



# Explosive Muay Thai: Beyond the Basics

*Jerry Heines, Amorndet Ranjanthuek*

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## **Explosive Muay Thai: Beyond the Basics** Jerry Heines, Amorndet Ranjanthuek

Explosive Muay Thai: Beyond the Basics builds on your basic Muay Thai knowledge to integrate the physical techniques, mental attitude and philosophy of Muay Thai training into a disciplined, progressive approach to training. The book opens with a discussion of how traditional Muay Thai philosophy and development of the modern day warrior s attitude necessary to survive the rigors of Muay Thai training. Once you're ready to get serious about training, authors Jerry Heines and Kru Amorndet Ranjanthuek teach you the keys to success in the ring including how to determine your opponent's style so you can take him apart mentally and physically. Dozens of fighting combinations show you how to use punching, kicking, knee and elbow strikes to dominate in the ring. You'll also learn to fight on the ropes and from the clinch, using proven skills and tactics.

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