any of these motions yet. Practice turning your lead foot, hip and shoulder inward at the same moment.

Now, we are going to put the final piece on throwing a good lead hook into the puzzle. Your lead hand should come across your body, stopping at the middle of your opponent. Your elbow should not come up too much. I see a lot of people over exaggerating how much the lead elbow should come up. Your elbow and your fist should not be parallel. For one, it leaves your body open to crosses when you do this. The second reason is it makes you vulnerable to a simple push on your lead elbow that leaves you off balance. The reason you don't follow through with a lead hook is because if you follow through and miss, you're very off balance, and balance is the key to Muay Thai boxing. It keeps you from being hit, and it has you in a position to hit. It is nice to finish every combination that you can with a lead hook, because it brings your body back into position.

Lead Hook To The Head

Hands up. Elbows in. Chin down.

We'll work it from a forward bob position, immediately after a cross. There are many positions from which you can throw it, and many variations of the hook, but we'll look at a standard horizontal lead hook at chin level.

Shift your weight onto your back foot as you turn out your lead heel. This is where the power comes from.

Do not draw the hand back to throw your hook. This will telegraph the blow.

Lead shoulder and lead hip turn in virtual unison as your weight is shifting onto the rear leg.

Tight fist. *THERE IS NO WRIST IN A HOOK*. Lock the wrist, lining up your fist with your forearm.

Throw the hook in a tight arc. The range of your hook -- how far away the target is -- determines whether you use a horizontal or vertical fist. The rule is as follows: if the target is outside your elbow range, then use a vertical fist. Inside elbow range, then horizontal fist is all right. Don't confuse the two, though, for if you throw a hook with a horizontal fist outside your elbow range, you'll break your pinky and ring finger knuckles and/or the pinky carpal at the wrist.

Hide your chin inside your shoulder as you hook.

After your hook follows through the target, it converges in an ever tighter arc back to your guard position. Don't take wild swings with your hook. Once it has done its job, it comes back home.

Two simple rules for throwing the hook which I always tell my students are "crushing peanuts, and come here". The "crushing peanuts" is what your lead foot does as you shift your weight. The "come here" is like you're motioning with your arm for someone to come over to you.

There are other hook variations -- ascending, long range, shovel, slightly descending over the shoulder, etc. -- and they all follow the principles and mechanics outlined above.

Also, you will want to make sure your rear hand stays up and in -- "talking on the telephone" -- to cover the other side as you throw your hook. It's very very important. Shadowboxing in front of a mirror will help you watch and develop your form, and show you where your openings are. You want to know the openings you're giving before getting out on the floor with a good banger and finding out the hard way.

The focus mitts and heavy bag will also give you valuable feedback about your hook. You will feel whether or not your power and snap are in the punch. When you get the hook right, it feels relatively effortless as you throw it, but the person wearing the focus mitt will feel like you just hit the mitt with a baseball bat. It is a very powerful punch.

Again, probably the most important single aspect of the hook is the shift of weight. You must shift your weight when you hit. The rule is to hit with what you weigh. The hook is a prime example of this.

This takes care of physical execution. But it says nothing of how you would apply it. There is a definite method to landing your hook. It has everything to do with the opponent's placement and motion, and your own momentary posture. I'll post some information on landing the hook later on, if anyone is interested in knowing.

Lead Hook To The Liver

There is nothing that slows down your opponent quicker than a well placed body punch. There are some fighters that you can hit in the head all day and no punch you throw will hurt them, but move your attack downward, and start working on their body, and your bound to start hurting even the toughest guy. A lead hook to the body is one of the easiest ways to stop and opponent in his tracks. You can take a slight step to your side and let it fly, or you can dip inward, and throwing a short half jab/hook to the inside. Either way is very effective. A lot of the great fighters like to throw the hook from the outside to the liver. This is a very, very devastating shot. But, you can also get to your opponent's liver from the inside. So remember that you have more than one option when you want to get that punch in. Sometimes when facing a good defensive fighter, you have very few options on where to hit him, so don't make it any harder than you have to, by ignoring areas that are legal to hit.

For the inside lead hook, dip forward, weight on the lead leg. Don't lift the elbow. Shoot the punch in with the same basic body mechanics and go for the liver.

If you take the time to add it to your arsenal, and do it with purpose and conviction, trained by someone who knows how to throw it, people will fear you and it.

An inside lead hook to the opponent's body should be thrown with the palm as follows: 45% between vertical and palm up. Why? The optimal inside lead hook hits the liver. The liver is just under the right side of your rib cage. You should try to dig it under and up.

The hand positioning of the inside lead hook to the body should never be the same as the outside lead hook to the chin. The inside lead hook is a "digging up" motion, whereas the outside lead hook is a "crunching across" motion.

NAKA PON FAI KAN

Cross switch punch

The boxer throws the left uppercut to the opponent's abdomen, steps to the right to throw the straight right punch to the opponent's chin and follows by throwing the left punch to the opponent's chin. This trick is used for attack.

To protect escapes from the distance of the punch by stepping back and throwing the left foot to the opponent.

To counter: if the opponent is close to the body deliver the right knee to the opponent's abdomen. If the boxer is a left handed fighter reverse the descriptions from right to left.



HAK DAN LOM KROD



Throws the fists and elbows

The boxer throws the right punch to the left jaw of the opponent and keeps on the right guard then strikes the elbow to the same target or to the opponent's neck at the same time. Then throws the swinging back elbow to the opponent's chin again. This trick is used for attack, defense and to escape.

To protect wipes the opponent's punch to the left side by the left arm or throws the tip of foot to the opponent's abdomen.

To counter: strikes the right kick to the opponent's rib.

If the boxer is a left handed fighter, reverse the descriptions from right to left.

RUESEE LUEM YAN

The unreal fists

This trick can be used to fight with both of left or right handed fighters and also can use both left and right punches by pushing out the right but throwing the left punch. Hold the right fist in the action of throwing but stop it let the opponent escape by swaying to his right side then throw the left punch to the opponent's jaws. The user can change to other targets.



HANUMAN JONG TANON



Throws the back punch from above

The boxer bends the right elbow's joint until the right fist stay at the ear level while the left fist is oblique to the front then sways to the left and throws the right punch to the opponent's nose. This trick is used for defense.

To protect jumps back and throw the left kick to the opponent's chest or abdomen. If the boxer is a left handed fighter, reverse the descriptions from Right to left.

SOK 24 Cherng

POONG HOK

Front elbow

The boxer throws the left elbow while holding the lower part of the arm near the left ear to the opponent's rib. Use this trick for attack or defense.

To protect: throws the left fist for wards, pulls down the right elbow to guard the right rib.

To counter strikes to the opponent's abdomen. If the boxer is a left handed fighter, reverse the description from right to left.



SOK FAN NAH

Strikes the front elbow

The boxer uses the right elbow by bending the arm and inner wrist while the front hand is on the shoulder then throws the elbow to the opponent's face or the clavicle. This trick is used for attack, defense or escape.

To protect holds on to the left arm.

To counter: throws the shin or the knee to the opponent' right rib, or strikes the left foot to the opponent' s abdomen it.

If the boxer is a left handed fighter, reverse the descriptions from right to left.



- ❖ The elbow chop, or 'Sog Fan Nah' in Thai, is also called 'Tarnng Pa' in MuayThai. The name Tarnng Pa is derived from an ancient farming technique used to clear fields before harvesting season. Tarnng Pa describes the swift swinging of the sickle when clearing fields, an action that is similar to that of the swift movement of the elbow in the elbow chop. The elbow is like the sickle; the Tarnng Pa is the actual chopping motion. In this move, the elbow must be delivered in a diagonal direction moving from a high position downwards.
- ❖ Of all the elbow attacks used in MuayThai, the elbow chop is the most fundamental. There are, however, many other elbow attacks that are used, for instance: the elbow strike, the elbow fling, the elbow uppercut, the elbow prop, the elbow hit, the elbow stake, the elbow nudge, the reverse elbow, and so forth. In MuayThai, the elbow is the shortest of all weapons and is extremely useful in close quarter fighting. The elbow is the hardest and sharpest point of the body and causes great pain, swelling and cuts when it strikes one's opponent. The most effective target areas are the head, face, chest, and ribcage.
- ❖ The elbow chop can be used in many situations. To counter a punch you can either deliver a straight punch, sway outward and then deliver an elbow chop, or you can deliver a straight punch, sway inward and throw an elbow chop.
- ❖ The elbow chop can also be used to counter a kick. There are four ways to do so. First, you can push the leg and return with the elbow chop. Second, you can block and hold the kick and deliver the elbow chop. Third, you can block and hold the kick and then turn and do the elbow chop. Fourth, you can block, hold and pull the leg and then retaliate with an elbow chop.
- ❖ You can also counter an elbow with an elbow chop. Here are some ways to do so: Block and counter with an elbow chop; attempt to deliver the elbow chop before the opponent can strike; sway out of reach and then retaliate with an elbow chop; Sidestep away and return with an elbow chop.
- ❖ The elbow chop is also a useful counter attack to knee strikes. Use it to good effect when your opponent is trying to hold you so that he can deliver the knee.

Defend against the elbow chop

Since the elbow is a close quarter fighting weapon, the best weapon to use to counter it is the knee. Here are some methods to counter the elbow chop by using the knee

1. Sway out of reach and return with the knee.
2. Move back out of reach and return with the knee.
3. Sway outward and return with the knee.
4. Block with the hands or arms and return with the knee.
5. Hold and pull the arm and then return with the knee.
6. Block the elbow while simultaneously attacking with the knee.

PRA YAIKAE

Swinging elbow

The boxer swings up the tip of the right of elbow to the opponent's jaws and steps the right foot forwards. This trick is used for attack, defense or escape.

To protect wipes the left arm or throws the left arm to the left.

To counter: does the same as the tricks in SOK FAN NAH (strikes the front elbow). If the boxer is a left handed fighter reverse the descriptions from right to left.



Swinging elbow (Horizontal Elbow)

From the basic stance, lower and pull in the hand of the elbow with which you will strike. Raise your shoulder on that side as high as possible to compensate as guard. Your body motions should be the same as for the hook punch except that you must strike with the point of your elbow rather than with your fist. The elbow strike is also done at a closer range than the hook.

Again, your hips, shoulders and feet move simultaneously in coordination, otherwise, you will not gain the maximum potential power for this attack.

When using the elbow attack, your elbow should be between 45 and 90 degrees angle away from your head. You must hit with the sharp tip of the elbow bone and not the bottom of your forearm. You will want to hit with the bone ridge located toward the inside of your arm.

You must lean your body away with more emphasis than for the hook to make impact with your elbow bone while maintaining correct body position.

When using the horizontal elbow, it is important to first clear the path and remove his guard because an experienced Thai boxing opponent always keeps his guard up. If your opponent does not drop his guard, you must strike down his guard arm and then strike with your elbow.

On the elbow strikes, try to hit your target with just the sharp point of the bone so that it barely yet forcefully makes contact. This is the blow that will cut your opponent's face. It is best to use this technique to strike his forehead, eyebrow, or cheekbone. After completing the elbow strike, snap your elbow back next to your ribs and bring your hand to your face to block a counterstrike. When you use the elbow, it is important to follow all the way through with your target.

Since the body is already turned after the elbow is thrown, it is possible to bring the elbow back upwards and strike again as the fighter returns to the basic stance.

Twist your body back into position and allow the elbow to follow the same path as you return to your stance. Your hips, shoulders, and feet should all move at once. You should try once again to hit with the sharp elbow bone to cut your opponent's face with the bottom of your elbow for a knockout.

NGAE LOOK KANG

The boxer uses the right elbow which is bent straight and turns the forehand into the right shoulder then steps the right foot towards. Throws the right elbow up to the chin. This trick is used for escape.

To protect: wipes the right fist or right arm down, or strikes to the opponent's abdomen with the right foot

If boxer is a left handed fighter reverse the descriptions from right to left



THANG PA

The invert elbow

The boxer uses the right elbow. Raises the elbow-joint up while pressing the fist down. Throws the right elbow to the opponent's bridge or the forehead from high to low then steps forwards close to the opponent's body. This trick is used for attack.

To protect raises the diagonal left arm to counter.

To counter: throws the right knee straight to the opponent's chest.

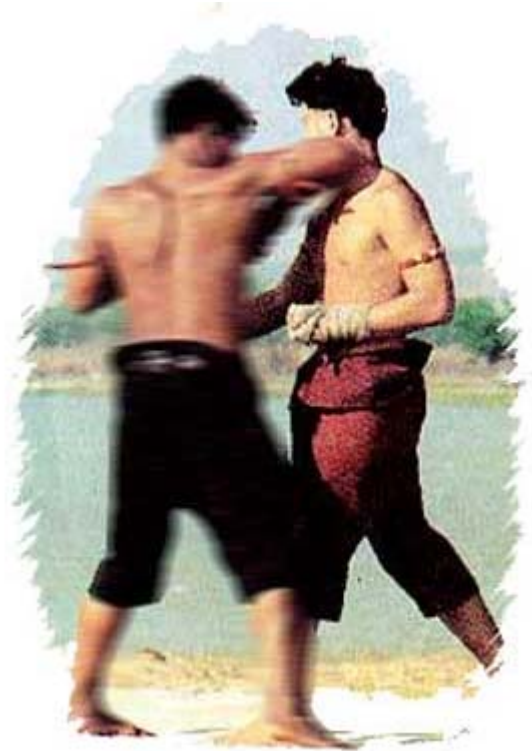
If the boxer is a left handed fighter reverse the descriptions from right to left.



FA LAN

The boxer bends the right elbow-joint a little and throws it to the opponents face then steps the right foot forwards. Turns the body and steps the left foot to the opponent's body. Throws the left elbow to the left side of the back ribs. May-be throwing it to the opponent's abdomen again. This trick is used for stepping back to defense.

To protect: raises up the left arm to block it, At the same time swings the left knee the opponent's rib, or strikes to the opponent's abdomen with the right foot, Then follows by the same trick. If the boxer is a left handed fighting reverse the descriptions from right to left.



KHACHA TOKMAN

Strikes the swing back elbow

This trick is similar to the trick in SAI LUEW LANG (Sok Chieng Lang: skew back elbow) but throws the elbow straight to the opponent's face. This trick is used when the opponent just to attack.

To counter: throw the straight right punch to the opponent's chin or the neck.

To protect wipes up above the head with the left arm or raises it to guard.

If the boxer is a left handed fighter reverse the descriptions from right to left.



YAN PAYAK

The boxer bends the left elbow while turning the tip of the fist to the right. Strikes the left elbow to the opponent's chin or Adam's apple then embraces the opponent's chin or Adam's apple then embraces the opponent's neck which leaves the head bent back and throws the right elbow to the opponent's face again. This trick is used for defense.

To protect raises the right arm to wipe in the right side and blocks the opponent's right elbow by raising the left hand up.

To counter: throws the right knee straight to the opponent's left rib, or throws both of the knees alternately to the opponent's abdomen.

If the boxer is a left handed fighter, reverse the descriptions from right to left.



JAK NARAI

Swinging back elbow

The boxer bends the right elbow in to the front and overturns the hand to the backhand. Holds on to the right arm at the level of the opponent's chest or chin and turns the body back to the left the weight on the left foot, then swings back the right elbow to the opponent's jaws or chin. This trick is used for defense or escape.

To counter: inserts the left or right hand in the opponent's arm and pulls down the opponent's neck in the front with the other hand, then throws the knee to the opponent's face or chin.

If the boxer is a left handed fighter reverse the descriptions from right to left.



SAI LIEW LANG

This trick is used when the fighter attacks with the right fist, kick or elbow and misses the targets then does not take it back to the same place as the beginning. He has turned the right side to the opponent; you could do like this; holds the diagonal elbow by the right with the lower part of the Right arm level of the chest and swings back to the opponent's chin or Adam's apple. This trick used when the opponent rushes in.

To protect wipes to the left with the left hand and sways the head to the right.

To counter: throws the powerful left foot to the opponent's calf by swinging it to the right. (Beware of the opponent's left elbow)

If the boxer is a left handed fighter reverse the descriptions from right to left.



KWANG SABAD NAN

Shakes elbow

This trick can use both elbows. Use when one loses the balance of the body and is put under the opponent's armpits such as under the left of armpit; push the left arm and the head out to the backside of the opponent. Insert the left foot between the opponent's legs while the right foot stays behind, the right arm lies on the right leg, bend the elbow-joint then twist the body to swing back the right elbow and strike the left knee to the opponent's left leg while his face is bent down strike with the right elbow

To protect hold on to the elbow and the right arm to guard

To counter: duck the body and pull down the opponent's head with left arm, bend the right elbow and turn back by the left then strike the right elbow to the opponent's face.



PASUTHA SATAN

Beats alternately with both elbows

The boxer throws both of the elbows, left and right alternately the same as the trick in SOK FAN NAH (SOK FUN NA: strikes the front elbow) then steps the right foot towards the opponent, if he escapes by stepping back follow him by throwing the left elbow by turning the body back and strike the opponent's chain or the left ribs. This trick is used for attack defense or escape.

To protect throw the knee to the opponent's rib.

If the boxer is a left handed fighter reverse the descriptions from right to left.



YAN YOTHEE

Presses the elbow back

This trick is used when the opponent attacks from behind, by striking back with the left or the right elbow which pushes out the opponent to sway back then throw the swinging back elbow to the opponent's abdomen or rib. This trick is used when the opponents rush to enfold the back of body.

To protect: Hold up both hand guards, both elbows protect the chest and abdomen, both fists protect to the neck.

To counter: throw the right or the left kick to the opponent's leg which puts off his balance.



AKKEE SONG SANG

Throws the elbow and the punch

The boxer throws the uppercut-punch to the opponent's face, and strikes the right elbow to the opponent's rib. Use alternately left and right to counter the attack.

To protect: wipes the opponent's left punch down with the right Fist, blocks the opponents elbow with the left arm then twists the body to the right and blocks the opponent's left knee with the hip.



KAMPANG POOPA

Swinging back elbow alternately

This trick is used when the opponent attacks from behind. Throw back the elbows while the other one swing back to the opponent's face and the either one swings back to the opponent's abdomen in alternate actions by quick speeds. This trick is used when you lose balance or throws the punch to the opponent and misses the target.

To protect: step very close to the opponent all the time.

To counter: insert the arm under the opponent's armpits and bend the opponent's neck down aside by pressing the inner wrist then throws up the knee to the opponent's chin or face.



NAKA KAB HANG

Throws elbows and knees

The boxer throws the right elbow to the opponent's face and strikes the opponent's right rib with a knee at the sometime. This trick is used for attack or defense.

To protect: blocks the opponent's right elbow by raising the left arm, and sways the body to press down the right elbow to guard the right rib in order to press against the left knee of the opponent

To counter: throws the straight knee to the opponent's abdomen



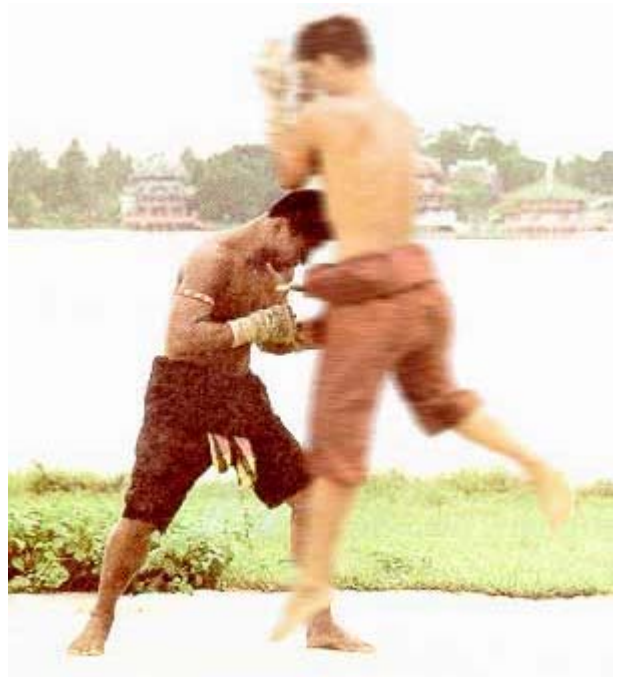
CHANG PRASARN NGA

Jumping to attack uses this trick, which is similar to the trick in CHUEY KANG (Kao Koo) but changed to use the knee or the elbow (Choose one of them) to attack the opponent's abdomen: This trick is used for attack defense or escape.

To protect: steps back and block the opponent's abdomen, This trick is used for attack defense or escape

To protect: steps back and blocks the opponent's elbow with the left arm then guards the opponent's knee by raising the right arm.

To counter: strikes to the opponent's knee or abdomen with the right foot to put off his balance then uses other tricks such as, hit by the straight punch or by the front elbow.



SUDAN NAKA



Throws the elbow to the back

This elbow trick is used when the opponent attacks and puts his head under the armpit. If put under the left armpit, step the left foot inside between the opponent feet, sway the body to the left and press the opponent's head down while striking the knee to the opponent's left knee, so he loses his balance and bends the head down to the front Then throw the swinging back elbow to the opponent's face while turning back to follow the elbow at the same time.

To protect raise the right arm up to cover the face.

To counter: use the elbow trick in KWANG SABAD NA (Sok Salad: shakes elbows)
If the opponent is put under the left armpit, reverse The descriptions from right to left

YOTHA KLUEN TAP

The boxer uses the left elbow. Bend the left arm with the tip of the back fist pointed to the right arm while holding on the right arm which turns to forehand and the tip of the fist pointed to the back then twist the body to the right a little. Then throw the power of both elbows to the opponent's chin or Adam's apple. This trick is used for defense or escape.

To protect: jump away from the distance of the elbow and knee

To counter: strikes the foot to the opponent's chest then use another trick. If the boxer is a left handed fighter, reverse the descriptions from Right to left.



YAN SONG KORN



Throws the elbow to the back

This elbow trick is used when the opponent attacks close to the back of the body. Use the left and right elbows to strike back alternately to the opponent's abdomen or to the left or to the right of the ribs. While striking the elbows be sure that the tip of them oblique a little to the back.

To protect: enfolds the arms to or the chest very tight.

To counter: insert the hand under the opponent's armpits, catch the opponent's necks with that hand and pull down one side then throw up the one of the knee to the opponent's chin or face.

KON TEE THANG

To plant the elbows

These elbow tricks used when the opponent lose his balance and steps in. If the opponent steps in to the right: strike the right elbow to his back. If the opponent steps in to the left: strikes the left elbow to his back. If he steps in the front: strikes the both of elbows or one of them to the opponent's back or you may also throw the knee to the opponent' chin.

To protect: hold on to both fists to cover your neck and both elbow to cover the chest.

To counter: if you're got the gap or the occasion to escape turn back and throw the left or the right elbow to the opponent's chest.



KWANG PASUTHA

Throws the swinging back elbow

This elbow trick is used when the opponent throws the elbow or the punch and misses the targets, such as: throws the right punch and misses the target then turns up and steps the left foot at close quarters, at the same time strike to the opponent's face with the left swinging back elbow. This trick is used to attack.

To protect: if the opponent strikes with the left elbow, raise the left arm to guard/ if the opponent strikes with the right elbow, raises the right arm to guard.

To counter: throw the toot, which is the same side of the arm that is raise" to guard, to the opponent's rib and throw the opposite elbow to the opponent's neck or head.



RUESEE BOD YA

This elbow trick is used for stepping close to the opponent and striking the straight elbow to the neck of the opponent, then swings it to the opponent's jaws. To protect twist the body and step back to escape from the opponent.

To counter: throw the right or the left knee to the opponent's rib.

You can study this trick by sitting and pitch the left elbow on the table, the tip of the hand pointing to the right side, don't move the elbow then tip the arm up very strong to stand straight. So you will know more of this trick.



NAKA KLUEN GAI

The spiral elbow

This elbow trick is used for defense or escape when the opponent is tacked. By opening both elbows, while tip of both fists are close to each or other, then throw the left and the right elbow to the opponents chin or jaws with power. Each of the elbows may strike to both sides

To protect: hold on to both arms to guard to both jaws.

To counter: strike to the opponent's abdomen with the tip of foot-

To protect: hold on to both arms to guard to both jaws.

To counter: strike to the opponent's abdomen with the tip of foot



Muay Thai's Elbow Basics

Probably the most feared of all techniques in Muay Thai are the Elbow Strikes. One well placed elbow can (and does!) end a fight during any round.

There are a number of different strikes from numerous angles. I will try to discuss the most commonly used elbow strikes.

A few bullet points first

- ❖ When you strike with the elbow, you ideally want to hit with the sharp pointy bone. If you were to hold your arm in front of you as if you were throwing a hook punch, the part of the elbow that you want to strike with is the sharp pointy bone on the bottom. To make sure that you are striking with this part of the elbow rather than flush or with the top part of the bone, you should hold your open palm towards the target.
- ❖ It is of utmost importance that you *KEEP YOUR GUARD HIGH* and tight when executing elbows. If you throw an elbow, rest assured you will be given one (or more) in turn. Keep your guard high so that your wrists are at eyebrow level.
- ❖ *DO NOT REACH* for the elbow strike. With very few exceptions, the elbows should be thrown at "*CLINCH RANGE*". They are designed to be subtle, yet quick and powerful. If you extend to far from your body, they lose power and are easily seen and avoided.
- ❖ Because you are standing very close to your opponent, you must widen your stance to maintain balance. Face it, when that close, your opponent will grab you and try to throw you off balance. Learn to use the elbows *WHILE* clinching... find your opening and strike quickly!
- ❖ Keep your elbow glued to the side of your body for as long as possible when executing an elbow strike. This makes the elbow harder to see coming. Also, the closer the elbow is to your body (center mass) the harder the strike will be. (this is some physics principle that I've heard of but am unable to quote. I do know that this technique works though...)
- ❖ *KEEP YOUR CHIN DOWN AND YOUR SHOULDERS UP!!!*

HORIZONTAL ELBOW STRIKE: Thrown the same exact way as a hook punch in boxing. Make sure that **BOTH** feet rotate.

UPPERCUT ELBOW STRIKE: This elbow is best used to defend against a punch. Step inside the punch, bending you legs a bit (just like Mike Tyson does when he's loading an uppercut). Bring the elbow straight up as you straighten your legs *ALL THE WAY OVER YOUR HEAD!* Keep the arm bent. Your hand should reach back and practically be touching your shoulder. As you straighten up and execute this elbow, you should rotate your body sideways to get the extra torque into the strike.

VERTICAL or DIAGONAL ELBOW STRIKE: This strike is one of the hardest to learn, yet the most effective. Most people are aware that a Thai boxer uses the Peek-a-Boo guard. If you throw a horizontal elbow, you only hit his guard. What you want to do in this case is throw your elbow so that it comes straight down the middle, in between his guarding hands. In many ways, this elbow is similar to the horizontal elbow, except that you lean over your opposite knee as you throw. For example, you are in an orthodox stance (left-side forward) You wish to throw the right handed **DIAGONAL** elbow strike. Step with your left foot sideways as you lean your upper body over your left knee. Throw the elbow as you are leaning so that the otherwise **HORIZONTAL** elbow is now striking **VERTICALLY** in between his guard hands.

AXE or SPIKE ELBOW STRIKE: This strike is the basic overhand elbow strike. Raise your hand straight above your head and **SPIKE** the elbow down onto your target. (Usually your opponent's head of collar bone) As you drop the elbow, also drop your weight with it by bending your knees to get your body weight into the blow. Remember to keep your back straight! **DO NOT LEAN OVER INTO THE STRIKE!** Additionally, when striking, keep the elbow close to your body. Do not attempt to extend outwards with the elbow.

So, when you practice/execute this elbow strike, you should strike downwards with the elbow as close to your body as possible. Imagine someone who had his arms wrapped around your waist with his head tucked into you. You should try to strike with your elbow so that it hits the opponent in between your body and his head and pries between the two of you. You can create a wicked cut this way. Or, you can bring the elbow right down on his nose.

BACKWARDS ELBOW STRIKE: This is an elbow strike that most people are probably familiar with in their own martial arts studies. If the opponent gets behind you (for instance, your round kick missed and the opponent steps in) you strike backwards with the elbow. You can aim into the opponent's rib cage, solar plexus, or aim it upwards under his chin.

An unorthodox variation of this technique is to turn slightly more sideways than the normal boxing stance and strike with the lead elbow in this manner, as though he were striking an opponent behind him. The elbow is aimed right under the opponents chin. It is a very tricky maneuver, but has its inherent risks, as you are leaving your lead guard down. The shoulder to the chin only offers so much protection.

SPINNING ELBOW STRIKE: Probably one of the most exciting techniques in Muay Thai, a real crowd pleaser! In Thailand, boxers who score a knockout with this technique receive a bonus with their fight purse. The footwork is similar to the throwing of many spin techniques, just make sure that you do not cross your legs when performing this, keep a good boxing stance. As you spin, you should be stepping into the opponent because again, you want to be at very close range when

executing an elbow strike. The elbow is thrown overhead, so that it chops down into the opponents face or onto their head, *NOT* sideways like a backfist!

The most opportune time to use this elbow is either right after you have missed a round kick, or when you have blocked a high roundhouse kick from your opponent, you can spin in on him while his leg is still up. (actually, trap his leg and spin in at the same time for the best effect)

There is another subtle way to use the spin elbow. A Thai boxer I used to watch was a master of this one. I believe the boxers name was Buelong (yes, from Thailand). He would slip his opponents straight punch and throw the spinning elbow in mid-slip so that his elbow would come straight in from his rear side.

This is a hard variation to put into words, but as you slip the straight punch, you throw a spinning elbow from the same side that you slipped to. If your opponent throws a right cross, you slip to your left. As you slip, you roll your body so that your left elbow comes over the top of your back straight into his jaw. Your feet rotate, but you do not need to step. Try this technique *SLOWLY* with a partner to see how it works. I guarantee that you will like this one.

Return Elbow Strikes

It is actually a series of strikes, each one is the counterpart for one of the basic elbow strikes we have already discussed. These strikes are the *RETURN ELBOW STRIKES*.

In each case, after you have thrown a basic elbow strike, most people/boxers simply return to their basic position, or follow with another basic strike. In our gym, we have a "philosophy" that after you have thrown the elbow in one direction, hit with the elbow again as you bring it back to basic guard position. After all, you have to bring your arm back anyway, so why waste an opportunity?

The basic elbow strikes in Muay Thai are the HORIZONTAL, DIAGONAL/VERTICAL, UPPERCUT, and AXE elbow strikes. Only the AXE ELBOW has not return strike, as it IS a return strike (see below).

Simply strike with the flush part of your elbow as you bring it back into position. Remember, you have to follow through on the strike. Example: The HORIZONTAL ELBOW STRIKE. When you bring the elbow back, you should bring it back as though you are trying to throw a wide sweeping elbow to hit someone behind you. Very similar to slapping someone with a lot of follow through, or even throwing a frisbee. Make sure your entire body pivots with the strike, just as the other basic strikes.

The elbows strikes that have return strikes are the HORIZONTAL ELBOW, the DIAGONAL/VERTICAL ELBOW, and the UPPERCUT ELBOW. In the case of the DIAGONAL ELBOW, you can use the BACKWARDS ELBOW STRIKE as the return strike, or you can bring the elbow back overhead to strike downwards between your opponents guard as you bring the arm back to its basic position.

With the UPPERCUT ELBOW, merely bring it back to position using the AXE ELBOW STRIKE.

By practicing a return strike with each of your basic elbows, you can make sure that you don't miss an opportunity to strike your opponent.

Targets for the Elbow Strikes

Most elbows are aimed at your opponent's head, of course. Specifically, you should target the opponent's scalp, forehead, and eyebrows area. The reason is this. These areas of the skull are protected by a thin layer of skin and muscle over solid bone. An elbow hitting on this surface will break or cut the skin open. As we all are aware, scalp/head wounds bleed extremely badly. The idea is to cut your opponent so that the blood flows into his or her eyes, blinding them. If they can't see, they can't fight.

Another target of course is the jaw. Obviously, the intent is a KO. When using elbow strikes, use your basic strike (horizontal, diagonal, or uppercut) to make you opponent bleed, bring the return elbow strike with intent to knock them out.

In the case of the UPPERCUT elbow and BACKWARDS elbow strikes, you should aim for just under your opponents jaw.

The SPINNING ELBOW STRIKE should be aimed right at the forehead area.

Another variation is to use the AXE ELBOW while clinched with your opponent to strike his or her hipbone. This is obviously very painful for the opponent.

The elbow strikes can also be used to strike the opponents chest to knock the wind out of them.

Though it is considered "dirty pool", when you scoop catch an opponents round kick, you can then *SPIKE* the elbow into their leg.

As a final note, those of us with boxing experience know that you can use the elbows to block rather than your arms and hands.

KHAO 11 Cherng

KUMPAN PUNG HOK

Straight knees

The boxer bends the right knee obliquely to the left side then twists to throw it to the opponent's abdomen or chest. This trick is used for attack, defense or escape.

To protect twist the body while pressing the left elbow down to guard the rib.

To counter: throw the right foot to the opponent.

If the boxer is a left handed fighter, reverse the description from Right to left.



Hanuman Thayarn (The flying knee)

- ❖ The flying knee, known in Thai as 'Hanuman Thayarn', is one of the most extreme techniques in the Muay Thai arsenal. It is similar to the straight knee but is performed in a forward leaping motion during which both feet are clearly lifted off the ground. The momentum of the leaping body is placed behind the knee, making it very powerful when striking the opponent. Used at the right moment, the flying knee can be a decisive weapon in a fight.
- ❖ The only difference between the straight knee and the flying knee is the leap forward. In the straight flying knee, power is derived from a leap upward. This move is easily performed in close range by jumping straight upward. The impact force of this move, however, is much less than that of the leaping forward flying knee.

- ❖ The most effective flying knee employs the rear leg rather than the knee of the front leg as using the rear leg enables the boxer to generate more power. It is best used when the opponent is off guard, in a tight spot, or pinned in a corner. For optimum results, the flying knee should be used when you are at least one step away from your opponent. This allows enough room for you to leap and perform the movement. If there are at least two or three steps between you and the other boxer, the flying knee can be broken up into two stages: the run and the leap. Target areas for the flying knee are the lower abdomen, the stomach, the solar plexus, the chin, and the face. A skillful boxer can even use the flying knee to counter his opponent's attack.

Directions for the flying knee[1] From the right triangular stance the trainee should run a few steps, provided there is enough room, and leap quickly forwards towards the opponent. The left leg should be in front and the right leg in the rear, and similarly with the fists. Push off the right foot and leap forward and upward. While in flight, bend the right knee perpendicular to the body with the left leg pointing straight down. Both arms should tightly protect the chin, face, and stomach. The chin should be tucked closely to the chest and shoulders. Throughout the move, the right knee must be held taut and perpendicular to the body at all times.

Directions for the flying knee[2] This move can be practiced on a sandbag. Trainees should practice by leaping towards the sandbag. Halfway to the sandbag, they should raise their right knees perpendicular to their bodies before impacting the target. Bear in mind at all times that the target is the chin or the chest of your opponent so your leap must be quite high off the ground. To increase the impact force of the target, the body can be twisted slightly at impact to give added momentum. When using the flying knee, the elbow should be kept at a right angle to the body. It can be used both as an added offensive weapon and as a defensive shield.

Directions for the flying knee[3] Once the flying knee is mastered, it can be adapted with other movements and become more advanced. Following are some examples:

1. Kick first and follow up with the flying knee.
2. Avoid the opponent's kick and retaliate with the flying knee.
3. Step on the opponent's thigh and deliver the flying knee.
4. Push the opponent's arms upwards and follow up with the flying knee.
5. Push the opponent's arms downwards and follow up with the flying knee.

Defend against the flying knee

1. Turn away perpendicular from the oncoming flying knee.
2. Thrust kick your opponent before the impact of the flying knee.
3. Turn to the right or the left and kick your opponent.
4. As the opponent leaps towards you deliver a straight punch.

YOK NANG

Swinging-knees

The boxer turns the body to the right and throws the left knee in the action of the swinging-knee-kick to the opponent's rib. This trick is used for defense when the opponent attacks close to the body.

To protect sway the body to the right and pull down to guard the ribs,

To counter: throw the left knee to the right rib of the opponent or to the abdomen.

If the boxer is a left handed fighter, reverse the descriptions from right to left.



- ❖ The front roundhouse knee kick or 'Yok Nang' is a powerful move during which a boxer channels the momentum of his spinning body into his knee creating a devastating impact when performed correctly and accurately. When using the right knee, the basic motion is in a left-inwardly direction. The opposite direction applies when using the left knee. The front roundhouse knee kick normally targets the opponent's rib cage.
- ❖ There are two variants of this kick, differentiated by the movement involved. First, there is the diagonal knee. It is characterized by a diagonal movement of the knee from the standing position to the point of impact. When using the left knee the target will be hit on the right side and vice versa for the right knee. Second, there is the horizontal knee. In this movement, the knee, calf, and foot should be parallel to the floor. As with the diagonal knee, the left knee should impact the target on the right side and vice versa for the right knee.

Note The difference between the basic roundhouse knee kick and the front roundhouse knee kick lies in where you want the knee to impact your opponent. For the roundhouse knee kick, the impact area is the upper thigh and the lower torso of the opponent. The target area is higher, at the chest of the opponent, for the front roundhouse knee kick. To reach this target, boxers must sway their bodies to the left (if using the right knee) while bending backward slightly. This will lift the knee, allowing it to hit the target much higher.

Training To train this technique, trainees should stand about one step away from the sandbag or at a distance where the trainee feels comfortable and able to attack with the knee.

- **Position 1** Move the left leg forward one step at an angle of 45 degrees.
- **Position 2** To train for the diagonal knee, use the right foot to push the right leg upwards. Bend the right knee and turn quickly. Using the body's momentum, the knee will hit the sandbag at an angle forcefully. The quicker the body turns, the more powerful the impact. The same applies for the horizontal knee except that the knee, calf, and leg should be parallel to the floor and the impact on the sandbag should be directly from the side. Naturally, the direction is reversed for knee kicks using the left knee. Trainees should practice both sides.

Defend against the front roundhouse knee kick

1. Punch
2. Sway out of reach and return with a roundhouse knee kick.
3. Move back and return with a roundhouse knee kick.
4. Move to the side and return with a roundhouse knee kick.
5. Block and then push the opponent to the side and return with a roundhouse knee kick.
6. Block with the knee.
7. Hold, pull and roundhouse knee kick.
8. Do the roundhouse knee kick before or when the opponent is attempting to do the same.

CHUEY KHANG



Kao Koo: 2 knees: the flying knees Kick

The boxer steps the right foot to the left foot, bends the knees and throws them to the opponent's chin by jumping up and kneeing then strikes the both of elbows to the opponent's face. This trick is used for attack or counter-move backward.

To protect: jumps back and holds up the left arm up to defend the elbow from the high while holding down the right arm to defend the knee from the low.

To counter: kicks the opponent's leg (while jumping up) by the right foot then throws the right elbow to the opponent's face.

NGOO LAI TOOKKAE

Alternately knees

The boxer throws the diagonal left knee to the opponent's left rib, then throws the straight right knee to the opponent's abdomen or chest rib and the left knee to the abdomen or the chest of the opponent. Use this trick to attack when the opponent loses his balance.

To protect: sway the body and press the right elbow down to cover the right rib then twist the body to the right and press the left elbow down to cover the left rib.

To counter: throw the left foot to the opponent's abdomen to make the opponent lose balance then use the other tricks.

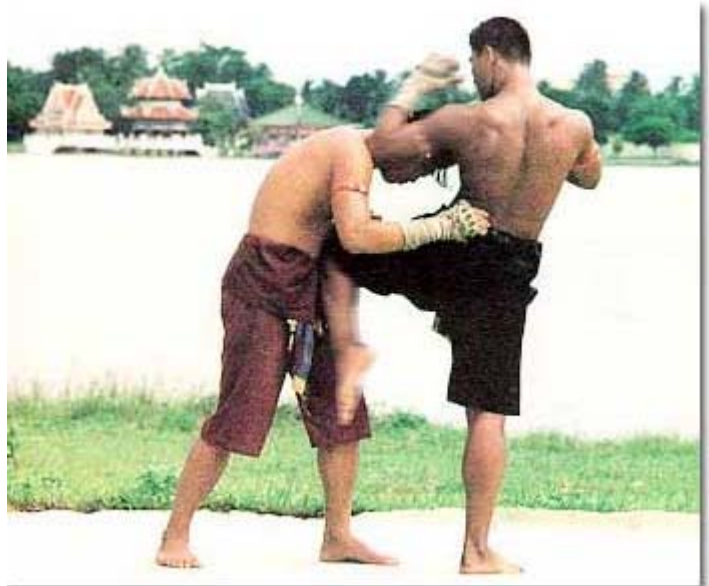


PRANG SATTROO

This trick is used for attack when the opponent loses his balance or to defend the close at tack, by throwing the elbow to throw the knee to the chin or the chest of the opponent.

To protect hold the both hands to cover the face and the chest by bending the elbow joint with the tip of the fists pointed to the head (as the plumb lines).

To counter: twist the body to the left or the right and throw the Elbow to the opponent's rib.



TAKAE TEE CHUD

Throws the knees and the elbows

If the boxer throws the swinging left knee which is by the right side to the right elbow and strikes it to the left jaws of the opponent. This trick is used for defense, or countermove or escape.

To protect: press down the right elbow to cover the right rib from the opponent's left knee, and wipe the right elbow of the opponent to the back by throwing the left arm.

To counter: throw the left foot to the opponent's abdomen.

If the boxer is a left handed fighter, reverse the descriptions from right to left.



YUD YOTHA



Throws the knees and the elbows at the same time

The boxer throws the swinging-knee to the opponent's right rib, at the same time pushes up the left elbow to the chin and strikes the right of the opponent. This trick is used for attack, defense, or escape.

To protect: bend the body and press the right elbow down to the right rib in order to prevent the opponent's left knee and hold the left hand up which cover the opponent's right elbow.

To counter: throw the left foot which to the opponent's abdomen in order to make him lose his balance, then use the other tricks.

HAK KOR ERAWAN

Use both hands to hold around the opponent's neck, bend the Opponents head down to the front then bend both legs to in order to bend the knees to the opponent chin or chest.

To protect: put both elbows close together to the front then try to strike the elbows to the opponent's thighs strongly.

To counter: insert the arm in circle and hold the head up, then counter by kneeing or pushing the crossed knee to the abdomen. Another trick is pushing the hand to the opponent's chin and thrusting a power full hand at the same time as the opponent throws the knee. The opponent may be fall back down.



POOPA SATAN

The upper-knees

The upper knees are used for the attack that's close to the opponent's body. Can use both of the knees such as pushing the right knee up to the opponent's chest in order to make a gap and then throwing the left knee to the opponent's abdomen while holding tightly the opponent's neck with both hands.

To protect use the hands to guard the chest and abdomen

To counter: try to lean back and throw the straight punch to the opponent's chin.



DAN POOPA



Throws the knee and the punch at the same time

The boxer moved the right knee with the foot bent to the back for wards to the left side a little, then threw it to the opponent's left rib and threw the right punch to the opponent's chin at the same time. Twisted the body to the left and threw the powerful knee and punch followed to the target. Use for defense or countermove.

To protect wipe the opponent's fist with the left arm and jump back.

To counter: kick the opponent's left leg with the right foot to put off his balance then uses another trick. If the boxer is a left handed fighter, reverse the descriptions from right to left.

Knee-touch

This knee trick is used for fighting at close quarters by holding round the opponent's neck with both hands. Bend the head down and throw the swinging knees to the opponent's ribs. Use both knees to strike both ribs at the sometime.

To protect: jumps back far away from the opponent then strikes at the opponent's abdomen with the foot

To counter: does the same as to counter in HAK KOR CHANG ERAWAN.

The abstract: The using of all tricks (Cherng), try to use with as much speed, as powerfulness, and have a quick eye in order to get the best results if lacking some of them it would be useless.



THAO 15 Cherng

PERD TAWAN

The boxer throws the straight left kick to the opponent's chin; the opponent loses his step throw the right fist to his face immediately. This trick is used for attack defense and escape.

To protect pushes the punch on the foot or throws the right kick to the opponent's left calf.

To counter: wipes up the opponents foot by the right arm then throws the left kick to the opponent's rib. If the boxer is a left handed fighter, reverse the descriptions from right to left.



LUANG DAN HERA



Throws a punch and the knee at the same time

The boxer throws the right swinging punch to left jaw and at the same time strikes the knee to the right rib of the opponent. This trick, is used the same as KON PAJON CHANG SAN

To protect: wipes the opponent's punch by the left arm and sways to the right side then covers the right rib with the right elbow.

To counter: use the knee as PAJON CHANG SAN

KRATOO KHUA TA

Throws the straight tiptoes

The boxer throws the right foot to pass the fists and hits the opponent's chin, while that foot steps down bends it and throws it to the opponent's Adam's apple or to the chest in order to make him lost his balance.

To protect jumps back and hold on the left arm guard to protect the chin.

To counter: throws the right kick to the opponent's calf and then Uses another trick.

If the boxer is a left handed fighter, reverse the descriptions from right to left.



- ❖ The thrust kick is a fundamental Muay Thai technique. It is featured prominently in early Muay Thai manuals such as that written in the era of King Rama III as well as that followed by the Korat Muay Thai camp. It is the longest weapon available in Muay Thai, and is used by all Thai boxers for its violence and versatility. It is effectively used to greet, tease, provoke, attack, and defend against one's opponent.
- ❖ There are three basic variants of the thrust kick: the basic thrust kick, the side thrust kick, and the snap thrust kick. The snap thrust kick is known in Thai as the "Yotha Sin Thop," which means "Horse Warrior." This technique is named after the rapid and violent kick of a horse. If one is attacked with this kick, one would certainly be at risk of being injured as if being kicked by a horse.
- ❖ The snap thrust kick can be thrust to the front, left- or right-hand side. Power is transferred to either the tiptoe, the sole, or the instep of the foot, just like in the basic thrust kick. The two kicks are differentiated in terms of their direction. Whereas the basic thrust kick is thrown in a horizontal line, the snap thrust kick travels in a diagonal line by a throwing of the leg and a simultaneous twisting of the hips. The foot is thrust forward and upward to the chin, breast, or pit of the stomach. It is sharper, more violent, and gets more distance than other methods of attack.

Practice While practicing the snap thrust kick, trainees must be on guard while casting their leg towards the target. In doing so, the trainee must twist his hips to transfer power to the front. Trainees should practice this skill with both legs.

Defending One should employ simple defense techniques against the snap thrust kick while being very careful since the kick can be made in a very abrupt offensive manner. Following is a list of some general defensive techniques:

1. Elude (Avoid)
2. Retreat (Retreat and attack)
3. Sidestep (Sidestep and attack)
4. Wiping off the attack
5. Guard
6. Grapple
7. Causing the opponent to fall
8. Start attacking and offending the opponent

Examples of such offensive counters to the snap thrust kick

1. Using the fist to counter a front straight kick
 - Use the hand to wipe off the kick and cast a straight punch to the stomach
 - Use the knee to defend against the kick and throw a counter punch
 - Use the hand to defend against the attack and then punch
2. Using a round kick to counter a thrust kick
 - Grapple, push and kick
 - Wipe off the attack and throw a kick to the lower part of the body
3. Applying the knee to counter the attack
 - Sidestep and throw a knee strike
 - Wipe off and then use the knee
 - Use the hand, arm, or body to counter the attack and then use the knee
 - Grapple, then push or knee within the clinch

YOTHA SIN THOP

Throws the tiptoes and the kick

The boxer throws the tip of the foot to the opponent's navel and then jumping up to throw the right kick to the opponent's chin. The trick is used for attack, defense or escape.

To protect: twist the body side on to the opponent by holding up the heel and the tip of the foot touching to the floor then twist the rest to the right side and hold on to the left elbow guard to proven the kick.

To counter: wipe the opponent's heel up with the left punch and use the other tricks.

If the boxer is a left handed fighter, reverse the descriptions from right to left.



MANOP LEN KHA



Swing-back kicks

The boxer steps the left foot to the front and sways the back foot to the right then throws the swing kick to the opponent's jaws or the ribs. The boxer can do the same actions if the opponent's careless. This is trick used for defense.

To protect sways the body and bends down the right elbow to wipe the opponent's foot to the right by pushing out the right punch.

To counter: throws the left foot to the opponent's abdomen and uses other tricks. If the boxer is left handed fighter, reverse the description From right to left.

MATCHA LEN HANG



Kicks in three actions to the three targets: leg, Chin, neck

The boxer steps the right foot, turn the shin to the left side the weight on the right leg then twist the body forwards and throws the strong kick to the opponent's left leg. Lets the foot pass to the left side, and throws it to the opponent's chin and pulls it in, then throws to the Adam's apple or the eye sockets of the opponent. This trick is used for attack.

To protect: jumps back from the opponent.

To counter : pounces on the opponent' foot and jerks it, then uses another trick such as throwing the punch or a kick.

If the boxer is a left handed fighter, reverse the description from Right to left. This trick, used one foot to kick in three action.

KWANG LEN PONG

Jumps to throw a kick

The boxer used the right foot to make a strong kick, then used the left foot to throw a straight kick to the chin or to open the opponent's guard. Then jumps to throw the right kick to the opponent's chin or jaws. This trick is used for attack, defense or escape.

To protect: jumps back from the distance of the kick,

To counter: throws the right foot to the left calf of the opponent then follows by another trick.

If the boxer is a left handed fighter, reverse the descriptions from Right to left.



NARONG PAYUHABATH

Throws the straight kick and a swing kick

The boxer throws the left foot to the opponent's Adam's apple or presses to the neck which puts the opponent off his balance. Then throws the right swing back kick to the opponent's rib. This trick is used for attack, defense counter move or escape.

To protect: turns the head to the back or bends the body back and wipes the opponent's left foot by the right arm then swaying to the left side and covers the left rib with the left hand.

To counter: throws the straight left punch to the chin or kicks to the opponent's left leg to put the opponent off balance.

If the boxer is a left handed fighter, reverse descriptions from right to left.



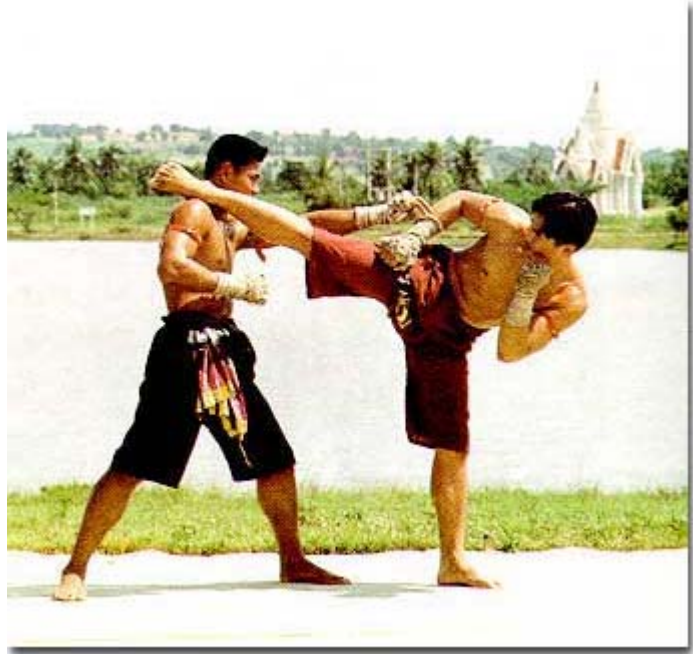
JARAKHE FAD HANG

Swing-back kick

The boxer steps forward, the weight on the left leg then turns round and kicks back wards with the right heel to the opponent's jaws or the right rib. If the opponent can catch the right foot, stand with the left leg and throw the right elbow to the opponent's chin.

To protect: wipe the opponent's right foot to the right side with the Right arm.

To counter: catches the opponent's right foot and jerks forwards.



GINNAREE LEN NAM

Throws up the heel

This trick is used when the opponent moves into the armpit, if he moves to the left armpit bend body to the left and press the opponent's head down then bend up the opponent's abdomen.

To protect hold the right arm guard over the face.

To counter: use the elbow trick in KWANG SABAT NA (shakes the elbows)

If the opponent moves into the right armpit, reverse the descriptions from right to left.



TAM DUAY KHANG

Throws the shin

This trick is the same as the foot trick in LONG DAN PRATOO (swing-kicks) but changes from throwing the back foot into throwing the shin. This trick is used when the opponent wake in closely to the distance of the shin.

To protect push out the left arm to the opponent's right shin.

To counter: throw the left foot to the opponent's abdomen.

If the boxer is a left handed fighter reverse the descriptions from Right to left.



- ❖ The roundhouse thrust kick is a fundamental Muay Thai weapon. It derives its power from the momentum gained by twisting the entire body. It uses any part of the leg, from the upper thigh to the foot, as the striking weapon. The central pivoting point the hip, around which the leg and foot is swung towards their ultimate target, which could be the ears, jaw, shoulders, chest, rib cage, abdomen, hips, or legs of the opponent.
- ❖ The basic stance for the roundhouse thrust kick is with the legs slightly apart, one leg in front of the other. If one is right-handed, then the right leg should be behind the left leg, and functions as the anchor leg. The situation is opposite if one is left-handed. If the roundhouse thrust kick is delivered using the anchor leg, it is a very powerful weapon. The kick begins with the anchor leg being moved around behind the front leg. This twisting creates tension that adds to the power of the kick once the anchor leg is released and spun around the hip towards the opponent.
- ❖ The front leg can also be used to deliver the roundhouse thrust kick. It is used to disturb one's opponent, teasing him and reducing the momentum of his attack. For this kick, the front leg is used to kick the opponent by the twisting of the front of the foot onto the target. Note that in this action the body is not turned as this will expose the boxer's side, inviting an attack from the opponent.

- ❖ Because the roundhouse thrust kick relies on the momentum and power created by the quick twist of the body, it is easy for boxers to lose their balance while attempting to deliver the kick. A common way to compensate for this is for a boxer to drop his arm on the kicking side backward in order to stay balanced. This, however, leaves the body unprotected and open to a counter attack for in addition to the arm being in the rear it will also take more time for the boxer to bring it forward again. To avoid these difficulties, the roundhouse thrust kick should be practiced with both fists held in front to protect the face at all times. You will also be in good position to advance and attack further with your fists should the opportunity present itself.

Practice To train the roundhouse thrust kick on the sand bag, boxers should stand squarely in front of the sand bag and concentrate on the task at hand. If right handed, the boxer should part his legs with the left foot set slightly diagonally to the front and left. Next, turn the waist, hip and the right or anchor leg clockwise. Then, release the leg, turning the waist and hip at the same time. This will create a powerful roundhouse kick that uses the body's momentum to its fullest potential, allowing the back of the foot or the shin to hit the target with tremendous force. During this action, the left leg has become the main axis of the kick. Standing on the ball of the left foot will improve your balance and also the efficiency of the kick. For left handed boxers, the same procedures are to be followed but in the opposite direction. Practice of this technique is essential as it is a very important Muay Thai weapon. Boxers should practice using both legs regardless of whether they are right or left handed.

Defending

1. Ward off the kick by using the hands, arms, or elbows.
2. Receive the kick with an elbow or arm.
3. Receive the kick with the knee.
4. Receive the kick by protecting oneself and holding the opponent.
5. Sway from the reach of the kick.

Retaliation against roundhouse thrust kicks

1. Retaliate by using the front fist.
2. Retaliate by using the rear fist.
3. Retaliate against a high kick with a low kick.
4. Retaliate against a body kick with a body kick.
5. Retaliate against a high kick with a body kick.
6. Retaliate against a body kick with a low kick.
7. Retaliate with a direct thrust kick.
8. Sway away from the kick and then retaliate with a knee strike.
9. Move away and then attack with a knee strike.
10. Sway to the side and then return with a knee strike.
11. Ward off the kick and retaliate with the knee.
12. Protect with shins, elbows, and arms, and retaliate with the knee.
13. Hold, push, and retaliate with the knee.
14. Retaliate with a reverse elbow.
15. Ward off the kick with the arm and retaliate with the elbow.
16. Protect, hold, and retaliate with the elbow.
17. Protect, hold, push, and retaliate with the elbow.
18. Protect, hold, pull inward and retaliate with the elbow.
19. Retaliate with the 'Tad Mara' (by ducking away from the kick, and then after the kick passes over your head raising your head and capturing your opponent's leg between your head and shoulder. Then you can throw your opponent to the canvass).

Muay Thai roundkick mechanics

The Muay Thai roundhouse kick is swung around "dead-legged" style. In other words, imagine that your leg is a baseball bat. That means that the knee does not exist. Now, to get that leg to swing around and through a target, you have to use your hip to swing it around.

Let's break it down. Pretend that your leg is in a cast from the ankle to just below your hip. Your knee is immobile. You have to swing the kick around like a baseball bat to strike through your target.

First, step at an angle. You lean in the way that you are stepping, which is coincidentally the opposite direction from your kicking leg. (that is an important item to note, I'm coming back to it in a moment)

As you step, you should already partially rotate your support foot, and you should also be up on the ball of your foot. Do not step flat-footed.

Now that you have taken that step and the kick is beginning to launch (remember, your leg is immobilized and you have to swing it with your hip) you must pivot on your support foot, *LEANING AWAY* from your kicking leg throughout the entire motion!

The heel of your pivot foot should have turned all the way towards the target during the kick. Or, you can think of it as turning your knee completely away from the target.

You should keep your leg semi-stiff throughout the swing of the kick, tensing it up at impact.

You should point the toes of your kicking foot during the kick. This tightens up the muscles and tendons in the foot and ankle, which will prevent injury if you catch your target wrong, such as when you misjudge your distance when you kick and catch your target with your toes.

Now, let's go back to that "lean away" item again. By leaning away from the kicking leg, you are actually transferring your full upper body weight into the kick. How? Well, I am not a physicist, but this has to do with that law regarding for every action there is an equal but opposite reaction.

But, rather than discuss physics, just think of it like this. Have you ever swung a baseball bat? Or a golf club? In both cases, as you swing the club or bat, your upper body always swings around opposite of the club or bat. Leaned away from it! Baseball players do not hunch into their swing unless they are bunting. Rather, they lean back, or away from the bat and try to knock the sucker out of the park!

Lead Hand Positioning When Kicking

Thai boxers do typically drop one of their hands when executing a roundhouse kick. The reason, as you surmised is for both leverage and added power.

Though you were referring only to the lead side roundhouse kick, and the dropping of the lead hand, the same is true for the rear legged roundhouse kick.

For one, roundhouse kicks from the lead leg are naturally weaker because they do not benefit anywhere near as much from the body's rotation during the kick. When the lead hand "drops" it does not actually just drop, but is swung.

The swing is to:

- ❖ generate additional power while pivoting and
- ❖ help the boxer maintain his/her balance.

A third and not well known reason (unless you study Muay Thai) is that the swing arm can be used to interfere with your opponent. You are sticking it in his face and brushing either his punches or guard aside as you kick.

Further, the arm may drop, but the shoulder does *NOT!* When a Thai boxer kicks, he is leaning away from the kicking leg. Doing this adds more of the body's weight to the force of the kick *AND* gets the boxers head *OUT OF THE WAY* of a counterstrike.

Also, *ONLY ONE* arm drops! The other should come up in front of the face in a high guard position that places the elbow near jaw level and the hand practically above the head. This creates a more solid barrier. The shoulder of the arm that is dropped protects the jaw on the other side.

The above hold true for roundhouse kicking techniques from both sides.

Head Kick Defense

There are *SO* many things you could do as defense, I'll name some of them...

EVASION:

1. Skip back out of the kicks way.
2. Lean backwards so that the kick passes just over your head.
3. Duck (be careful with this one!)

BLOCK:

The "three point defense" is best. With shoulders high, keep both arms in tight to your body. The arm on the side that's getting kicked should be glued tight to your

body, the opposite arm slaps down on the incoming kick (slap down near the knee). The kick will connect on three points at the same time (if done correctly): upper arm, forearm, and the arm that's slapping down.

You should take a step *AWAY* from the kick as it comes in to help absorb the blow. When I say step away, I don't mean step back. If you're getting kicked on your left, you take a step to your right. You'd be amazed at how much power you can take off of a kick by stepping sideways.

Or, instead of stepping, raise your leg high, with the knee up in your chest, as though you intend to use the leg shield. This may sound like a wasted motion, but it serves two purposes. For one, by being on one leg, it allows your upper body to absorb the kick more freely than when you stand on both feet and rooted. Second, a good kicker can be rather deceptive, feinting high and kicking to the middle. Remember the downwards angled kicks that I've mentioned? Those kicks start high, but then go lower when the hip rolls over.

It should go without saying that you want to be careful about lifting your leg for a high kick if you're worried about feints. A guy can fake a kick high to get you to raise that leg, then throw the "Submarine Kick". However, I will say that if the kick is truly coming at you high (head level), it would be *EXTREMELY* difficult to roll it over into a Submarine/Cut Kick. It is more likely to be rolled over into a mid-body kick.

COUNTER ATTACKS:

The most effective defenses are the counter attacks.

1. Straight punch: Nothing stops a kick quicker than a hard, stiff punch coming down the pike.

2. Push kick: The absolutely *MOST EFFECTIVE* kick defense. A properly placed Push Kick will dump your opponent right on his ass!

3. Submarine/Cut Kick: This one requires some timing. As your opponent starts to kick, you step at an angle to kick his support leg out from under him. For instance, he is throwing a right kick (coming at you from your left). You step at an angle to your right and take your opponents support leg out from under him.

4. Spinning Elbow: Hard to pull off, but what a finish!!! As the kick comes in, you step in with your block. You spin into your opponent with your block and throw the spinning elbow. For instance, your opponent kicks high on your left. You step into your opponent with your right foot and block at the same time. You then step and spin in with your left foot as you throw the left elbow. You want to bring the elbow in over top as opposed to horizontal, because your opponent's guard will be up and can block the horizontal elbow relatively easily (though it will definitely get his attention).

There are literally endless other defenses, combinations, counters, and variations beyond what I've listed. But, this should give you a start, and you can build on it from there.

PLANG INSEE



Throws the foot and the punch at same time

If the boxer uses the left foot the same as the foot tricks in MANOP LEN KHA (swing-back kicks) but includes throwing the right punch to the opponent's chin and throwing the left foot the right rib. This trick is used for attack, defense, counter move or escape.

To protect: bends the body presses the right elbow to the opponent's left foot, and wipes the left hand to the opponent's right punch.

To counter: does the same as the foot-trick in MANOP LEN KHA

If the boxer is a left handed fighter reverse the descriptions from Right to left.

Cross switch kicks

This trick is used when putting the opponent off his balance by kicking and sleeping back wards. Throw the left and the right kick to the opponent's jaws again until the opponent falls down. If the boxer practices to get skillful in order to become an experienced kicker while doing this trick the tip of foot should be touching the ground.

To protect hold on to both arms guards cover the jaws.

To counter: put the opponent off balance by throwing the right foot or kicking.



- ❖ The Thai name for the kick to the neck is 'Narai Bun Sien'. 'Bun' means to cut, and 'Sien' means the head. Together, it means to cut the neck. The kick to the neck is a forceful move that can be used at any possible opportunity. It involves striking the opponent's neck with the shin of the leg. The shin is comparable to a large sharp knife, and delivered properly to the neck of the opponent it is sure to deliver the knockout blow. However, it is not a move that is easily done, especially if your opponent is an experienced fighter. The kick to the neck is best used when your opponent is off guard or at close range, however, at close range the kick is quite difficult to perform.

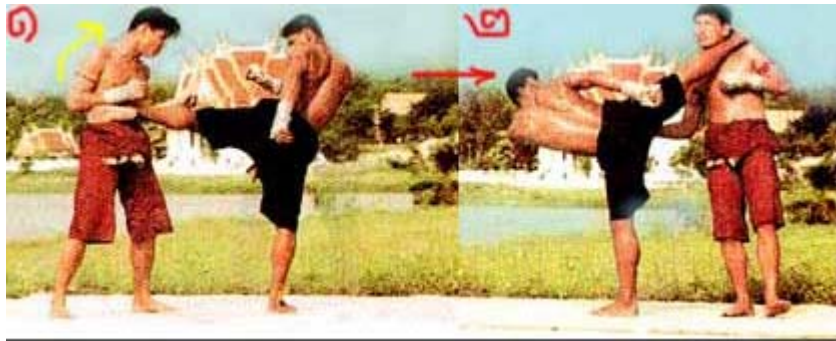
- ❖ The kick to the neck is a long, powerful, and lethal weapon. It can, nevertheless, be defended against and countered easily. Here are some ways to do so:

Defend against and counter

1. Thrust kick forward to stop the opponent's attacking momentum.
2. Lower the head slightly and kick your opponent's anchor leg.
3. Block with the arm and deliver a low kick to the anchor leg.
4. Sway to the back causing the kick to miss the target.

Note Narai Bun Sien is not a secret move for anyone in training camp. It should be practiced at all times from every possible position. The emphasis of the movement is to kick as high as possible. This can be achieved by jumping as well as from the standing position. It also serves as the foundation for many other kicks in the Muay Thai weapons chest, so practice it well.

NANG SALAB BATH



Kicks by changing the feet

This trick used is the same as the trick in PASHEE sabad YANG (cross switch kicks) but changes to throw one of the feet to the opponent's rib

To protect: guard on the jaws with one arm while another guard's on the rib,

To counter: does the same as the trick in PASHEE sabad YANG

Low-swing-kicks

The boxer turns round and twists to throw the right swing-kick to the opponent's left calf to make him lose his balance or to hurt his instep. This trick is used for attack, defense and counter move or escape.

To protect twist the left foot to the right.

To counter: turn back and throw the elbow to the opponent's jaws by the right side.

If the boxer is a left handed fighter, reverse the descriptions from right to left.



The Low Roundhouse Kick of Muay Thai

The low roundhouse kick of Muay Thai how to?

1-There are a number of varieties to this kick. I will discuss one of them in this book.

2-Remember, with the Low Roundhouse kick of Muay Thai, the target area ranges from your opponents ankle up to his upper thigh, with one of the primary targets being peronal nerve (on the end of the thigh muscle, just about one finger width above the knee).

3-I will try to break this up into a few steps, but remember, when the kick is actually executed, all the steps flow together into one motion.

4-Remember, for those who have studied other kicking styles, the impact area is now the lower shinbone. That means you have to adjust your kicking range to reflect this! The is a small, but very important adjustment...

When performing this kick, you must first be at the correct distance from your opponent. Unlike straight kicks and snap kicks the body momentum is generated by stepping sideways at an angle, rather than towards your opponent (or target). The correct distance for this kick is when your opponent is *JUST BEYOND* punching range. During practice, extend your lead hand to your opponent or target. You should be able to touch the opponent or target by simply leaning forward a little bit.

№1-STEP AND LEAN: Step sideways at a 45 degree angle to the intended target. As you step, your stepping foot should start to rotate. Make sure you are stepping on your tippy toes, not on a flat foot. As you step, you should lean your body in the direction that you step. This helps get your body momentum going, which is a key ingredient to this kick.

№2-ROTATE (and lean): Your entire body must rotate on the ball of your foot. Your leg should be straight (or very close to straight) during the entire kick. As you rotate and kick, your body should stay leaned away from the kicking leg. This acts as a counterbalance of sorts, and gets the weight of your upper body behind the kick.

№3-IMPACT: When the leg strikes the intended target, it should strike with the lower portion of the shinbone and/or the very upper part of the instep. The momentum of the kick should follow through the target. The kick does not stop at impact! The follow through is probably the most important facet of this kick. Think of your leg as a baseball bat. Swing it all the way through the target, attempting to break through everything in its path.

The above instructions are very simplified, and without the benefit of photo's or demonstration, may not make complete sense. I have left out of the steps the instructions on how to hold your guard as you kick as that has been addressed in another part of this book. I will finish this up with some bullet points.

- ❖ Again, do not kick if you are standing too far away from the opponent. This forces you to step *INTO* the opponent when covering the distance, and gets your body's momentum traveling in the wrong direction
- ❖ When you lean away from the kick, lean far enough away so that your head is out of reach of your opponents punches. *ESPECIALLY* during low kicks, as you have to stand closer to your opponent while executing them.
- ❖ Swing your leg in a "dead legged" style using your hip. Very similar to kicking a soccer ball or football. *DO NOT "SNAP" THE LEG!* Follow all the way through the intended target. If you were to miss, the kick would literally spin you around!
- ❖ When the kick impacts with the target, the heel of your support foot should be pointing at your target. Or, you can think of it as having your knee facing completely away from the target.
- ❖ Remember to keep the foot extended! Many people forget to do this because they are kicking with the shin and therefore forget to pay mind to what they do with their foot. Kicking with a "lazy ankle" leads to injuries.
- ❖ The impact with the intended target (when the kick is thrown correctly) creates a "rebound" effect. Learn to use this to get yourself back into your basic stance rather than "retracting" your leg.

- ❖ The most common target is the outside of your opponents lead leg on the thigh. However, do not forget that the rest of the leg, both inside and out is a legal target.
- ❖ The support leg bends when kicking low. The lower your kick, the lower you bend your support leg. Remember to still stay on your tippy toes.

When kicking (or performing any Muay Thai technique) it is important to remember that the feet, hips and shoulders all move as *ONE UNIT!* There should never be any twist to your body. If the feet rotate to the left, your hips and shoulders rotate to the left with them. By moving the body as one unit, the boxer is able to get his or her full weight into his or her techniques.

Using the Muay Thai Low Roundhouse Kick

To start off, the kick is designed to destroy your opponent's base. Thai boxers often refer to kicking their opponent's legs as "chopping down the tree". The low kicks are often used most during the beginning of the match to deaden the opponent's leg. After the leg has been beaten on a bit to slow them down, the kicks start being aimed at the midsection. This is because the legs are going to now be slower to lift to block the incoming kick, and also to beat on your opponent's ribs and breadbasket to knock the wind out of him. Towards the later stages of the fight, when your opponent is tired, the kicks go upstairs to the neck and jaw for the knockout!

With all leg kicks, the hand that is on the same side as the kicking leg should be extended into your opponents face! This blocks his/her line of sight, and also puts a barrier between you two, making counterattacks harder to execute!

As mentioned, there are many variations to leg kicks. The most common leg kick is a roundhouse kick to the outside of the thigh of your opponent's lead leg. When this kick is executed, it commonly is thrown so that the kick is traveling on a horizontal plane with the ground.

One slight variation to this kick is changing the angle of your initial step so that instead of kicking the outside of the thigh, you kick directly across the front of the thigh. To do this, step more sideways than at an angle as you kick.

If you opponent is standing with the same side lead stance as you (both of you in left side leads, for example) You can throw a lead-legged roundhouse kick to the inside of their lead ankle or calf. No step is required, just lean back and rotate in place. The kick should travel upwards as though you are kicking a ball, not sideways. This kick is commonly used with the inside of the instep as the striking surface. This kick is amazingly painful to your opponent as the inside of the ankle and calf is not very protected by the body's muscle structure. You do not have to kick very hard to break your opponents stance, making it easy to follow with a few quick straight punches down the pike!

One of our gym's favorite "tricks" is what we refer to as the "submarine kick", and other gyms refer to as a "cut kick". The proper way to block a low roundhouse kick is to raise your leg and block with the knee/shin. The idea is to sucker your opponent into raising the leg block, then bringing the kick underneath the raised leg to strike the support leg. To set this up, you can throw 1 or 2 roundkicks to the outside of your opponent's thigh so that they will automatically raise the leg to defend when they see you bringing the next kick. Step more deeply and get down low so that your kicking leg passes under their block (or strikes near their blocking foot and pushes through) to their support leg. You should try to use your leg to "scoop" them off of their feet. You can also use your swing arm to help them by pushing them across your kicking leg. If done correctly, your opponent will perform a lovely cartwheel in the air, landing on their head.

One final technique that I will mention in this book is kicking at the outside of your opponent's knee in a downward, chopping motion. The idea is to buckle their knee so that their stance is broken, giving you the opportunity to counter while they regain their feet. To perform the downward motion, when the kick reaches its apex, you rotate your hip all the way over so that your kick is now aiming back at the floor, and you "chop" it through. This kick has considerable power with practice. (This is also an excellent kicking angle to use when kicking at an opponent's head. The added power of rolling the hip over and kicking back into the floor can often break through an opponent's strong guard to land on their neck or jaw, producing a knockout).

Setting Up the Low Roundhouse Kick

As I'm sure everyone can imagine, with there being so many variations on the Low Roundhouse Kick of Muay Thai, there are also several variations when it comes to setting the kick up. I'll attempt to discuss some of them. Ultimately, once you learn the kick proficiently, you will find your own way. View these as guidelines, or basics...

Let's start with the Low Roundhouse Kick to the outside of your opponent's lead leg. For our purposes, both fighters will be considered to be in left-side lead. You wish to kick with your right leg to the outside thigh of your opponent's left leg.

My preferred method to set up a kick to the leg is to start with a punching combination first. By getting your hand in your opponent's face, you are distracting his attention upstairs and away from your intended target. The combination: JAB-CROSS-REAR ROUNDHOUSE KICK is not only one of the most basic combos, but arguably the most effective. (This is true of almost every punching/kicking art)

Referring to the above combo, I personally teach two approaches to it: continuous flow and broken rhythm.

CONTINUOUS FLOW: in this version of the combo, each strike follows a steady flow, striking one after the other. To do this, the JAB is thrown as a real punch, but

the CROSS is only thrust into your opponents face and left there to block his line of sight. The KICK then comes right behind the "CROSS" into the leg. The reason for throwing a fake cross is so that you *CAN* throw the kick in the same rhythm. If you throw a real cross, you are forced to plant you feet for a split second, preventing you from flowing into a kick. Therefore, only thrust the hand forward into their eyes as though you are punching and leave it there as you kick.

BROKEN RHYTHM: This combo is thrown with each technique being a genuine strike. Simply throw the jab-cross combination, return to your basic stance, then execute a low roundhouse kick. Done properly, the jab-cross combo should momentarily stun the opponent giving you opportunity to get the kick in. With this combo, you have the option to kick with either leg if you so choose. *IMPORTANT NOTE-* after executing the jab-cross, take half a shuffle backwards to give yourself room to throw a really good kick. If you kick from where you are after completing the jab-cross combo, you will be too close to get a really effective kick off. In the *CONTINUOUS MOTION* version of the combo, you don't have to adjust because of it's flow. The punches are more diversionary to allow you to get the kick in unexpectedly.

FAKING, THEN KICKING: As mentioned before, a favorite way to land the SUBMARINE KICK (low roundhouse to opponents support leg when opponent attempts to leg block with lead) is to sucker your opponent into lifting a leg block high for you to go underneath. First, set a pattern by kicking at the thigh, making your opponent used to blocking it high. Do a hip thrust as though you are starting to kick, the second the opponent begins to lift the leg, come underneath with the SUBMARINE KICK to his support leg.

PUSH KICK: Another set up for the low kick is to push kick first. If the push kick lands effectively, your opponent will either be staggered, or at least have forward momentum halted, as the push kick is being placed back to the ground, set it down into the step that leads to the roundhouse kick. In other words, you throw a lead-leg push kick, instead of retracting it, set it down into the ground into a step sideways (at a 45 degree angle) directly into roundkicking.

DEFENSIVE SET UPS

Above, I mentioned how to set up offensively for the low roundhouse kick. Now I'll discuss defensively setting it up.

KICK to INSIDE OF OPPONENTS LEAD LEG: you can use this roundhouse kick with a similar objective to the push kick. When your opponent tries to move fwd's to strike, throw the short, rising roundkick to the inside of the lead ankle or knee. This will stagger him and nullify his attack.

LEG BLOCK: After using a leg block to stop a kick, place the blocking leg down while stepping (as the offensive push kick set up) directly into a low roundhouse

kick. You can either attack the opponent's leg that he just kicked with (as he is still trying to set it down) or the support leg (he is still on one leg).

AFTER SWEEPING KICK ASIDE: If your opponent throws a push kick, and you sweep it to your outside correctly, you will expose the back of your opponent, leaving the backs of his legs open targets for a low kick. Kick at the leg you swept aside, as that should be the easiest target.

NOTE: I have not discussed this technique yet, but there is a method to block a mid-body level roundhouse kick *AND* sweep it aside. You can apply the above low kick counterattack the same way.

LEANING AWAY FROM HIGH KICK: If your opponent throws a high roundhouse kick, one defense is to simply lean back so that the kick misses. When your opponent misses, the missed kick will continue to spin him exposing his back. Again, I recommend attacking the kicking leg as he brings it down to the floor.

Blocking Low Roundhouse Kick

Pick your checking (attacked) leg up, and turn it out slightly. You should take the kick directly on the front of your shin, never on the outside of your shin - too much soft tissue (bruising) and also the smaller fibula bone in your shin could be fractured.

Try to take the kick higher on your shin rather than lower; the tibia bone is thicker & stronger here, but we generally want to avoid contact with the knee.

Now this is important for fighters: Try to take the check high on your shin, but strike your opponent low on the shin. IE: turn your checking leg out slightly to make contact with your opponents lower shin - right on his ankle joint if you can. Checking in this manner will hurt your opponent a great deal and he will quickly lose interest in throwing kicks at you.

Also: Raise your foot up when you check, do not leave your toes pointing towards the floor. This adds muscular strength to your check via the Tibialis Anterior muscle on the front of your shin, and protects your ankle. You do not want to be kicked on that ankle!

Another reason to turn your shin so that it "faces" the oncoming kick is so you don't get moved by the kick.

A common mistake I've seen Muay Thai novices make is that they lift the leg straight up with the knee pointed towards their opponent during the block. Besides presetting the soft tissue to the kick, the force of impact can turn you, therefore presetting your side to your opponent.

Though we are talking semantics only, I have been taught that you block *WITH* your knee, because the knee is much stronger than the shin. In truth, you are not

blocking with the knee cap (patella), but the very thick part of the shin immediately under the knee cap.