

Look Mai Muay

Look Mai Muay Thai means the movements of using Muay Thai Art, which are divided from Mae Mai. Look Mai Muay Thai has more details of tricks. Before practice them the trainees must have the experiences of Mae Mai Muay Thai. The old qualifications teachers had divided Look Mai Muay Thai to 15 Mai.

LOOK MAI 15 Mai

ERAWAN SUEY NGA



Throws the punch up to the chin or throws the uppercut to the chin

This complimentary technique is similar to the master trick of Mae Mai Muay Thai, the sixth technique or the sixth movement which named TA THEN KHAM FAK

The attacker throws the straight left punch to the defensive's face and steps with the left foot forwards while guarding. The chin with the right fist The defensive sways the body to the left a little in order to escape from the attacker's left punch, at the same time throws the left punch passed through the attacker's guard then turns the body to the right and throws the fight upper cut to the attacker's chin. The defensive must try to sway the body and shoulder close to the attacker chest.

BATHA LOOB PAK



Grabs the punch and kick to the face

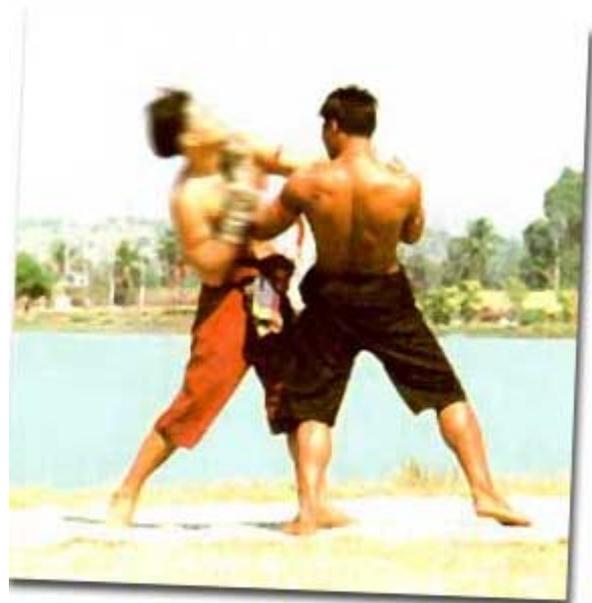
The attacker throws the left punch and steps the left foot forwards while the right fist guards to chin.

The defensive holds on the left punch and steps the left foot forwards. When the attacker moves the body in order to throw the straight right punch, the defensive must hurry to use the right fist to grab the attacker's left punch out to the right side of the defensive then hurries to throw the right kick to the attacker's chin or uses the front foot to pat on the attacker's face instead of kick to the chin, then swaying the body to the left weight on the tip of the right foot and guards to the chest by holding the both punches on.

KHUN YAK PA NANG

The attacker throws the straight left punch and steps forwards while the chin remains guarded by the right fist

The defensive hurries to step the right foot outside the attacker's left foot Raise the left arm to strike the elbow to brush the attacker's left arm. Then hurry to use that speed to move closer to the attacker and enfolds the middle of the body (near the wrist) of the attacker then lift him by the hip to throw his back down to the floor. This action may make the attacker very exhausted or his head may strike to the floor.



PRARAMA NAO SORN

Cover the elbow and uppercut to the chin

This complimentary technique is use for defense again the attacker's elbow.

The attacker steps forward to the defensive or move in to the body and raise the both elbows in order to strike on the head

The defensive steps for-wards to the attack, raises the lower part of the arm parallel to the floor to defense the both elbows of the attacker and throws the opposite uppercut to the attacker's chin, then steps forwards to follow with the punch.



GRAISORN KHAM HUAI



Escapes from the kick throws the straight kick and strikes the back leg

This complimentary technique used for defense against technique named BATA LOOB PAK.

The attacker jumps to kick at the defensive's chin by the method of throwing up the straight kick with the right foot.

The defensive steps the left foot and jumps to escape from the attacker's right foot. Bends the body to the left side weight on the left foot then hurries to resort the right foot and kicks to back of the knee in order break it.

KWANG LIEW LANG

Follows to kick and strikes with the heel

There are two parts of this trick.

Part one

The defensive prepares to kick the attacker's rib, keeps on the both hands to guard the chin.

The attacker holds the left or the right fist in the front, prepares to throw a kick at the defensive and steps forwards.

Part two

The attacker must step back in order to escape from the defensive's kick.

The defensive hurries to turn back quickly by using the foot which had thrown in first for the main standing then turns back to use another foot strikes to the attacker's chin or the top of the chest.



HIRAN MUAN PAN DIN

Defends against the kick, rolls on the body and strikes the swinging back elbow

The attacker launches a right kick to the defensive's rib, weight on the left leg and protecting his face with his both hand guards.

The defensive hurries to raise the upper part of the arm to prevent the attacker's kick. Then turns back and raise the left elbow parallel to the floor at the level of the chin or the face and strikes while turning.



NAK MOOD BADAN



Bends the body ducks under the leg and strikes the knee-joint

This complimentary technique is used for defense against the high kick. There are two parts.

Part one

The attacker kicks to the chin or the temple with the right foot.

The defensive bends the body to pass under the attacker's right foot, which thrown to the neck to the head.

Part two

The attacker kicks with the right foot and misses the target, then the body turned by the straighten of that swinging kick.

The defensive hurries to place the right foot and strikes to the attacker's left knee-joint which makes him fall down.

HANUMAN THAWAI WAEN



Passes to inside and throws the uppercut to the chin

The attacker throws the left punch to the defensive's face and steps the left foot for wards while holding up the bent right arm to protect the chin

The defensive sways the body to escape from the attacker's left punch and steps the left foot forwards close to the attacker. Turns to the left close too the attacker's chest then throws the both punches up to the attacker's chin (throws the uppercuts to the chin-Mud Soi Dao).

YUAN THOD HAE



LOOK MAI

This complimentary technique is used for defense against the trick of the kicks: then strikes the opponent.

The attacker prepares to strike the left foot to Drag on the abdomen of the defensive or strike the abdomen.

The defensive steps the right foot escaped to out side, Parries the attacker's foot with left hand and pounces on the attacker's in step. Then thrusts a power full kick to the attacker's knee-joint with right foot. Sway the body the right, the weight's on the left foot.

THAYAE KHAM SAO

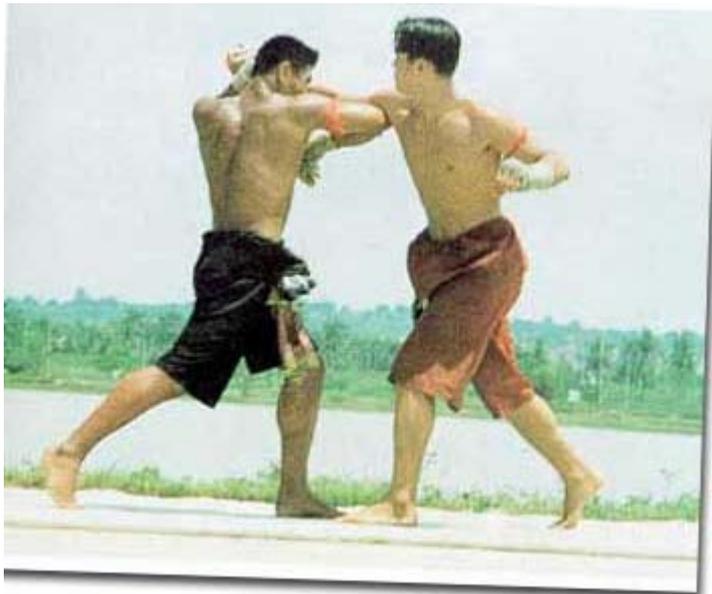


Escapes the kick and the back leg

The attacker kicks the defensive's rib with the right foot, swaying the body while the weight's on the left foot. Holds on the both fists to protect oneself.

The defensive is quick to bend the the body to the right and raises the foot to spun at the attacker's thigh with the heel, the weight's on the defensive's right leg.

HONG PEEK HAK



Escapes inside and strikes the elbow to the arm

The attacker throws the straight right punch to the defensive's face and steps the left foot forwards while holding on the left punch to guard the chin.

The defensive steps very quickly closed to the attacker's body, Parries away the attacker's right fist with the left fist. At the same time hurry to strike the right elbow passed very close to the ear to the middle of the upper part of the right arm (elbow).

SAK PHUANG MALAI

Escapes inside and strikes the elbow to the chest

The attacker throws the straight fist to the defensive's face, steps the left foot forwards and holds on the right fist to guard the chin.

The defensive steps to the attacker bend the body in the attacker's arm. Parries Away the attacker's left arm with the right fist. Then strikes the left elbow to the attacker's chest. Repeats this action many times.



THEN KWAD LAN

Kick

The attacker kicks with the left foot or stands with both feet.

The defensive walks in forwards and bends the body down to escape from the left foot which kicking pass over the head. Then throws the power full kick with the right foot to the attacker's right instep. If the boxer stands with both feet, kicks to the front leg.



FAN LOOK BUAB

KICK

The attacker kicks with the left foot or stands with both feet.

The defensive walks in forwards and bends the body down to escape from the left foot which kicking pass over the head. Then throws the power full kick with the right foot to the attacker's right instep. If the boxer stands with both feet kicks to the front leg.



Basic Combinations

I believe that as an instructor, I should only teach very basic combinations. Two to three strikes each. Rarely, I'll teach a four technique combination (and the two that I do teach are both boxing combos, not Muay Thai).

Instead, I try to teach my students to follow up each technique with something. Actually, I try to teach them to follow up each technique with a few somethings.

Let's use boxing as an example. After I throw a left hook, there are a couple of very specific actions I will take, depending on the situation. My two most common follow ups are:

- 1- Bob and Weave out to the left
- 2- Right Cross

To continue on the same line of thought, I will follow each of those techniques up with some very specific actions. For example, if I were to Bob and Weave to the left, I would probably do one of the following:

- 1- Left Hook to the body
- 2- Clinch (as I straighten myself back up) and Straight Knee to the body

OR, if I threw the Right Cross, I would most likely follow with:

- 1- another Left Hook
- 2- Right-legged Roundhouse Kick to the body
- 3- Clinching Straight Knee to the body

As you can see, each technique I perform has a follow up, and each follow up technique has a follow up, and so on. This is how techniques get strung together into combinations.

So, in essence, I will teach my students simple combinations, such as Jab-Cross-Roundhouse Kick, or Jab-Cross-Clinching Straight Knee, and then let them build upon the technique to make their own "advanced combinations".

Moving right along, we can now discuss Basic Combinations.

As a note, my students are all (with maybe 3 exceptions) beginners. The two basic combos that I drill them on *CONSTANTLY* are the ones that I have already mentioned above:

1. Jab-Cross-Roundhouse Kick
2. Jab-Cross-Clinching Straight Knee

№1- The Jab-Cross-Roundhouse Kick is especially what I (and most people I have trained with) consider to be the "bread and butter" combination of Muay Thai. In truth, it is the "bread and butter" combo of all the striking arts (except Western Boxing) that I have studied.

I teach this combo two ways. Continuous Rhythm and Broken Rhythm.

For the Continuous Rhythm, the three techniques are thrown rapidly in succession with no pause. Also, the roundhouse kick is thrown from the rear side (the same side you threw the cross from) If you were to practice this using Muay Thai technique, you will notice that throwing a strong right cross makes your roundhouse kick weak. To compensate, we teach that the cross is thrown as a feint so that the Roundhouse Kick can be thrown with full power. The "cross" is thrown directly into your opponents face *AND LEFT THERE!* Keep the hand in his eyes so that they cannot see the kick. With the opponents vision obscured, you can then choose which target seems most open. Thigh, hip, ribs, or even the head. When first starting to practice this technique, keep the kicks waist and below until you get the timing. You can then start practicing higher kicks.

For the Broken Rhythm Combo, the Jab and the Cross are both thrown with full power, then you come back to position, usually shuffling back a step into optimal kicking range. From here, you can throw a Roundhouse Kick with either leg, depending on your opponents reaction to your punching combo. Again, practice it with a low kick at first, then when comfortable, try kicking higher targets.

№2- Jab-Cross-Clinching Straight Knee. This combo is pretty self explanatory, I think. Important note however! A common thing I have noticed is that most people studying Muay Thai are so conditioned to clinch an opponent by the neck, that they never take advantage of another clinching option. *CLINCH THE OPPONENTS GUARD!* Instead of always trying to "swim" through his guard to get hold of his neck (and taking an elbow strike on the way in) grab his arms so that you "hook" them where the elbow is bent and pull him across your knee. Try this, you will be amazed at how effective it is.

If you succeed in clinching with your opponents guard and delivering a straight knee, you can then move in closer and clinch the neck.

These are two very simple, yet very effective combo's. Another simple combo is:

№3 Push Kick-Roundhouse Kick: In this case, you are simply using the Push Kick as a gauging tool, so to speak. You use the Push Kick to kick your opponent right into your roundhouse kick range.

№4 Roundhouse Kick-(Skip back)-Push Kick: This one is a little more specialized, but not too hard. You execute a roundhouse kick first, skip backwards

to create the room you need, then skip back in with a Push Kick as your opponent tries to follow you.

In practice, you should try to make it a three beat rhythm, meaning the Kick is one, skipping back with both feet is two, and the push kick is three. Your feet should only touch the floor on those beats. To explain further, after landing the roundkick, you should *SKIP* back with one hop. Do not shuffle your feet going back b/c you need to be *QUICK* (your opponent will be stepping into you!). When you hop back, you should make sure you hop back enough to allow you the room to push kick an approaching target. After hopping back, you hop back in and Push Kick at the same time.

DO NOT SHUFFLE IN AS YOU PUSH KICK! Many people, when they push kick, step forward with their rear leg, then push kick. *NO NO NO!* That kills your forward momentum. The push kick should be practiced so that when executed, you are getting double impact! In other words, the push kick is mostly used to stop an encroaching opponent. Double the impact by hopping into him at the same time as the kick. To get the double impact, hop in and kick *AT THE SAME TIME!*

№5 Another simple yet deadly favorite:

Clinching Straight Knee (with opponent's guard, not neck)-**Diagonal Elbow Strike**.

Well, as I'm sure everyone can imagine, there are a myriad of simple combinations that you can put together. Then, if you practice following each individual technique with some action, your simple combo's will begin to lead into one another creating your own personal advanced combo's.

More Combinations

A list of 10 basic combo's.

№1- Jab-Cross-Lead Horizontal Elbow

№2- Jab-Cross-Roundhouse Kick (The kick can be performed with either leg)

№3- Jab-Cross-Clinching Straight Knee (either Knee)

№4- Roundhouse Kick-Straight Punch (though I prefer a Lead side kick and a Cross, you can throw either kick with either punch. You can also substitute a hook from either side)

№5- Clinching Straight Knee-Hook (right after landing the knee, release you grip on your opponents head and immediately hook when your kneeling foot sets back to the floor. This should catch him before he gets his guard back up)

№6- Clinching Straight Knee-(push opponent away)-Round Kick (the idea here is to push your opponent away into kicking range, and while he's trying to regain his stance and guard up, you can kick him in the head or wherever is open)

№7- Push Kick-Round Kick (like above, use the Push Kick to get your opponent at Round Kick range and unload!)

№8- Roundhouse Kick-Clinching Straight Knee (after landing the Round Kick, set foot down in front of you and step in, grab, and knee. Don't retract your leg after kicking)

№9- Roundhouse Kick-Elbow (essentially, use the same footwork as above, but strike with the elbow instead of the knee. *OR!* If your opponent moves out of the way of the Roundhouse Kick, allow your leg to partially spin you around into a Spinning Elbow Strike. When you miss with a kick, your opponent will often try to step in on you, right into the Elbow Strike!!!)

№10- Roundhouse Kick-(skip back)-Push Kick (as mentioned before, make sure you skip back with both feet at the same time, then skip in at once with the push kick. *DO NOT STUTTER STEP!* This needs to be *FAST!* Try to make it happen in three steps, or beats. Round Kick, skip back, Push Kick. There should only be those three steps and none in between!)