



# MAE MAI MUAY THAI

Mae Mai Muay Thai is the exquisite, fierce and strong major techniques of Muay Thai. Each move has its own name that displays its fierceness and power. Muay Thai and Thai martial arts are the art of eight limbs, because they combine the use of fists, elbows, knees, shins and feet, while Western boxing allows only the use of fists to fight and defend. The following are the heavy, fierce and powerful Mae Mai Muay Thai.



## SALB FAN PLA

This Mae Mai Muay Thai technique is used for defending oneself or escaping the opponent's straight punch by stepping out of the opponent's circle and let the punch pass by.



## CHAWA SAD HOK

This Mae Mai Muay Thai technique is used for escaping the opponent's straight punch by stepping out and then throwing the elbow at the opponent.



## INAO THANG GRIT

This Mae Mai Muay Thai technique is used for defending the opponent's straight punch and then throwing the elbow close to the opponent's body.



## YO KHAO PRASUMARU

This Mae Mai Muay Thai technique is used for defending the opponent's straight punch by bending the body down at 45 degrees and letting the opponent's punch pass over the head and then throwing the punch at the opponent's chin.



## TA THEN KHAM FAK

This Mae Mai Muay Thai technique is used for defending the opponent's punch to the chin by pushing away with your arm.



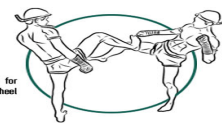
## MON YAN LAK

This Mae Mai Muay Thai technique is used for defending the opponent's punch by throwing a kick to his chest or abdomen.



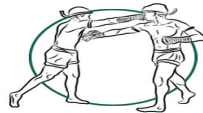
## PAK LOOK THOY

This Mae Mai Muay Thai technique is used for defending the opponent's kick by throwing the elbow at the opponent's shin.



## VIROON HOK GLAB

This Mae Mai Muay Thai technique is used for defending the opponent's kick by throwing the heel to the opponent's thigh.



## DAB CHAWALA

This Mae Mai Muay Thai technique is used for defending the opponent's straight punch by throwing the fist to the opponent's face.



## KHMANYAK JAB LING

This Mae Mai Muay Thai technique is used for defending oneself by throwing the punch, kick and elbow continually at the opponent.



## JARAKHE FAD HANG

This famous Mae Mai Muay Thai technique is used when the opponent throws a punch to a wrong target and loses his balance. You then turn your body to kick him by swinging the heel back at him.





## WAI KRU

If you've watched a Muay Thai match before, you've seen the ritual dance the fighters did at the beginning. Here are something you might not know about 'Wai Kru Ram Muay' ritual ('Wai Kru' for short).



## THE PURPOSE

Wai Kru is performed by fighters as a mean of paying respect to their mentors, family and to gain auspiciousness. Wai Kru is also a good way for the boxers to warm-up their bodies. It loosens up the muscles and prepare them for the fight.



Music widely used in Wai Kru Ram Muay is called "Sarama" and "Kaek Chao Sen" is used during the match.



**KLONG KAEK**  
There are 2 types of Klong Kaek. One with higher pitch is called Klong Kaek Tua Phu (male) and one with lower pitch is called Klong Kaek Tua Mui (female).



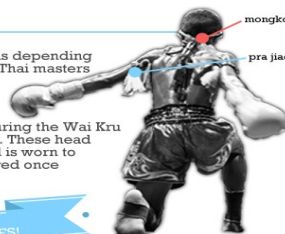
## THE MUSIC

Muay Thai music consists of 4 instruments; Pi Java (Javanese oboe), Ching (small hand cymbals), and two Klong Kaek (double-headed barrel drum).

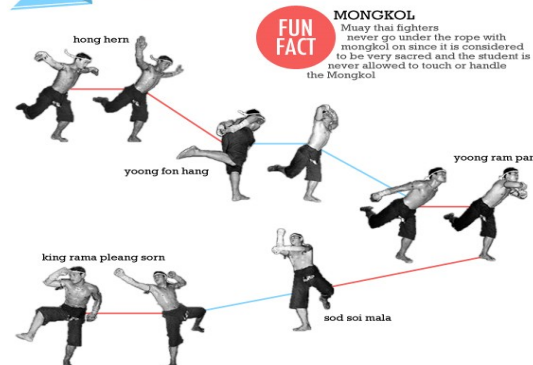
## THE DANCE

Wai Kru is presented in variations depending on the school one follows. Muay Thai masters in different camps teach their individual styles.

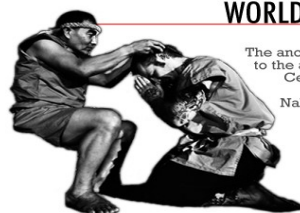
One important item worn only during the Wai Kru dance is the Mongkol head band. These head bands are blessed by monks and is worn to bring them good luck and removed once Wai Kru ritual is over.



HERE ARE SOME MOVES!



## WORLD WAI KRU MUAY THAI



The ancient capital of Ayutthaya is home to the annual World Wai Kru Muay Thai Ceremony. Muay Thai boxers from around the world return to Phra Nakhon Si Ayutthaya to pay respect to their teachers, and to pay homage to the legendary Muay Thai folk hero, Nai Khanom Tom.