

Mongkon

Magazine

Special Issue

Muay Thai Moves

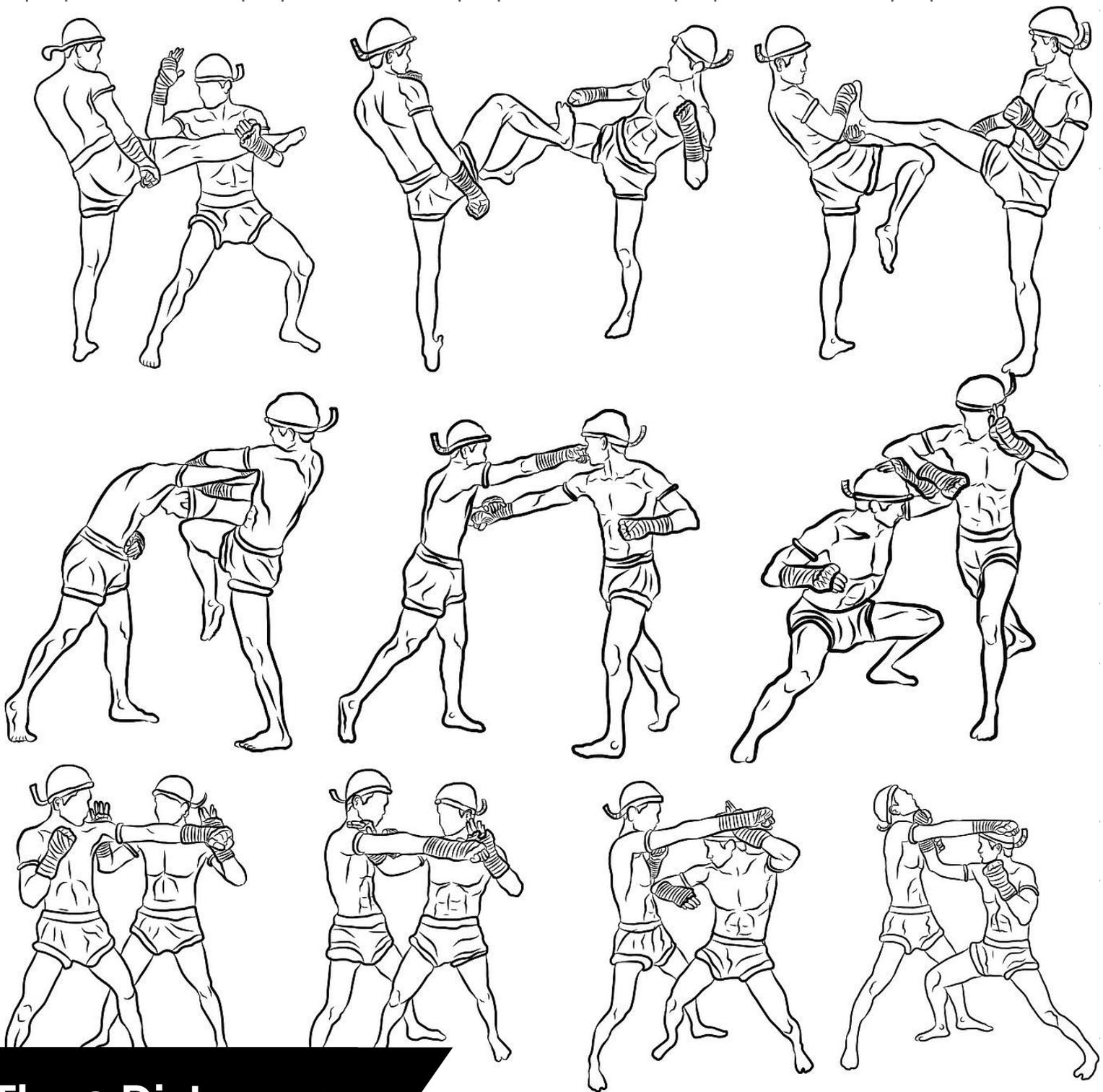
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INTRODUCTION

Muay Thai Techniques

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



effective weapons

8 elbow techniques

SOK TI - SOK TAD
SOK HUD - SOK CHIENG

Moves

SOK SAB - SOK TONG
SOK KU - SOK KLAB



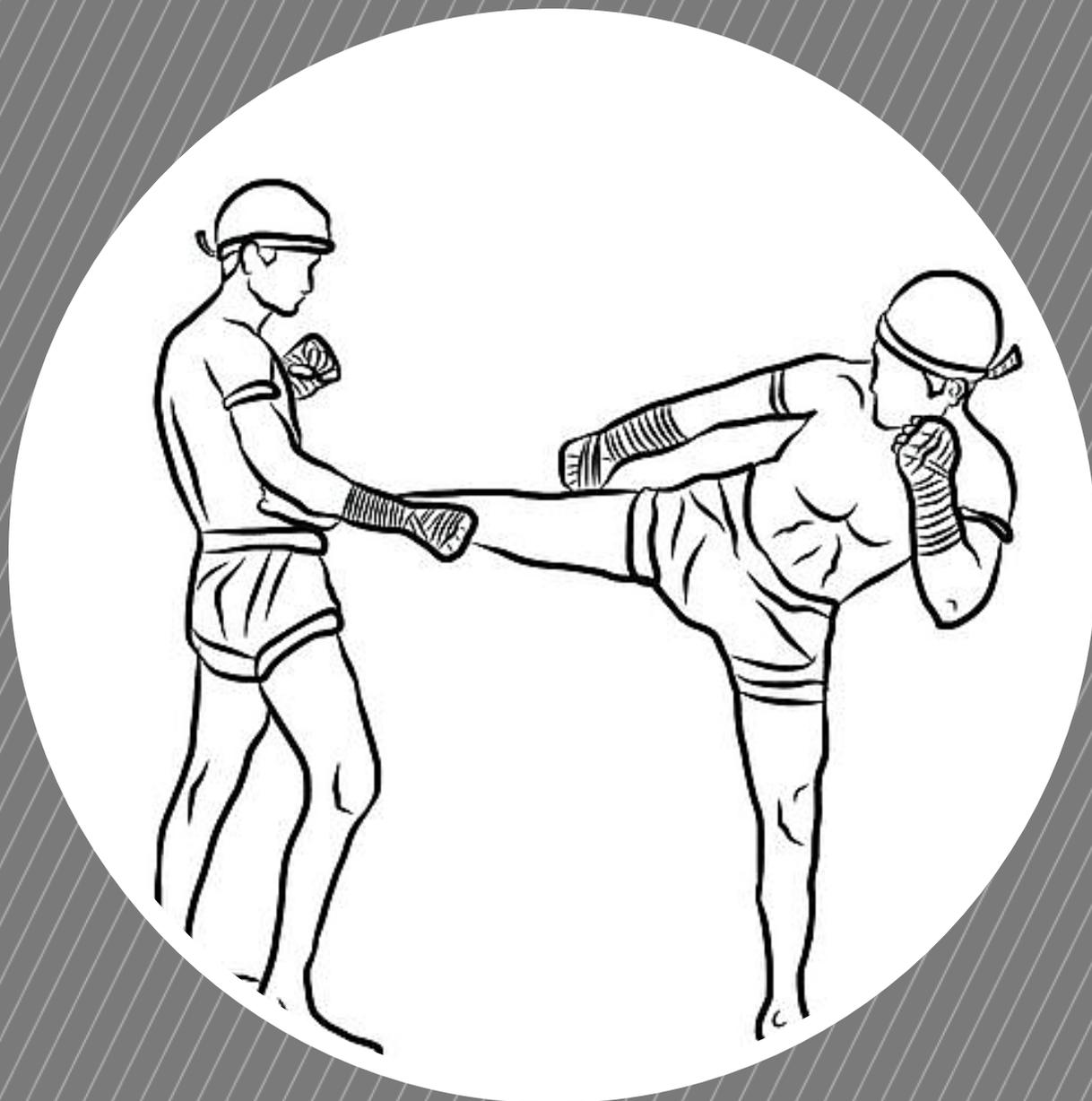
hard strikes

The punches

Maahd Tawat
Maahd Trong

Moves

Maahd Nagd
Maahd Glab



Hard kicks

Foot techniques

Dteh Tad - Tae Pub Nai
Tae Chieng

Moves

Teep Trong - Tae Pub Nok
Chorake Fad Hang



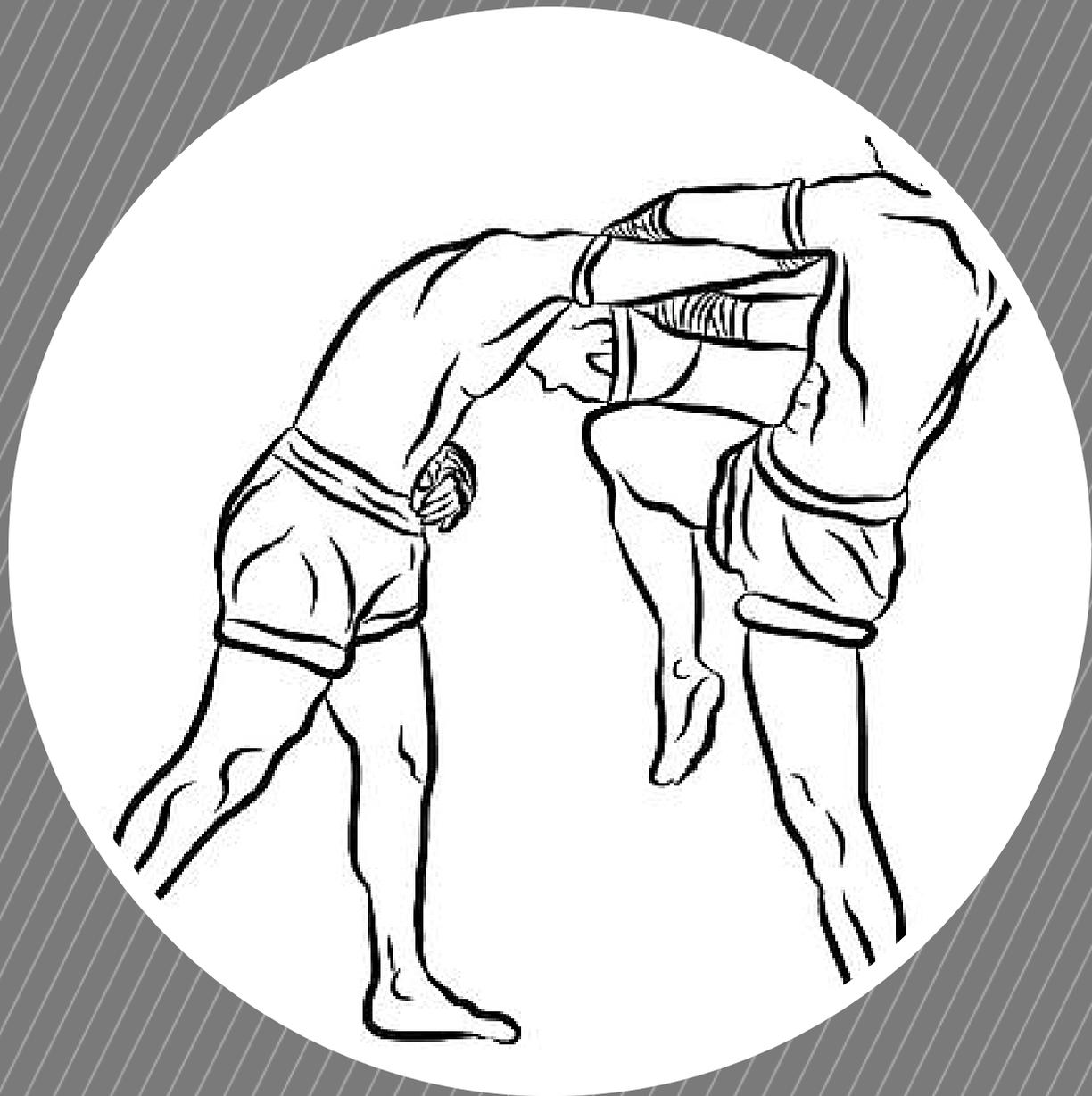
Knock Out weapons

Knee attacks

Moves

Kao Tone - Kao Dode - Kao Noi

Kao Kratai - Kao La - Kao Lod
Kao Loi



The clinch

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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