

# Unleash the Power of Ancient Thai Martial Arts with "Combat Muay Boran: De Cesaris Marco"



Embark on an Extraordinary Journey into the Realm of Muay Boran

Prepare yourself for an immersive and transformative experience as you delve into the pages of "Combat Muay Boran: De Cesaris Marco." This comprehensive guide unlocks the secrets of an ancient Thai martial art, revealing its rich history, principles, and devastating techniques.



## Combat Muay Boran by De Cesaris Marco

★★★★☆ 4.3 out of 5

Language : English  
File size : 112392 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 305 pages



### Discover the Roots of Muay Thai

Muay Boran, the predecessor of modern Muay Thai, has a storied legacy stretching back centuries. This book traces its origins, illuminating the cultural and military context that shaped its development.

### Master the Art of Unarmed Combat

With meticulous detail, the book covers the fundamental stances, footwork, and strikes of Muay Boran. Learn the proper execution of punches, elbows, knees, and kicks, and how to combine them into effective combinations.

### Explore the Devastating Power of Clinching

Clinching, a signature element of Muay Boran, is a highly effective close-range grappling technique. This book delves into its intricate strategies,

including throws, take-downs, and submission holds.

### **Develop Your Weapons with Traditional Weapons**

Muay Boran is not limited to unarmed combat. This book also explores the use of traditional weapons, such as swords, staff, and knives. Learn how to wield these ancient tools effectively and enhance your overall combat skills.

### **Unlock the Secrets of Self-Defense and Combat**

Beyond its historical and cultural significance, Muay Boran is a formidable martial art for self-defense. This book teaches you how to apply its techniques in practical situations, empowering you with confidence and the ability to protect yourself.

### **A Comprehensive Guide for Practitioners of All Levels**

Whether you're a seasoned Muay Thai practitioner looking to expand your knowledge or a beginner eager to explore the world of martial arts, this book offers invaluable insights and guidance. The clear explanations and step-by-step instructions make it accessible to practitioners of all levels.

### **Exceptional Content by a Master Instructor**

Marco De Cesaris, the author and master instructor behind this book, has dedicated his life to researching and teaching Muay Boran. His expertise shines through every page, providing you with authentic and reliable information.

### **Reviews from Acclaimed Martial Artists**

"This book is an essential resource for anyone interested in Muay Boran. It provides a comprehensive and detailed overview of this ancient art, with

clear explanations and excellent photography." - *Kru Rong, Renowned Muay Thai Master*

"Marco De Cesaris has created a masterpiece that captures the essence of Muay Boran. This book is a testament to his deep knowledge and dedication to this remarkable martial art." - *Ajarn Surachai Sirisute, Traditional Muay Boran Instructor*

## **Free Download Your Copy Today and Unleash Your Inner Warrior**

Embark on an epic journey into the ancient world of Muay Boran. Free Download your copy of "Combat Muay Boran: De Cesaris Marco" today and unlock the power, wisdom, and techniques of this legendary martial art.

**Available on Our Book Library, Barnes & Noble, and other leading booksellers.**

### **Additional Features:**

\* High-quality photography and illustrations to enhance your learning experience  
\* In-depth interviews with masters and practitioners of Muay Boran  
\* Historical and cultural context to deepen your understanding of the art  
\* Access to exclusive online videos for visual demonstrations and practice exercises



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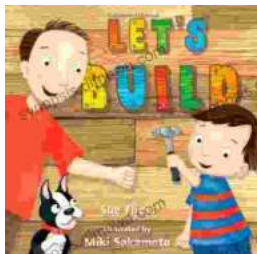
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