

"Muay Thai" is a combat sport from the muay martial arts of Thailand that uses stand-up striking along with various clinching techniques. This physical and mental discipline which includes combat on foot is known as "the art of eight limbs" because it is characterized by the combined uses of fist, elbows, knees, shins and feet, being associated with a good physical preparation that makes a fight very efficient. Muay Thai became popular in the 16th century, but became widespread internationally only in the 20th century when practitioners defeated noble practitioners of other martial arts. A professional league is governed by the World Muay Thai Council.



TRAINING FEES
1 SESSION - 250BHT
1 DAY - 2 TIMES - 500BHT
1 WEEK - 2500BHT
1 MONTH - 8000BHT
PRIVATE SESSION 550BHT

Asia Muay Thai Team



Kru Baht

Kru Tong-K

Kru Yoo



MORNING SESSION
7:30AM - 9:30AM
AFTERNOON SESSION
4:30PM - 6:30PM



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ASIA MUAY THAI
PHUKET THAILAND



TRADITIONAL
MUAY THAI TRAINING

CLOSE TO THE BEACHES
YANUI BEACH
NAIHARN BEACH
RAWAI BEACH
PROMTHEPE CAPE



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