



Muay Thai Boxing

Welcome to the 'Art of Eight Limbs'

The fast-paced martial art of Muay Thai boxing – Thailand’s national sport – is now practiced worldwide.

This 2,000-year-old sport can be traced back to Muay Boran or “ancient boxing,” a form of close, hand-to-hand, unarmed combat developed by Siamese soldiers.

Muay Thai is called the “Art of Eight Limbs” because it allows eight points of contact. Boxers can use both fists, legs, elbows and knees to strike their opponent. By contrast, Western boxing employs only two points – the fists.

Steeped In Legend

Thailand’s King Naresuan the Great (1555-1605) was considered an exceptional boxer. He’s credited with making Muay Thai a requirement of military training. Another major figure in the sport is Nai Khanom Tom. Legend says he was

held captive by the Burmese king in 1774 but won his freedom by triumphing over 10 Burmese boxers.

Every spring, Muay Thai boxers and fans honor this folk hero when they converge on Ayutthaya, Thailand’s former capital, for the World Thai Martial Arts Festival.

Watching Muay Thai

Muay Thai is fast and strategic, filled with artful feints and powerhouse kicks and punches. Knowing more about its practices will increase your enjoyment:

- ◆ Each bout consists of five three-minute rounds, with a two-minute rest period in between. Beyond that, no additional rounds are allowed.
- ◆ Boxers wear gloves and trunks (always red or blue) and no shoes – the boxers tape their bare feet.

◆ Almost any target on the body is fair game (except the groin) as long as the opponent is standing.

◆ A boxer may catch an opponent’s kick to knock him off his feet or use twisting or pulling-style throws. No hip, shoulder or arm throws are allowed.

◆ Preceding each fight is a wai khru dance, where the boxers show homage to their teachers. Each boxer wears a head-band called a mongkol, which is considered to have protective powers.

◆ The match committee consists of three judges and one referee.

◆ A traditional Thai band, typically a clarinet, cymbals and drum, plays during the match to help the boxers maintain the tempo.

The main arenas in Bangkok are:

Lumpini Stadium – Tel: +66 0 2251 4303
www.muaythailumpini.com

Fight Schedule: Tuesdays, Fridays and Saturdays

Ratchadamnoen Stadium – Tel: +66 0 2281 4205
Fight Schedule: Mondays, Wednesdays, Thursdays and Sundays



Learning Muay Thai

Muay Thai builds stamina and strength. You can learn this respected martial art in the country where it began.

Muay Thai Institute – Located in Ransit, just north of Bangkok Domestic Airport, it offers introductory, intermediate and professional-level courses.

Tel: +66 0 2992 0096-99
www.muaythai-institute.net

Fairtex Sports & Racquet Club – This luxurious complex in Pattaya has Muay Thai camps, trainers and four regulation boxing rings. Tel: +66 3825 3889
www.fairtexpattaya.com ☎

“Muay Thai represents Thai Culture and Thai way of living. It is not only a unique art, it is a philosophy and discipline.”

*“Master Toddy”
Thobsaphon Sitiwatjana
Master Toddy’s Muay Thai Academy*



The first permanent Muay Thai arena was constructed in 1920 in Bangkok. That same decade, boxers began using gloves.