

Muay Thai Basics: Introductory Thai Boxing Techniques - Christoph Delp

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Muay Thai, also referred to as Thai boxing, combines fitness training, self-defense, and competitive sport. In this hands-on guide, renowned trainer Christoph Delp presents the sports history, development, rules, and equipment. In the techniques section, he first details basic skills such as the correct starting position and footwork. Next he offers a complete list of all the attacking techniques and a selection of effective defensive and counterattacking strategies. All techniques are presented step-by-step by Thai champions from the famous Sor Vorapin gym in Bangkok, showing readers the fine details of each technique. The training section provides detailed information about the structure, content, and planning of training regimens and this includes historical training methods, a stretching program, and training schedules. Suitable as both a self-training guide and a supplement to club training, Muay Thai Basics offers authoritative instruction for Thai boxers and other martial arts enthusiasts. Author: Delp, Christoph
Publisher: Blue Snake Books Illustration: N Language: ENG Title: Muay Thai Basics: Introductory Thai Boxing Techniques Pages: 00224 (Encrypted EPUB) On Sale: 2012-11-06 SKU-13/ISBN: 9781583941409 Category: Sports & Recreation : Martial Arts & Self-Defense Category: Sports & Recreation : Boxing

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