



Thai Boxing



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📍 Thailand - Singburi

Learn the art of Muay Thai in the country where it was originated. The program is led by a provincial champion and he will not go easy on you!

Muay Thai, or Thai Boxing, is the national sport in Thailand. It is dubbed the "art of the eight limbs," as it teaches you to combat your opponent using eight different points of contact on the body. You will practice under the supervision of a boxing champion in an authentic riverside hut. This program is very intense and your trainer will push you!

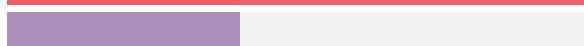
Culture



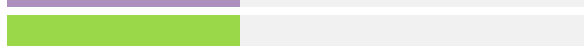
Learning



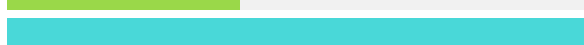
Leisure



Community Engagement



Physical Demand



Program Description

This program provides you with the perfect base to either learn the art of Muay Thai, or (if you already know the basics), to advance your skills in the country of the sport's origins. Known as the "art of the eight limbs", Thai Boxing teaches you to fight your opponent using 8 different points of contact on the body – feet, knees, elbows and hands. It is one of the most physical martial arts, but also one of the most exclusive.

You will experience authentic and traditional boxing classes, which demonstrate the basic principles and foundations of the exquisite art form of Muay Thai. The lead teacher of the school is also the provincial champion of the Singburi district and has a great deal of experience and knowledge.

This program requires you to be active, so it is your responsibility to ensure that you are physically fit enough to participate in a program of this nature. The classes take place twice a day in a small riverside hut. This program is very intensive and not for the faint of heart!

Program Duration & Availability

Min duration (weeks): 1

Aims & Objectives

- Teach you the art of Muay Thai in the most authentic, traditional way
- Increase your level of fitness while learning important self defence skills

Schedule

Monday to Friday

During this program, you will leave the center in the early morning (around 05:30 or 06:00). After a 30 minute run for warm up, you will train for two hours led by our experienced Thai Boxing trainer. Thai boxers usually start very early in the day to benefit from the coolness of the morning. After your morning shift, you will head back to the eco-house to have breakfast and relax for a few hours. In the afternoon, you will return to the boxing school for another session!

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Starting Dates

During 2019

This program starts every week.

During 2020

This program starts every week.

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	No
Resume copy required:	No
Required qualification:	None

Additional Requirements

- Please make sure that your travel and health insurance cover your participation in this program.

Additional Equipment

- Jogging shoes
- Appropriate sports clothes for boxing
- Oils and ointments
- Bandages for hands