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Muay Thai Fighting Strategies

Jerry Heines, Amorndet Ranjanthuek

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Muay Thai Fighting Strategies Jerry Heines, Amorndet Ranjanthuek
In Muay Thai Fighting Strategies, Jerry Heines and Kru Amorndet Ranjanthuek teach you how to develop the advanced fighting skills and mental toughness necessary to win in the ring and excel in the gym. Muay Thai Fighting Strategies continues where Muay Thai: Beyond the Basics left off, building on the sparring techniques and strategies introduced. Learn how to deal with a wide variety of fighting styles and tactics including an opponent who counterattacks, fights from a Southpaw stance, keeps a tight guard, rushes you, leans back to escape your punches, holds you at bay with his lead hand or grabs your kicks. You'll also learn how to manage your diet for competition and training, scientifically track your training progress, identify your strengths and weaknesses, and practice advanced relaxation techniques to improve speed and power. Most importantly, the authors identify the techniques and targets most likely to cause a knockout in the ring.

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