



Muay Thai Kickboxing: The Ultimate Guide To Conditioning, Training, And Fighting

Chad Boykin

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In the most comprehensive guide available for entry into the fast-growing sport of Muay Thai kickboxing, personal trainer, Thai boxing coach and experienced fighter Chad Boykin leads you through every aspect of the game. Whether you long to test your mettle in the ring or simply get in the best shape of your life, this book will show you how. With clear, instructive photos and descriptions, Boykin demonstrates the conditioning exercises that provide the foundation for the power and speed of Muay Thai. Then he takes you step by step through the brutal elbow and knee strikes, punches, clenches and kicks that form your offensive arsenal, plus the blocks and evasion techniques that will confound your opponent. Training drills teach you to flow from one move to the next with accuracy and confidence. A veteran of the ring, Boykin gives novice fighters inside information on what to expect and offers advice on fighting styles and strategies. Whether you've been participating in kickboxing for years or are new to the sport, this book will give you the edge you need to succeed.

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