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Thai Boxing Methods

Muay Thai gives the competitor an advantage in a fight, in and out of the ring. Let me start you off with a little of my background/ identity in relation to the sport of Muay Thai. Growing up as a kid in the Philippines in the 90's, I was always glued to the television watching Thai boxing competitions. I liked the sport as a kid, because I thought it was more "realistic" than boxing matches. To my surprise, the competitions that allowed elbows and knees ended quick (usually in the 1st and 2nd rounds). I've sparred in the ring and have been in a couple of street fights in high school (in the Philippines), and I can tell you from experience that the most brutal techniques always have an element of muay thai into it. Without further ado, LETS GET TO THE GOOD STUFF!!! (The techniques).

The first technique is the fakes, or feint attacks. This is very useful in the ring and deadly in the streets. In the ring, you don't have to hit your opponent first to make him react to a feint attack. In street fighting however, you must hit him first. Hit him hard and fast, and if he survived your first attack, your second attack could be a feint followed by a counter. Examples of this would be (from a right stance) feint a left cross and throw a right hook to the body, then clinch and follow with a right knee. Throw a left round house kick, then feint the second round house kick twist your body counter clockwise to load up your left hand, jump up with your right foot and execute a super man punch. Feint a right foot jab and throw a left super man punch. Feint a right hook to the head and do an uppercut. Feint a body shot and do a head shot (either hand). Feint a high kick and do a low leg kick (either leg). The possibilities are endless!

The second technique is the draw in. In a draw in, you make your opponent believe that you forgot all about your defenses and put one of your hands down to chest level or open up your guard. But make sure you are at a right distance relative to his weapons when you're doing this. You could do this by: Dropping your lead hand and timing your cross before he lands either a jab or a cross (when you do this, make sure you slip to the outside of his jab and to the inside of his cross), dropping your rear hand and timing a lead hook to his temple/jaw, leaning backward and executing timing a front/ rear foot jab (depending on distance), and again the possibilities are endless.

The third one is the clinch-push-attack technique. What is the clinch-push-attack technique? The clinch-push-attack technique is used when your opponent is too strong for your clinch game. At the moment he gets away from your clinch, push him away with either hand (only one hand please) and execute an attack relative to distance. If he is too close, throw a right/ left elbow. If he is too far, load up with the muay thai round kick to the thigh, body, or head. Hint: While he is off balance when he first gets away and is leaning forward, throw a round kick to the head. If he is leaning back throw one on the thigh. If he's hands are flailing to get his balance, throw a round kick to the body.

This article is in its infancy and I will be posting more techniques as soon as I get back from training. Remember: I only post techniques that work for at least 15-20 different people. If a technique does not work, don't throw it away like a scratch paper, vary your timing, distance, and positioning to make it work. And most importantly, do what works for you, but set it up to where the opponent does not know its coming.

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