# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>DISCLAIMER</td>
<td>3</td>
</tr>
<tr>
<td>INTRODUCTION</td>
<td>4</td>
</tr>
<tr>
<td>CHAPTER 1: PROPER TECHNIQUE</td>
<td>7</td>
</tr>
<tr>
<td>CHAPTER 2: PROPER GEAR</td>
<td>9</td>
</tr>
<tr>
<td>Hand Wraps</td>
<td>9</td>
</tr>
<tr>
<td>Thai Pads</td>
<td>9</td>
</tr>
<tr>
<td>Heavy Bag</td>
<td>11</td>
</tr>
<tr>
<td>Punch Mitts (aka. Focus Mitts)</td>
<td>12</td>
</tr>
<tr>
<td>Shin Guards</td>
<td>12</td>
</tr>
<tr>
<td>Mouthpiece and Groin Cup</td>
<td>12</td>
</tr>
<tr>
<td>Muay Thai Shorts</td>
<td>12</td>
</tr>
<tr>
<td>CHAPTER 3: EFFECTIVE DRILLS</td>
<td>13</td>
</tr>
<tr>
<td>Shadow Fighting</td>
<td>13</td>
</tr>
<tr>
<td>Thai Pad Drills</td>
<td>13</td>
</tr>
<tr>
<td>Punch Mitts</td>
<td>14</td>
</tr>
<tr>
<td>Heavy Bag</td>
<td>15</td>
</tr>
<tr>
<td>Attack &amp; Defense Drills</td>
<td>17</td>
</tr>
<tr>
<td>Footwork Drills and Skipping Rope</td>
<td>17</td>
</tr>
<tr>
<td>Clinch Sparring</td>
<td>18</td>
</tr>
<tr>
<td>Sparring</td>
<td>18</td>
</tr>
<tr>
<td>CHAPTER 4: A GOOD RELIABLE TRAINING PARTNER</td>
<td>20</td>
</tr>
<tr>
<td>CHAPTER 5: MUAY THAI WORKOUT ROUTINES</td>
<td>21</td>
</tr>
<tr>
<td>Get a Timer</td>
<td>21</td>
</tr>
<tr>
<td>All Right, Now It’s Time To Do Some Training!</td>
<td>21</td>
</tr>
<tr>
<td>Beginner Muay Thai Routine (10 Rounds)</td>
<td>22</td>
</tr>
<tr>
<td>Intermediate Muay Thai Routine (15 Rounds)</td>
<td>22</td>
</tr>
<tr>
<td>Advanced Muay Thai Routine (23 Rounds)</td>
<td>22</td>
</tr>
<tr>
<td>Conclusion</td>
<td>23</td>
</tr>
</tbody>
</table>

© Copyright 2008 MuayThaiHomeStudy.com. All rights reserved. This material may not be duplicated or reproduced in any form without the express written consent of Scott M. Sullivan.
DISCLAIMER
The information in this book and accompanying videos are strictly for educational purposes only.

*Neither this author, producer, Bam Bam Martial Arts, Dominus Vobiscum Inc., nor any of its officers, employees, directors, contractors, or suppliers makes any warranty expressed or implied, or assumes any legal liability for the accuracy, completeness or usefulness of any information contained within.*

**MARTIAL ARTS TRAINING IS A DANGEROUS ACTIVITY.**
You should not engage in any form of martial arts or physical exercise program without first consulting your doctor. Specific medical advice should be obtained from a physician or other licensed health-care practitioner. Consult your physician before you begin this or any new martial arts, exercise, or stretching program.

The viewer of this video and/or visitor to our websites, assumes all consequences, liability and risks associated with any and all contents of this video and website.

The author, co-authors, models, affiliates, sub-affiliates, dealers, distributors, publishers, producers and anyone else associated with producing The Complete Muay Thai Home Study Course disclaim all liability for any and all conditions or injuries experienced during or after practice of any of the techniques or exercise routines, demonstrated, discussed or outlined on this program.
INTRODUCTION

Muay Thai is the national sport and martial art of Thailand and it is one of the most effective fighting systems in the world. The history of the sport dates back some 2000 years. Muay Thai uses punches, kicks and throws with knee and elbow strikes to overwhelm an opponent.

The fights take place in the ring similar to boxing, and the number and length of the rounds vary. As a professional however, your fight may last five rounds of 3 minutes in duration. Many think that seems much shorter than western boxing, but when you consider that the technique and art of Muay Thai requires a great deal of energy, (throwing kicks and knees takes more energy than throwing a punch) it makes sense, and especially after you begin training in Muay Thai, you will see first hand how much just a few rounds can take out of you!

Muay Thai is also known as The Art of the Eight Limbs, and it is called this because the art emphasizes the use of the hands, shins, elbows and knees in fighting. Contemporary Muay Thai is different than the ancient art of “Muay Boran” which was really just the beginning form of the art. Muay Thai incorporates hand techniques from western boxing and is based on fighting in a ring where the training focuses a lot on endurance and mobility.

For a long time, Muay Thai was known only in Thailand. Around the 20th century however, the word began to spread. Today, due to recent successes in MMA, Muay Thai is enjoying a popularity never seen before.
Using Muay Thai as a workout is a great way to get in shape and lose some weight! Muay Thai is a very intense workout and make no mistake about it - you will burn a lot of calories with Muay Thai training. This good thing about is that this workout is good for anyone since it allows one to start slow and work their way up to advanced training as they get into better shape.

As you will see later, a typical Muay Thai workout usually consists of some sort of warm-up, followed by various types of pad work, attack and defense coordination drills, sparring, and ending with a cool down.

Of course, one can’t just jump right in to this sort of training without direction. *It is crucial for you to make sure you train correctly*, and that means with good form and technique. It won’t do you much good just going out and start banging away on a bag without any guidance. Hence, this book is meant to be complemented by all 5 DVDs of The Complete Muay Thai Home Study Course.

To achieve success from your Muay Thai training, there are certain elements within your training that must be present. In fact, there are four key elements that you will have to have to build a fantastic Muay Thai training regiment. These four elements are:

1. Developing and practicing proper technique
2. Having the proper gear
3. Practicing effective drills
4. Having a good reliable training partner.

The DVD series, *The Complete Muay Thai Home Study Course* is designed to take care of #1 and #3. It will be up to you to acquire #2 and #4, *but it is the purpose of this book here to help guide you in setting up all of these elements*. Once you have all of these essentials in place, you will be on your way to
developing some serious skill in Muay Thai and reaping all of the benefits the come from that.

So let’s get started by discussing these elements in more detail!
Chapter 1: Proper Technique

Proper technique is crucial in Muay Thai so that you will have as much speed and power in your offensive techniques as possible, and that you protect yourself as much as possible as well. **You must pay special attention to your technique and form.** It is crucial that you concentrate on perfecting your technique, particularly early on, so that you do not develop any bad habits. It is, after all, much better and easier to get it right in the beginning.

Generally, having proper technique in Muay Thai is all about how you position the various parts of your body while tensing and relaxing the appropriate muscles.

It is very difficult to learn proper technique solely from a book such as this. You will have to pay close attention to the details in the video to make sure your technique matches perfectly what is seen there.

Moreover, you will also need the **flexibility** to do the moves swiftly and without fear of injury.

So in the beginning you need technique and flexibility, so we highly recommend that you:

**BEGIN YOUR MUAY THAI TRAINING BY MEMORIZING THE ROUTINE PRESENTED IN THE STRETCHING VIDEO AND BY WATCHING DVD 1: “FUNDAMENTALS”, AT LEAST 3 TIMES ALL THE WAY THROUGH.**

It cannot be overstated that **you must take the time to work on your technique.** Especially in the beginning, you need to make sure your moves look as closely as possible as the moves demonstrated in the video. This will be difficult at first, but don’t get discouraged. Naturally, you are not going to throw a
perfect Thai kick your first time. You must nevertheless, make perfect technique a goal.

Finally, you won’t know how your technique looks without being able to see yourself performing it. Get some means to watch yourself. This could be as simple as practicing in front of a mirror, or having a friend or family member video tape your moves. You will likely be surprised at what you see!
Chapter 2: Proper Gear

Whenever you start a new activity, it usually involves getting a bunch of cool new “stuff”. For a lot of people, this is part of the fun! Muay Thai is no different. A Muay Thai practitioner needs to have the proper gear if his or her training is going to be successful.

This chapter discusses some of the things you will want to acquire for your Muay Thai training. You don’t have to get everything right at once, but the sooner you do get and use the proper gear, the quicker your progress will be.

Hand Wraps

You will need to protect your wrists from injury with proper wraps. The kind to get is the longer, semi flexible wraps that sometimes go by the name of “Mexican hand wraps”.

A quick search on YouTube.com will give you many good videos on how you can wrap your hands correctly.

Thai Pads

Thai pad training is the staple and backbone of Muay Thai workouts and is a very distinctive and essential part of Muay Thai training. The best thing about them is that the holder or “feeder” can closely simulate real fighting and allow the practitioner to work on defense and throw full power strikes.

Thai pads are widely available for purchase online, from anywhere between $50 - $100. We recommend trying to get pads with Velcro straps. Here are some of the more popular brands to choose from:

1-Thaismai
There are numerous ways to train with the pads, and you need to refer to the Thai pad DVD in The Complete Muay Thai Home Study Course to get started with some of the basic drills.

As we show you on the video, you should grab the pads so that your palm is towards your opponent and not towards your face. Don’t forget, when you are holding the pads, you must create a solid target for your opponent to hit. Do not hold the pads “limp” or too loose because there is no solid striking surface for your partner to hit. When the strike comes, press the pads into the blow to help create this solid striking surface.

Always remember that a good pad holder will push their opponent to exhaustion. Long, hard hours spent on the Thai pads will certainly pay big dividends in your fighting skill.

Finally, you should know that after about six months to a year of doing the drills on the DVD, you will eventually want to work in to doing your pad work “freestyle”. This basically means that your Muay Thai partner wears a set of Thai pads, a belly pad and shin guards which allows both of you to realistically attack each other.¹ Full power striking of the Thai Pads is a tough part of Muay Thai training and can be one of the toughest workouts you will ever do.

¹ We will be producing a later DVD that covers freestyle pad training in detail.
Heavy Bag

The heavy bag is great for building stamina and power. There are many different kinds of heavy bags. First, there are bags made of different material; i.e., canvas, vinyl, leather, etc. Second there are different sizes and shapes of bags. The new practitioner might be confused; which bag do you get?

We recommend getting a vinyl or leather bag instead of canvas for Muay Thai, for the simple fact that the canvas bags will tear up your elbows and knees.

We also recommend getting the longer Thai style “banana” bag. These bags are about 6’ long and cylindrical. We prefer this bag so that the practitioner can practice striking low line targets with the kick and knee.

But the standard heavy bag from your local sporting goods store is fine too. You won’t be able to do low line kicking, but strikes from the waist up will work just fine. The benefits of this sort of bag are its price and availability – they are usually cheaper and obtainable at almost any sporting goods store.

You will learn what to do with the heavy bag on the DVD, and the routines discussed later on will tell you how much heavy bag work you should do.

How to Install a Heavy Bag: We get questions all the time about the best way to install heavy bags. After decades of hanging heavy bags, the best and cheapest way we have found is to fasten 2”x12” board across 2 or more ceiling joists (say in the garage).

Then, drive a large “screw eye” through that board.

Next, get a standard “porch swing spring” from your local hardware store (usually sold in pairs) and fasten it to the screw eye with something like a “quick link” chain connector. The spring will take a lot of shock and jarring off of the joists.

Then you fasten the chain on top the bag to the bottom of the spring. Now the bag is ready to go!
Punch Mitts (aka. Focus Mitts)

Punch mitts are a nice complement to the Thai pads and heavy bag. These mitts are light and more maneuverable, enabling the feeder to work with quick offensive and defensive combinations.

Punch mitts are widely available for purchase on the web. Almost any style or brand will do.

Shin Guards

You will want shin guards for many drills in Muay Thai as well as for sparring. The guards that cover both the shin and instep are best. These are easily available on the web also.

Mouthpiece and Groin Cup

Not much needs to be said here. Get the mouthpiece from your local sporting goods store and **be sure to get the kind the covers the top teeth only**. The “full mouth guards” are difficult to use because of the very small breathing hole.

**As for groin cups, we only recommend the Muay Thai style steel cups.** The other cups used in baseball and soccer simply do not sufficiently protect this important area. The steel Thai style cups are the only ones that are designed specifically for kickboxing style martial arts. (Personal note: these cups tend to be sized a little “small” so adjust your order accordingly!)

Muay Thai Shorts

Yeah sure, these really aren’t that necessary, but let’s face it: a cool looking pair of Thai trunks can add to the fun by making you feel and “look the part”!
Chapter 3: Effective Drills

Shadow Fighting
To obtain the appropriate fluidity in your Muay Thai techniques, you need to do shadow boxing. This simply means you kick and punch in front of a mirror to determine that you are throwing your moves correctly.

Thai Pad Drills
The Thai pad drills you see in the video will be done for 3-minute rounds with a 1-minute rest in between. Pay careful attention to the section on how to hold the Thai pads so that you can be the best “feeder” to your partner as possible.

When training on the pads, constantly move around and change the range between you and your partner. Force the boxer to adjust by using their footwork, thereby making him or her constantly adjust their technique.

To add some variety, you can change the rhythm. The pad holder can vary between having the attacker execute the techniques for power, or for speed. Sometimes you can make the round be either a “power round” or a “speed round” to work on both of these attributes.

If you have a partner who is very good, later on you will be able to just hold the targets for the him or her to hit, without having to explicitly mention it, as such a
partner will know what strike you want based on the position you are holding the pads.

The workout routines discussed at the end of this book will not mention specifics. You will simply see something like “Thai Pads – 2 three minute rounds”. So you may wonder, which drills should I do”? For the first six months to a year, simply pick from the drills shown on the DVD. It is fine to do some of your favorites often, but don’t do that so much that you end up completely neglecting all the others. Vary your routines frequently to develop a wider skill base.

**Punch Mitts**

Punch mitts are fantastic for developing hand skills. As you will note in the video, they are used by a partner to catch your punches and elbows as you throw combinations at them. They are light and mobile enough to be used in quick offensive and defensive combinations that closely resemble a real fight.

As with the Thai pads, in the workout routines below you will see something like “Punch Mitts – 3 three minute rounds” listed. What you should do here is again; simply pick some routines from the DVD. After several months of doing this and getting a “feel” for how a good combination should flow, you will be able to begin putting together your own combinations.

Don’t forget - the punch mitts are also fantastic for practicing your elbows! The elbow strike is a weapon of mass destruction capable of breaking bones and knocking out opponents in a heartbeat. Elbow drills will help prepare the elbow for attacking which by integrating a variety of set moves delivered from a compact stance. You want to make sure that when throwing your elbow combinations, your arms and traps are very loose so that the elbow can really “whip” into the target.
Heavy Bag

Working on the hanging bags will build power and stamina into your kicks and punches as well as toughen your body. Kicking the bags often is the only sensible way to condition your shins. Aggressive methods of training such as using bottles or other very hard objects to condition the shins are not recommended, and also not necessary. This kind of training may cause unnecessary injury to the bones in your legs.

One important note: heavy bag work "stresses" your body. What you need to do to improve here is utilize alternating periods of stress and recovery. Work hard, stress the body, relax and let it recover, then repeat. Over time you will be able to increase the intensity and extent of your training sessions as your body adapts and becomes more durable. Also you should know that your muscles will adapt faster than your connective tissue. The power generated by even beginners in heavy bag training often quickly surpasses the resilience of their connective tissue. As a result, you will become sore and even suffer a connective tissue injury.

So build up your training gradually. Don't be afraid to acknowledge your limitations and don't over-train. Listen to your body and don’t ignore the feedback that it gives you. Trying to train these sorts of injuries will only lead to chronic problems later on.
Additionally, don’t try to "kill" the bag with every strike you throw. Trying to hit the bag as hard as you can all the time not only is not a good fighting strategy, but it also over-stresses your joints and messes up good technique! People who throw everything as hard as possible are usually off balance and sloppy. Shoddy bag work will create bad habits and poor technique. Relax when you strike and hit with perfect form.

Here is another important thing to remember when working on the bag: THERE IS A HUGE DIFFERENCE BETWEEN “HITTING” AND “PUSHING”. A push is executed with a lot of force, but connects the bag too early and too slowly. Also, trying to over penetrate the bag when you hit also results in a “push” that doesn’t have hardly any knockout power. Instead, hit by putting some “snap” into your punches. Really whip the punch quickly and pretend you are going to bring the punch back faster than it went out!

*Here is a good thing to think about that will help you avoid “pushing” your punch: pretend there is an egg embedded halfway into the bag – smash the shell with your fist but don’t get any yolk on your hands!*

You can get some great feedback from the bag itself that will tell you if you are hitting or pushing. With a good clean hit, you will hear a nice "crack" as opposed to a dull “thud” when you hit the bag. The bag will not swing that much if you are hitting properly.
Attack & Defense Drills

Offensive and defensive drills are crucial to your becoming a well-rounded fighter. These drills will teach you things like balance, coordination, what moves to use when, and which moves flow well with one another and which ones do not.

When the routines later on mention something like “A&D – 2 drills for 2 three minute rounds”, you take your pick from the drills shown on the Attack and Defense DVD. It is okay to do your favorites often, but practicing ALL of them is necessary to give you the variety and skill sets you need to be a complete fighter. Don’t neglect the ones you don’t like or perhaps find boring, they are all there for an important reason.

Footwork Drills and Skipping Rope

The footwork drill shown on the fifth DVD in The Complete Muay Thai Home Study Course is very important. You may have awesome power and speed in your strikes, but if your footwork is clumsy and slow, there is very little chance that you will every land those awesome moves. When you are able to continually circle your opponent, you will be able to take advantage of the openings that can become available to you.

You will see that we recommend some sort of footwork training in every session, and an alternative to the standard footwork drill is skipping rope.
Jumping rope builds up endurance in your legs, which is very important for fighting, as you are constantly moving and changing levels with you legs. It is also a good solid cardio exercise and so is a great way to build wind. It allows you to develop a rhythm and sense of timing, this helps you learn how to establish a tempo when fighting, or working at a level that you can maintain comfortably throughout a round. It is a great way to warm up your body and it builds coordination and body control, essential for learning and refining techniques. All of these benefits of skipping rope are very important for your movement and footwork.

**Clinch Sparring**

Muay Thai fighters are well known to have tough clinches and this ability comes from hours and hours of clinch work. Clinch sparring, the drill shown at the end of the Clinch DVD, is something that should never be neglected.

Spend time and pay careful attention to the Clinch techniques DVD and make sure you are loose and relaxed in your clinch sparring. If you get too competitive with it, your learning will be stifled. Go easy and have some fun with it!

**Sparring**

Sparring is important as a part of your program because it gives you a real, live person to trade techniques with in an unrehearsed manner. Using the bag and other drills are great to help you build your technique, but nothing can take the place of actually gloving up and sparring with a live opponent that hits back!

Sparring should be done several times before getting in to ring to fight
professionally. You will often find that you learn about mistakes or “holes in your fighting game” from your sparring sessions. It is important that whatever you learn with sparring should be worked on as a drill immediately afterwards.

Never spar without the proper equipment. Both you and your partner should be wearing 160z. Boxing gloves, a mouthpiece, groin cup, and shin guards. Traditional style boxing headgear is good at preventing cuts, but does not do much to take the power out of blows.

When you begin sparring, you should go lightly, throwing your techniques at about 25% power. After a couple of months of this, if your partner is willing, you can bump it up to 50% power. It is important to remember that sparring is not all out hitting your partner with maximum force. Save the 100% power for your ring fights and keep the sparring at 50% for most people, and around 75% for those who want to actually compete in the ring.
Chapter 4: A Good Reliable Training Partner

It’s been said that you are only as good as your training partners. Without a good, reliable training partner, you will never be able to go very far in Muay Thai training.

A great training partner will be willing to learn, dedicated to improving, and show up when it’s time to train!

Word to the wise:
*Take the time, before you even get started, to nail down a good reliable training partner who is as excited and serious as you are about training.*

WITH THE FOUR ELEMENTS OF “PROPER TECHNIQUE”, “PROPER GEAR”, “EFFECTIVE DRILLS” AND HAVING A “GOOD RELIABLE TRAINING PARTNER” IN PLACE, YOU WILL BE WELL ON YOUR WAY TO HAVING A GREAT TRAINING PROGRAM.

GET GOING AND TRAIN HARD WITH THE ROUTINES LISTED BELOW!

YOU MIGHT BE SURPRISED HOW FAR YOU CAN GO ON YOUR OWN!
Chapter 5: Muay Thai Workout Routines

Get a Timer
When doing these routines, it will be very helpful if you use some sort of timer instead of just going off the normal clock. A cheap solution is your average kitchen timer. For those who want a better and more advanced solution, professional boxing timers run around $100 and are very nice because they don't need to be “reset” every round. They will continuously cycle a 3, 5, or even a 10-minute work period with a 1-minute rest period. Professional timers such as these are available at any online boxing supply company.

All Right, Now It’s Time To Do Some Training!
For those who are brand new, start with the beginner routine. If you have had some training, you’ll need to pick the routine that best fits where you are. Roughly speaking, we recommend the beginner routine for 3 months, the intermediate for 3 months, and then move on to the advanced routine after about 6 months of training.

Note: If you do not have all the equipment listed here (for example, say you do not have a heavy bag) simply supplement that part of the routine with something you do have (so for example, you can supplement your lack of having a heavy bag with some extra punch mitt rounds).
Beginner Muay Thai Routine (10 Rounds)
This routine should be done 3 times per week
A. Footwork Training – 1 three minute round of footwork – circling and switching on command.
B. Shadow Fighting – 1 three minute round
C. Thai Pads – 2 three minute rounds
D. Punch Mitts – 2 three minute rounds
E. Heavy Bag – 2 three minute rounds
F. A&D – 2 drills for 2 three minute rounds (cool down)

Intermediate Muay Thai Routine (15 Rounds)
This routine should be done 3 times per week
A. Footwork Training – 1 three minute round of footwork or skipping rope.
B. Shadow Fighting – 1 three minute round
C. Thai Pads – 3 three minute rounds
D. Punch Mitts – 2 three minute rounds
E. Heavy Bag – 2 three minute rounds
F. Clinch Sparring – 2 three minute rounds
G. Sparring – 2 three minute rounds
H. A&D – 2 drills for 2 three minute rounds (cool down)

Advanced Muay Thai Routine (23 Rounds)
This routine should be done 3 times per week
I. Footwork Training – 1 three minute round of footwork or skipping rope
J. Shadow Fighting – 1 three minute round
K. Thai Pads – 5 three minute rounds
L. Punch Mitts – 3 three minute rounds
M. Heavy Bag – 3 three minute rounds
N. Clinch Sparring – 3 three minute rounds
O. Sparring – 5 three minute rounds
P. A&D – 2 drills for 2 three minute rounds (cool down)
Conclusion
The combination of this book with The Complete Muay Thai Home Study Course will guide you towards developing a surprisingly good skill level in Muay Thai.

Like anything else, only practice and dedication will produce desirable results. Keep training and don’t get discouraged. Persistence will pay off in the long run!

GOOD LUCK IN YOUR TRAINING!