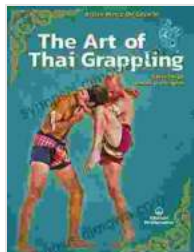


The Art of Thai Grappling: Unlocking the Secrets of Muay Thai Ground Fighting



The Art of Thai Grappling: Close range combat techniques - IMBA Technical Syllabus - Level 1

by De Cesaris Marco

★★★★★ 5 out of 5

Language : English
File size : 15535 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 433 pages



Are you ready to take your Muay Thai skills to the next level? Explore the hidden world of Muay Thai ground fighting with 'The Art of Thai Grappling.' This comprehensive guide will unlock the secrets of this dynamic and effective martial art.

What is Thai Grappling?

Thai grappling, also known as Muay Boran or Muay Suk, is an ancient martial art that focuses on close-quarters combat on the ground. It is a natural extension of Muay Thai, the striking-based martial art from Thailand. Thai grappling incorporates a wide range of techniques, including:

- Takedowns

- Submissions
- Ground strikes
- Joint locks

Thai grappling is a highly effective self-defense system that can be used to control and subdue an opponent. It is also a popular sport, with competitions held around the world.

What You'll Learn in 'The Art of Thai Grappling'

'The Art of Thai Grappling' is a comprehensive guide that will teach you everything you need to know about this exciting martial art. You'll learn:

- The basic principles of Thai grappling
- A wide range of takedown techniques
- Effective submission holds
- Ground striking techniques
- Joint locks and escapes
- Training methods and drills

With clear instructions and detailed illustrations, 'The Art of Thai Grappling' will guide you step-by-step through each technique.

Benefits of Thai Grappling

Learning Thai grappling offers a wide range of benefits, including:

- Improved self-defense skills

- Enhanced strength and conditioning
- Increased flexibility and mobility
- Improved coordination and balance
- Greater self-confidence

Who Should Read 'The Art of Thai Grappling'?

'The Art of Thai Grappling' is a valuable resource for:

- Muay Thai practitioners who want to expand their skills
- Grapplers who want to learn a new martial art
- Self-defense enthusiasts
- Anyone interested in martial arts and combat sports

Whether you're a beginner or an experienced martial artist, 'The Art of Thai Grappling' will help you take your skills to the next level.

About the Author

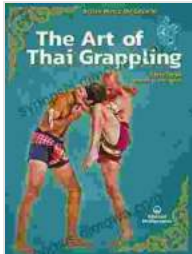
'The Art of Thai Grappling' was written by Kru Michael Murray, a renowned Muay Thai and grappling instructor. Kru Murray has over 20 years of experience in martial arts and has trained with some of the top fighters in the world. He is the founder of the Thai Grappling Academy in California, where he teaches a unique blend of Muay Thai and grappling.

Free Download Your Copy Today

Don't miss out on this opportunity to unlock the secrets of Thai grappling. Free Download your copy of 'The Art of Thai Grappling' today and start

your journey to becoming a complete martial artist.

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