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Muay Thai Counter Techniques: Competitive Skills And Tactics For Success



Synopsis

This thoroughly revised edition of *Muay Thai: Advanced Thai Boxing Techniques* teaches intermediate Muay Thai fighters how to counter a wide range of opponents' attacks. Author Christoph Delp explains the rules and ceremonial procedures unique to Muay Thai competition, demonstrates historical and modern techniques, provides training tips, and details the benefits of training in Thailand--experiencing the art in its country of origin. The primary focus of *Muay Thai Counter Techniques* is on counter-tactics, or techniques used to counter an attack from one's opponent. Muay Thai is a martial art with a variety of impressive techniques; every attack technique can be countered with a large number of variants. No two fighters will react to an attack in the same way, because while most Muay Thai fighters learn the same basic techniques (as presented in Delp's earlier book *Muay Thai Basics*), each fighter will go on to learn a wide variety of secondary techniques and will adapt them to his or her individual fighting style. This edition includes new full-color photographs throughout in which many well-known Thai boxers--including champions like Saiyok Pumphanmuang, Kem Sitsongpeenong, and many others--demonstrate the most important techniques for competitive success. Suitable for Thai boxers as well as mixed martial arts (MMA) fighters, *Muay Thai Counter Techniques* is a useful addition to the library of anyone seeking to add more techniques into their repertoire and take their training to the next level.

Book Information

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Customer Reviews

Christoph Delp is a martial artist, fitness trainer, and author of numerous books on martial arts and fitness, including *Muay Thai Basics*, *Kickboxing: The Complete Guide*, and *Fitness for Full-Contact*

Fighters. His Muay Thai DVD series, designed to accompany his books, is currently in production. His popular YouTube channel can be found at www.youtube.com/muaythaidvd.

Even though this book is the second in a series of three, where the first one covers Muay Thai basics and attacks and the third focuses on training exercises and training plans, it is not essential to buy the first and third book to go along with this one (you can of course do so if you want). But this book is a lot more than just a guide for Muay Thai counter attacks. The author explains the history of the competitive sport, lists the rules and customs of Muay Thai fighting in detail and even interviews a few Muay Thai champions. The book also includes information on how to prepare properly for a competition. Of course the main part consists of counter attacks and the pictures and descriptions make these techniques easy to follow and practice. In the last part of the book, the author himself does a FAQ on training in Thailand, answering every possible question a Muay Thai enthusiast might have. He also includes travel information, important addresses and advice on what to bring and the culture in Thailand. An enjoyable read for every Muay Thai novice or professional.

If Thai Boxing is your passion and you want to refine your techniques even on the sofa, this book is perfect! The book starts with a bit of history of Muay Thai - today & yesterday and you'll find some interviews with famous boxers. The author has lived in Thailand and describes very detailed many, many traditional Thai boxing defensive and counter techniques. All of them are well explained and illustrated with photos to make it easy to understand. He gives you practical information about the preparation before a fight and introduces fight strategies. You'll also find an 8 week training cycle for a perfect preparation for competition. With this book you will get a lot of background information - at the end you'll even read very useful tips and information if you're planning a trip to Thailand to train there! I think this book is perfect to recapitulate and refine already known techniques and to get to know new techniques as well. I would nearly call it a "Thai Boxing Dictionary" as it is full of useful information!

This is a great book. This book has many many techniques, insights and advice. Packed with pictures clearly showing each step of the technique and concise descriptions of each movement. Also, it has a sample fight camp as well as advice on your first fight and training. To top it all off techniques and interviews with world famous Thai fighters are included... If you love Muay Thai, this book has something to offer at every skill level.

The techniques demonstrated in this book are not only authentic including many of the traditional ones but also does an outstanding job of describing each movement in great detail. Definitely a good buy for the many Thai enthusiast or practitioner.

Headline says it all! If u want to get better at Muay Thai this book will teach you the basics.

Love the book!

This book really helped me improve my offense. One of the guys I train with even said he noticed a difference in my technique. I would say I already had an intermediate skill level when I bought the book, but I still found lots of techniques that I didn't know. Great book.

Must have

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