Special Issue

Muay Thai Moves

MuayThai-World.com
MUAY THAI HAS DEVELOPED IN HIS LONG TRADITION A VARIETY OF TECHNIQUES. MANY MOVEMENTS AND STRIKES WERE EXTRA DESIGNED TO KILL. IN THIS ARTICLE WE ONLY HAVE A LOOK AT THE MUAY THAI TECHNIQUES FROM COMPETITION SPORT.
The 3 Distances

In the martial art of Muay Thai, there is a distinction between three combat distances. These 3 are the distance fight, the half distance and the Infight. Each distance has their own techniques, which are preferably used.

Muay Thai moves in distance fight:
Front Kicks (Teep Throng), high kicks (Dteh Tawad)

Muay Thai techniques in the half-distance:
Boxing techniques (Maahd), low kicks (Dteh Chiang)

Muay Thai techniques in Infight:
Elbow strikes (Sok), knee attacks (Kao), Clinch
8 elbow techniques
Foot techniques

Hard kicks

Dteh Tad - Tae Pub Nai Tae Chieng

Teep Trong - Tae Pub Nok Chorake Fad Hang
Knee attacks

Knock Out weapons

Moves

Kao Tone - Kao Dode - Kao Nai

Kao Kratai - Kao La - Kao Lod
Kao Loi
What looks usually less stressful for outsiders, is extremely exhausting for the fighters. Clinching is the hardest and most exhausting thing there is to cope in a competition. So good fighters use countless clinch techniques to redirect the opponent’s force and to attack him with effective knee and elbow strikes. Help from the referee can not to be expected. Where the referee stops the fight in other martial arts, the bout just begins in Muay Thai!
Facts: Did you know?

42% of all Muay Thai kicks are going to the legs.
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