

# *Muay Thai*



## *The Art of Fighting*

Yod Ruerngsa, Khun Kao Charuad  
and James Cartmell

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by Yod Ruerngsa, Khun Kao Charuad and James Cartmell

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### **Words from Authors.**

**First and Foremost.** Techniques described in this book are meant to damage and even kill your opponent, though being properly executed are very damaging and some are potentially lethal. Practice and use them with caution – it's your and own responsibility.

**Second.** There are lots of gyms, schools and training camps where Muay Thai is taught. Cause Muay Thai is living art there are myriads of variations of how to call this or that technique, how to execute this or that strike or training drill. So if you find out that there are some differences between what you are taught and what you read in this book – don't worry. Use your common sense, try both ways, chose what suits you more. This book isn't meant to show the only way, it is meant to help to choose *YOUR OWN WAY*.

**Third.** There are three authors of this book, but in order to make reading easier, all advices are given as from one author.

**Fourth.** Many of you can ask why so few pictures and where are all these fancy diagrams and stepping patterns? This book lacks them on purpose. We found out that lots off beginners try to imitate what they see (in the gym or in the book) without understanding. And it becomes even worse if someone decides that he can do it after only reading about it. We want you, our reader, to benefit from this book. As so – try all you read in it at your gym, with your partner, ask your trainer about it, discuss it with your friends. In other words – try to fill, try to catch the essence of techniques and drills. Understanding technique is simple, correct execution is much more difficult – but that's the goal. And remember *PRACTICE IS THE ONLY WAY*.