



มวยโบราณ

# MUAY BORAN IMBA

ARJARN MARCO DE CESARIS' PHILOSOPHY OF FIGHTING

VOLUME 1

# **Muay Boran IMBA**

## **[มวย โบราณ IMBA]**

**Arjarn Marco De Cesaris' philosophy of fighting**

**VOLUME 1**

This work is dedicated to thai Grand Master Yodthong Senanan  
(Khru Dtuey)

August 28th, 1937 - February 8th, 2013

## GLOSSARY

มวย Muay: boxing, fighting

โบราณ Boran: ancient, traditional

IMBA: International Muay Boran Academy

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## LEARNING THE ART

In order to understand Muay Boran IMBA, you have to recognize clearly the difference between the artistic and fighting skills. This system of barehanded combat is focused on learning real fighting skills: enhancing artistic performance is not the scope of Muay Boran IMBA's training. The learning process is usually divided into progressive phases.

## STEP ONE

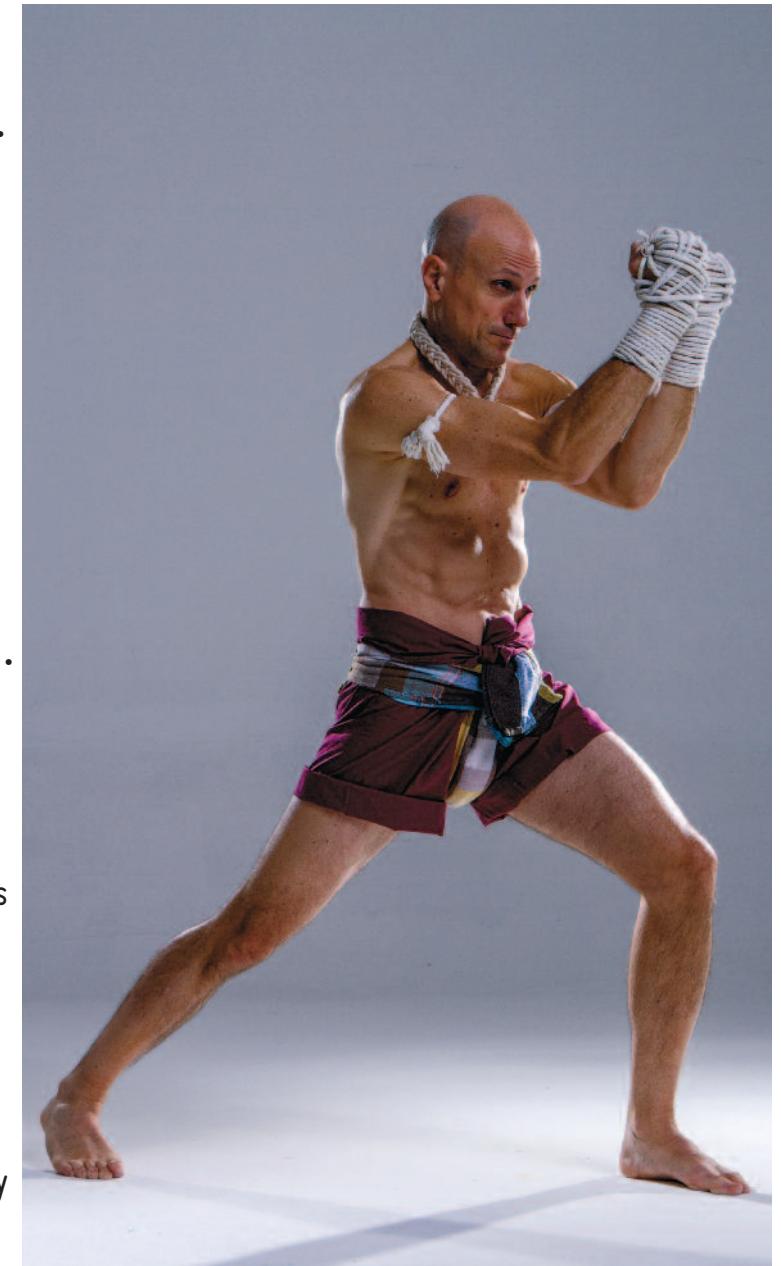
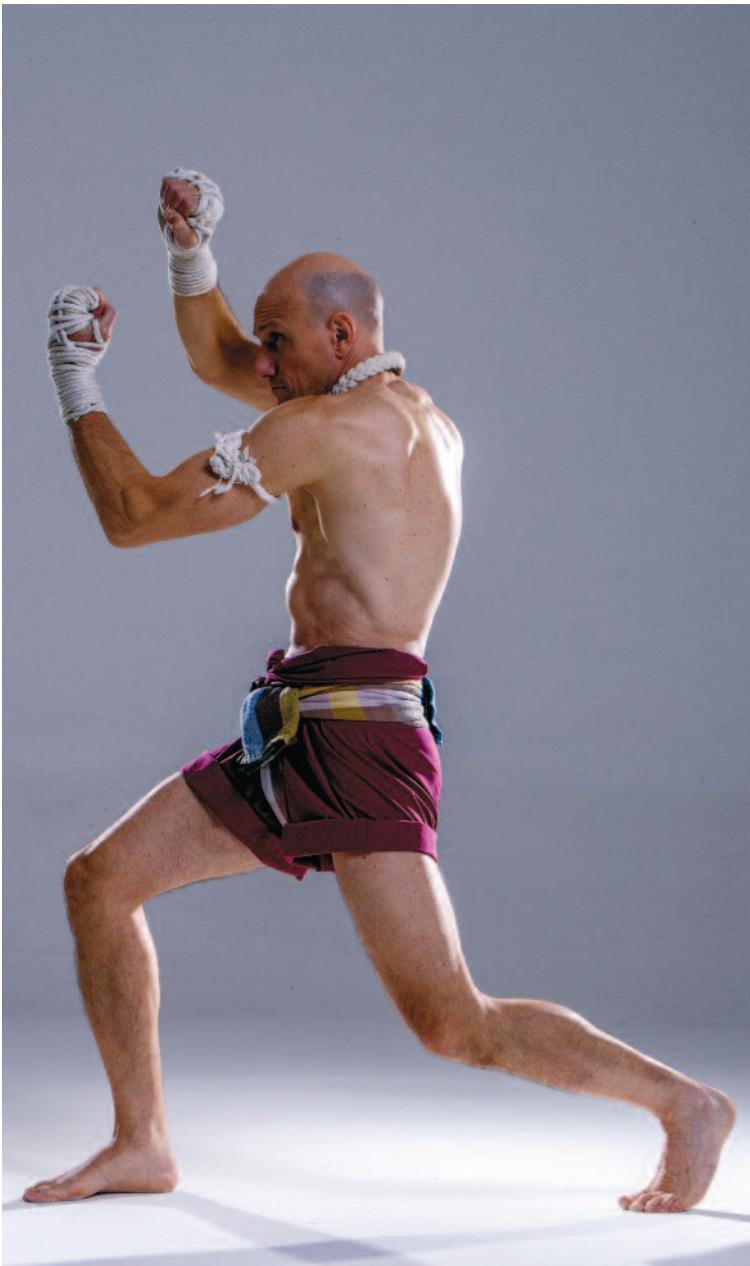
The trainee is taught how to stand in guard and how to step, forward, backward, left and right.

The basic use of arms and legs to punch, kick, knee and elbow is then introduced. In this phase, the trainee must cultivate a healthy and strong body and must show perseverance in daily training.



## STEP TWO

The trainee must understand the body's anatomy and dynamics. He/she must understand how the human body works in order to attack or defend vital spots with maximum efficiency. Muay is based on coordination; speed and agility are of the uttermost importance for a fighter. Excessive muscle building must be avoided, in order to develop a proper "Nak Muay" (Muay Thai Boxer) physique. Muay is a sophisticated martial art, not based on muscular strength; on the contrary it relies on a special "battle energy" or Phalang Yuth, that is developed in time, only through dedicated practice and special training routines. The best Nak Muay are able to use their wit, intelligence and concentration, applying such destructive energy only at the right time, against their opponents' weak spots.



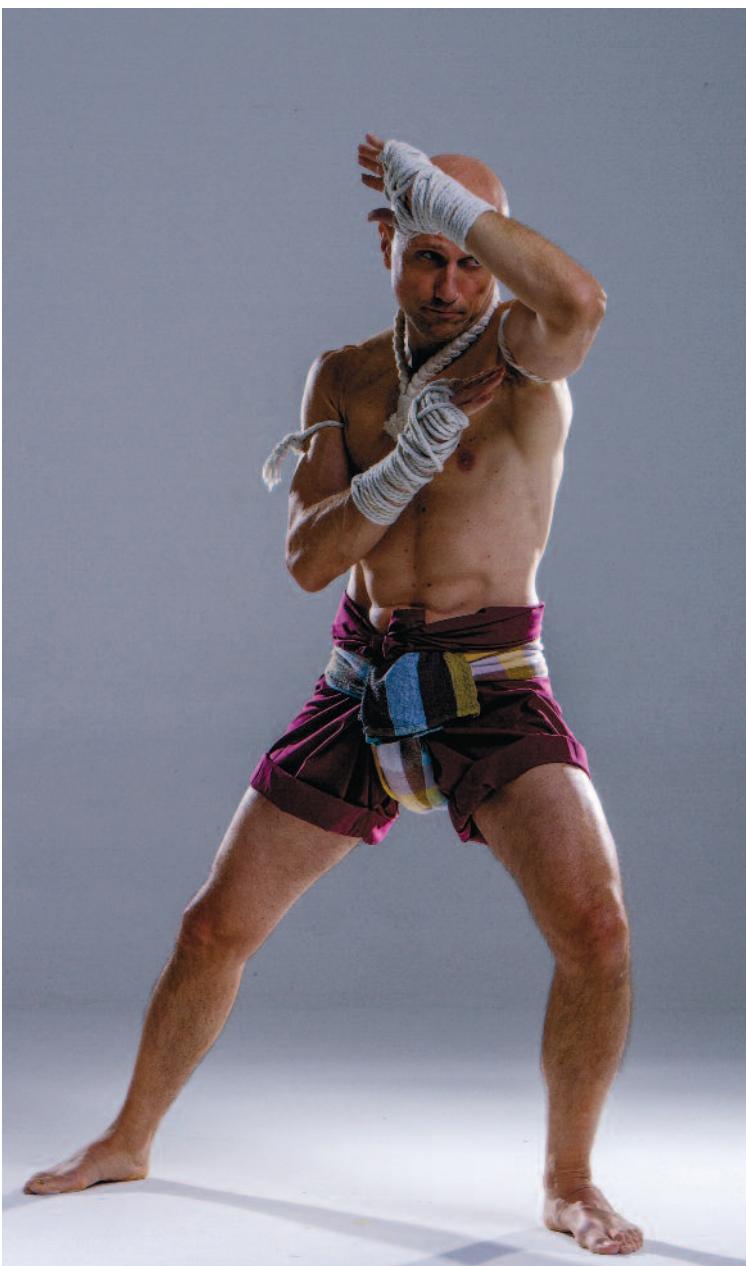
## STEP THREE

At this stage, the trainee starts to learn how to solve the problems of fighting. Combining footwork with a proper use of his long and short body weapons, a Nak Muay can produce a limitless number of offensive actions (Mai Rook).

However, his/her opponent will try his/her best to block the attacks and to retaliate with equally dangerous tricks.

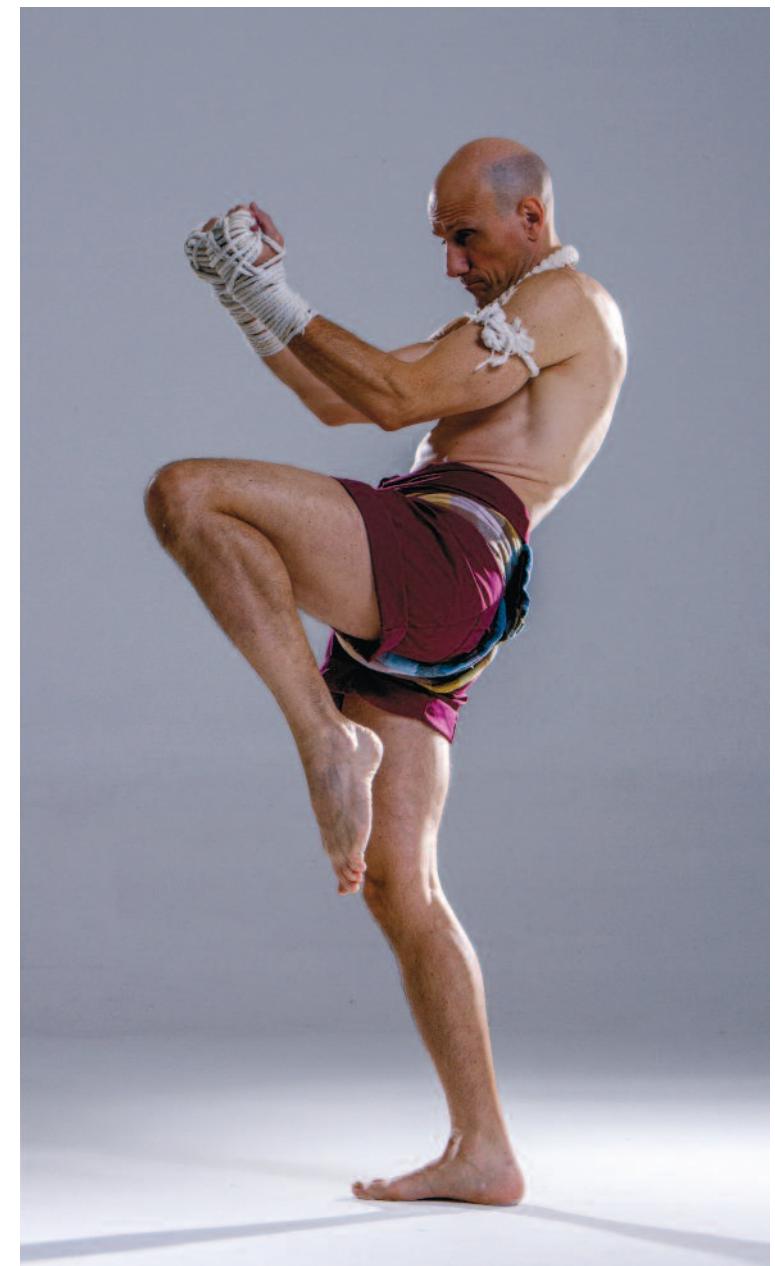
Therefore, a number of superior defensive (Mai Rab) and counterattacking (Mai Kae) strategies must be developed, in order to avoid unnecessary punishment and to be able to attack vital spots without being blocked.

That's the essence of the Art of Muay.



## STEP FOUR

Once the trainee has gone through the first three steps for a sufficient time (according to his teacher's judgment) he/she will be introduced to the advanced techniques and strategies: through those very sophisticated fighting tricks, a Nak Muay can refine his/her combat skills to the highest level. Many teachers of the past only showed the advanced strategies to selected students; nowadays, in IMBA, all trainees have access to the full spectrum of Muay Boran techniques, without any restrictions.



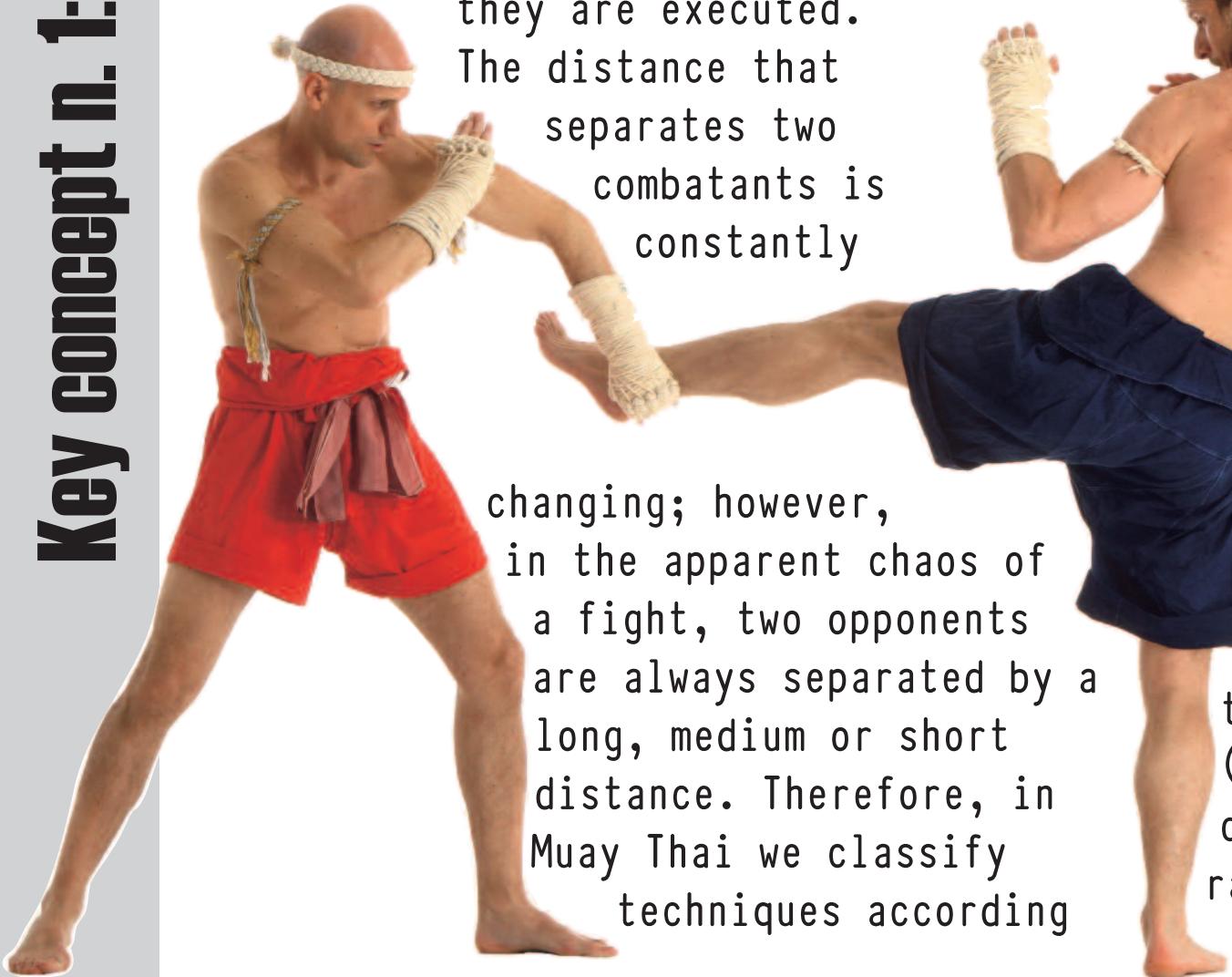


## KEY CONCEPTS

If a martial artist seeks to master the real fighting skills of Muay Boran, he/she must first understand the Art's Key Concepts:

1. Range
2. Footwork
3. Body Weapons
4. Targets
5. Strategy
  - a. Attack
  - b. Defense
  - c. Counter
6. Grappling Skills  
(Locks and Throws)
7. Fighting Fitness

# Key concept n. 1: RANGE



Most combat arts list fighting actions according to the distance at which they are executed. The distance that separates two combatants is constantly

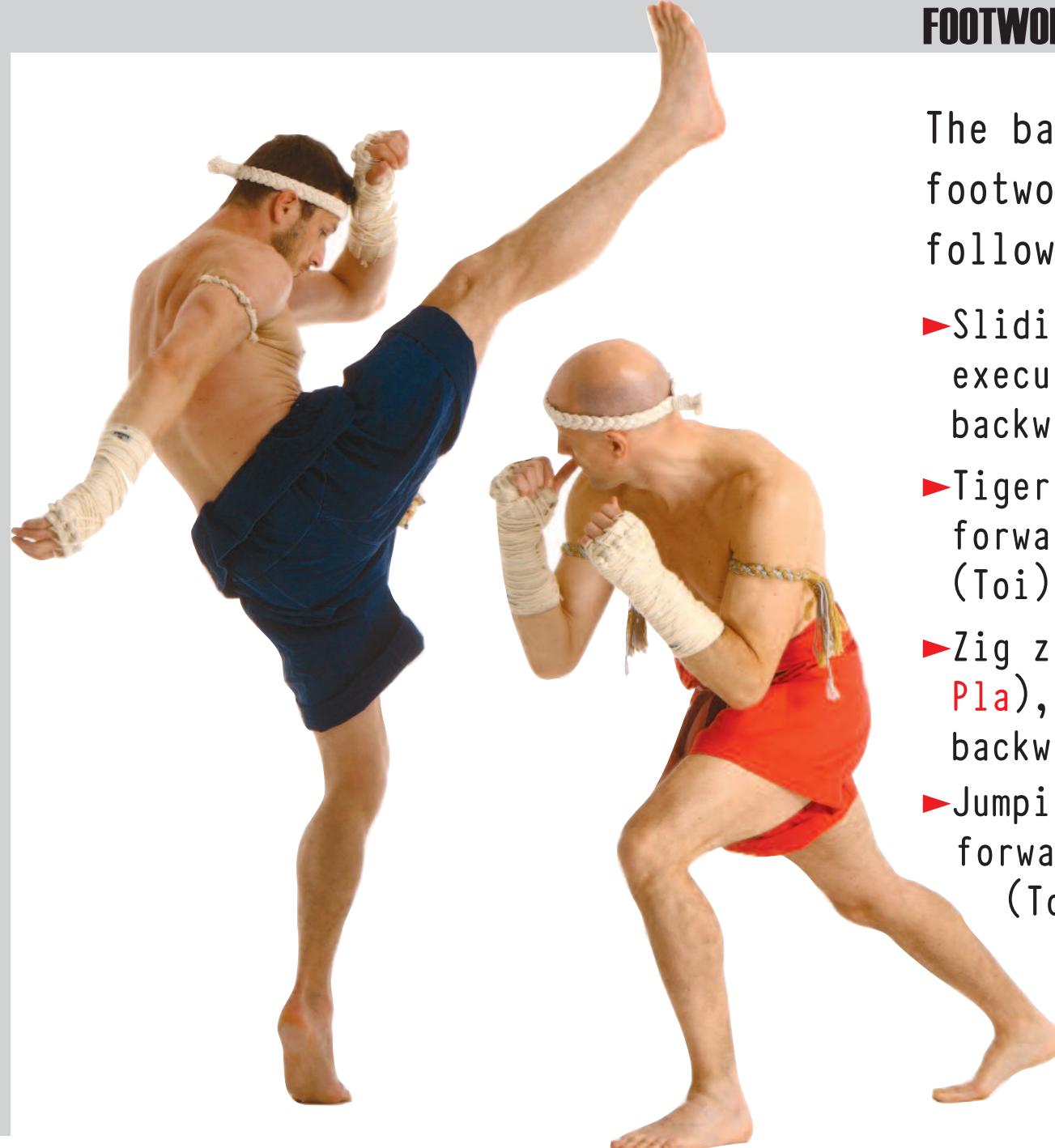
changing; however, in the apparent chaos of a fight, two opponents are always separated by a long, medium or short distance. Therefore, in Muay Thai we classify techniques according

## RANGE

to the distance at which they are executed and we name those distance **Long**, **Middle** and **Short range**. A Nak Muay who possesses the ability to dominate his/her opponent at each of those ranges, will dominate the fight.

At a given range, only a number of techniques are best employed: the capacity to use the right trick at the right moment (perfect timing) and consequently at the right range, separates the top fighters from all the rest.

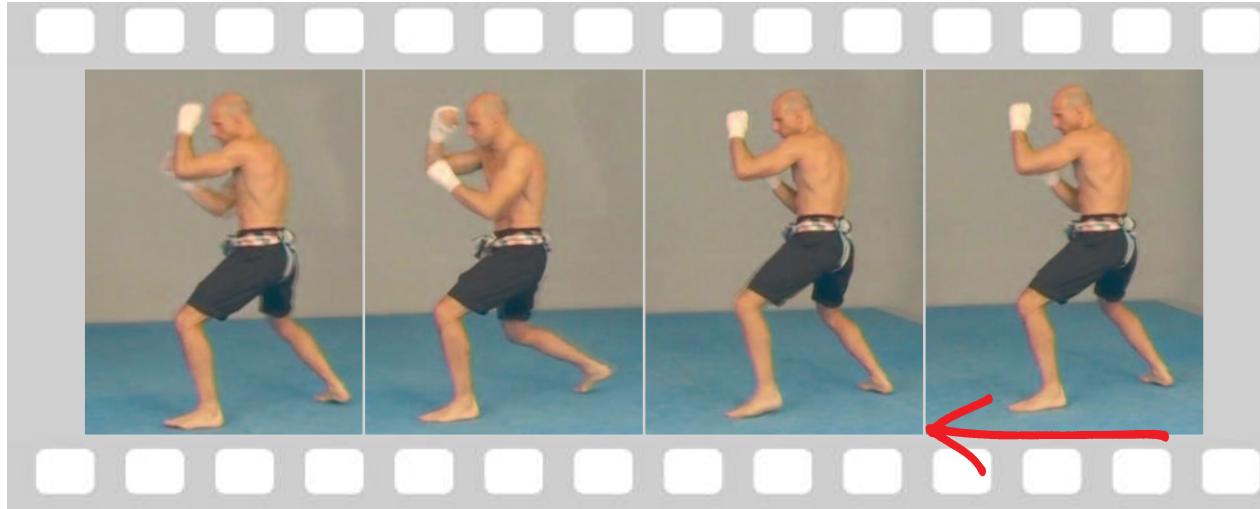
# Key concept n. 2: FOOTWORK



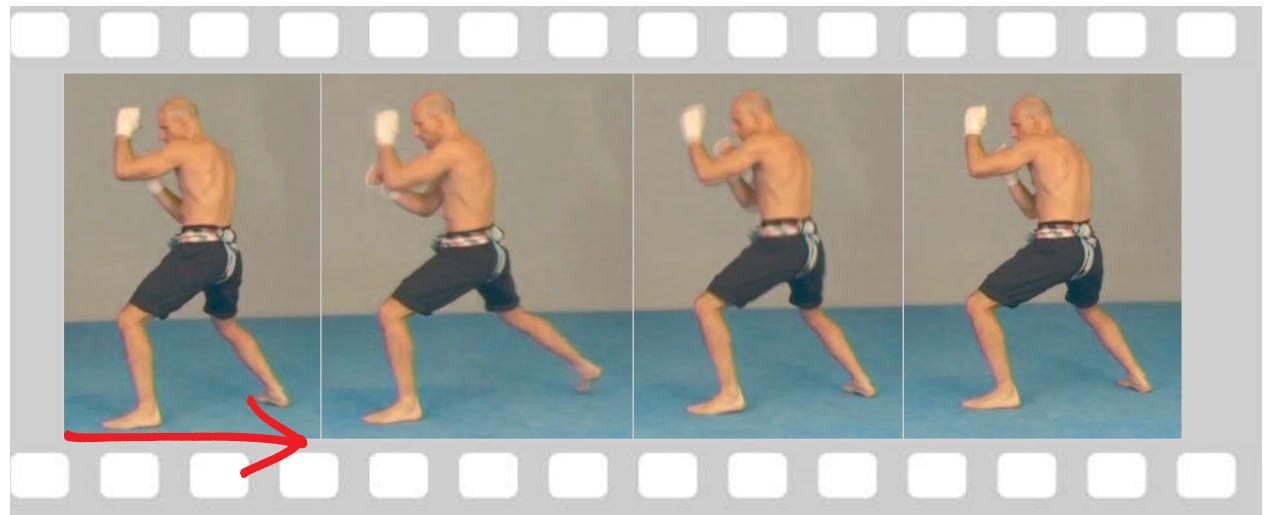
## FOOTWORK

The basic Muay Thai Boran footwork patterns are as follows:

- ▶ Sliding step (**Seub**), executed forward (Rook) or backward (Toi)
- ▶ Tiger step (**Seua Yang**), forward (Rook) or backward (Toi)
- ▶ Zig zag step (**Salab Fan Pla**), forward (Rook) or backward (Toi)
- ▶ Jumping step (**Gradot**), forward (Rook) or backward (Toi)
- ▶ Three points step (**Yang Saam Khum**), forward (Rook) or backward (Toi)



Sliding step (**Seub**)





Tiger step (Seua Yang)





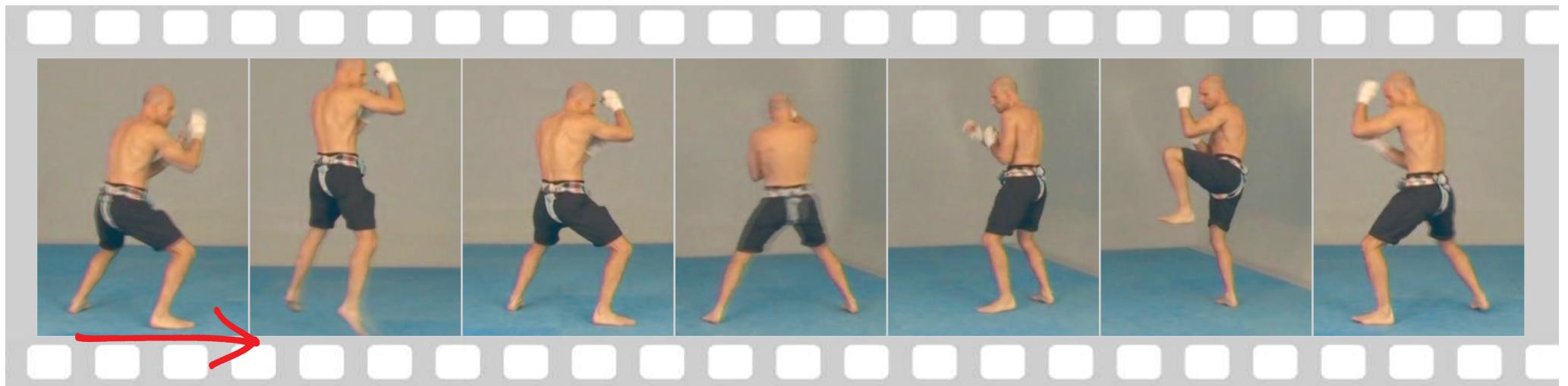
Zig zag step (**Salab Fan Pla**)

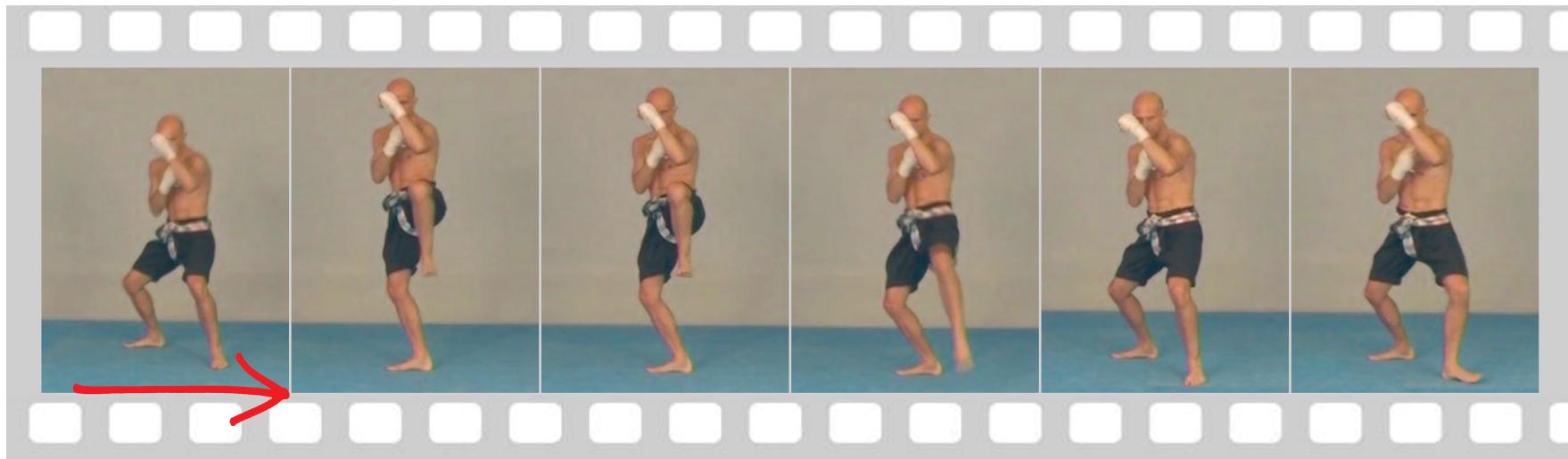


## FOOTWORK

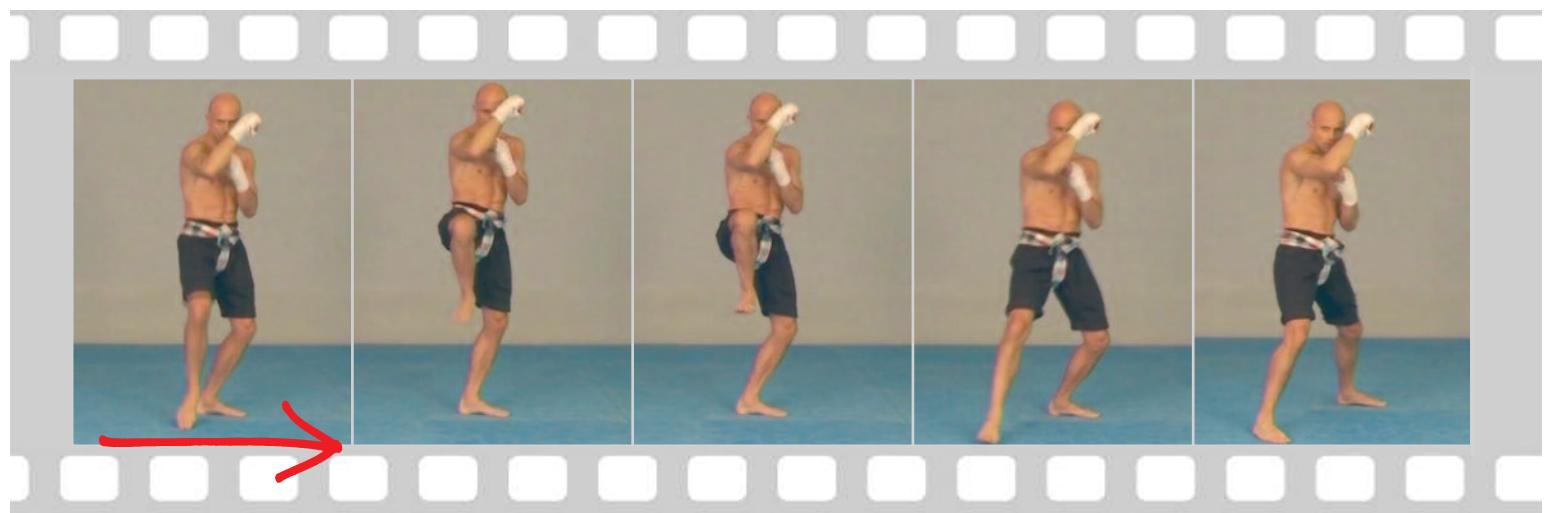


Jumping step (Gradot)





Three points step (**Yang Saam Khum**)



In all kinds of steps the boxer must train both his advancing and retreating strategies. During all stepping balance must be maintained (center of gravity must be located midway between the boxer's feet) in order to be able to attack and defend swiftly at any moment, during a fight. Through proper footwork, the Nak Muay will make an opponent miss while best positioning himself in order to deliver strong counter blows. An important element of footwork is the coordination of hands and feet; when the feet and hands work together the fighter is perfectly balanced, well protected and ready to attack or defend efficiently.

A proper **Jot Muay** guard position (left arm and leg forward or right arm and leg forward) is designed to prevent any potential offensive action executed by an opponent; most vital targets should be easily and quickly covered in case of attacks. The head, the trunk, the legs and the feet are fundamental in creating a well-balanced guard position; balance must be maintained during all phases of combat. A basic element of a correct guard position is represented by the distance of feet. Too wide space, restricts the ability to move swiftly and doesn't help to strike quickly by the hands or legs, too narrow may destroy a correct balance, not giving a strong base upon which to build hands or legs attacks.

Here are a few examples of basic guard positions:



# Key concept n. 3: BODY WEAPONS



## BODY WEAPONS

All bony parts of a Nak Muay's body may be compared to natural weapons. However, five categories of those hard body parts are traditionally employed as Gaya Awoot or natural body weapons:

**Mahd** (hands)

**Thao** (feet/legs)

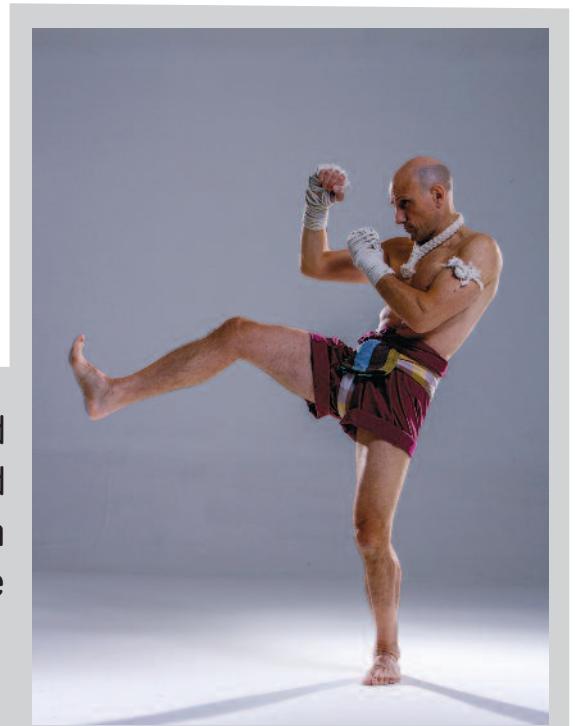
**Kao** (knees)

**Sok** (elbows)

**Hua** (head)



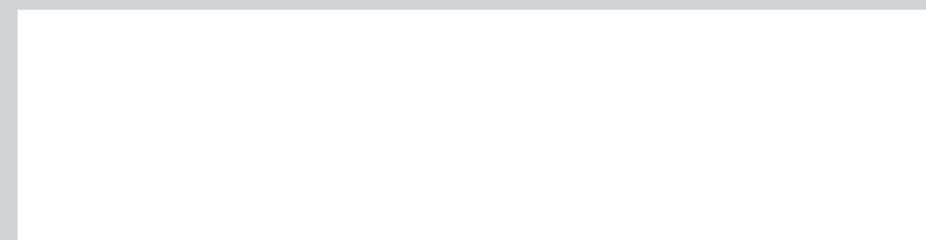
Punching. Even if a Nak Muay has no great natural power, if he/she understands proper body mechanics he/she will be able to unleash explosive punches. With a strong background in boxing, he/she will be ready for most fighting situations. Punches are middle range weapons (compared to a sharp sword); only short hooks and uppercuts may be considered as short range weapons (similar to daggers).



Kicking. In Muay, only two kinds of kicks exist: straight kicks and round kicks. Straight kicks can be used to hit or push, and are executed forward, backward or sideward. Round kicks are typically executed with full power, snap kicks being very rarely employed. Kicks are long range weapons (compared to long sticks or spears).



Kneeing. In order to use the knee effectively, a Nak Muay must be in good physical conditions, possess great energy and strength and be brave enough to cover up, come close to the opponent and grab him. If he/she can do that, he/she will be able to unleash very powerful strikes inside the "inner circle" (close range). A knee can be compared to a mace, due to its hardness and compactness.



Elbowing. The elbow has been called the "intangible weapon", since it can swiftly be unleashed against the face and head of any opponent without being detected. It is applied inside the "inner circle" with powerful and quick actions that can be compared to slashing or poking with a sharp knife.



**Head-butting.** The head is the command center of the whole decisional process, during a fight. As such, it must be carefully guarded against any kind of attack. At the same time, the hard parts of the skull can be sparingly employed to butt forward, sideward and backward. The head-butt is considered a close range attack, best applied in connection with grabs and holds.

# Key concept n. 4: TARGETS



## TARGETS

Every human body contains the same vulnerable spots: knowing anatomy a good fighter can better render an opponent helpless by interfering with his neurological system, the so called knock out (1). Otherwise, the Nak Muay may be interested in attacking an opponent's respiratory system (2), or he may attack the opponent's bone system, mostly through joint dislocations (3). In some special cases smart fighters maneuver in order to swiftly attack the muscle system (4) or skin system (5) of an opponent.

Typical examples of attacks aimed at the 5 categories of targets above mentioned are as follows:

**1**



Blow to the chin (Look Kang) or the side of the jaw (Khaa Kan Krai).

A quick blow that reaches with great accuracy the point of the chin or better the lower jaw, will put to sleep any opponent, no matter how big he may be. The fighter who is struck on those sensitive spots, will not know what has happened until he begins to recover, feeling confused and in some cases not realizing at all what he has just been through.

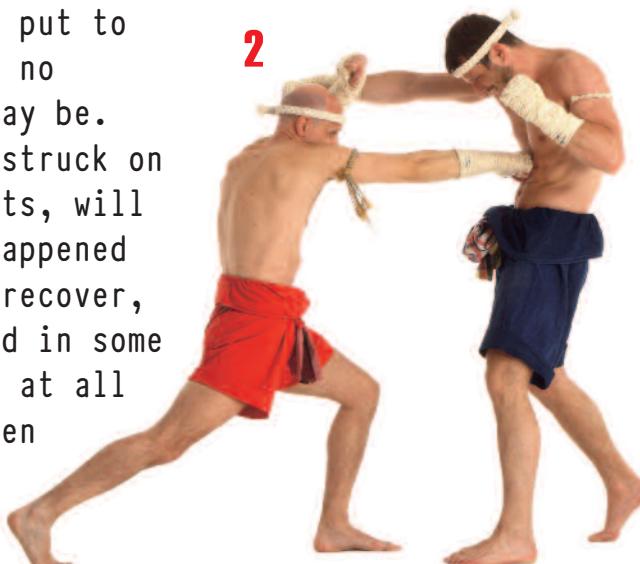
**3**



**Elbow (Kho Sok) lock.**

Some fighters know how to break an opponent's arm without him being aware of what is happening until it's too late. A good Nak Muay knows the art of intercepting a punch (usually a swing), grabbing the attacking arm and locking the trapped elbow under his armpit. A quick body twist is all he needs to break the elbow of the locked arm, as easily as snapping a small tree branch.

**2**



**Solar plexus (Lin Pi) blow.**

The solar plexus blow is well known by all fighters because it is distinctly painful. When a knee strike or a strong punch hits you on that spot, you do not lose consciousness but you lose all your fighting capabilities, doubled up and fighting to breath in. For a few long seconds you find yourself sinking to the floor, completely unable to fight back.

**4**

#### Low kick to the outside or inside of thigh (Kha Nok - Kha Nai).

One of the "trademarks" of Muay Thai is undoubtedly the so called low kick, a full power shin kick aimed at the inside or outside of an opponent's thigh. When the leg muscles are struck by the hard shinbone with all the Nak Muay's body mass behind the kick, they contract spasmodically.

The result is a temporary paralysis of the limb and the practical impossibility to keep on fighting.

#### Elbow strike to the face (Na).

The area of the face around the eyes and the nose, is commonly called the "T-zone". Elbow slashes cut the skin of the T-zone like a knife cutting butter. Some advanced elbow techniques are not intended to break the facial bones but are meant to open nasty gashes above, under or between the eyes. In some instances even the forehead's skin is a good target for elbow strikes, since that area is full of blood vessels.

**5**

# Key concept n. 5: STRATEGY



## STRATEGY (Attack, Defense, Counter)

### STRATEGIC FIGHTING

Here we show a selection of the best combat strategies employed by experienced Nak Muay Boran.

#### a. Sillapha Kan Rook or the Art of Attack.

A fighter's offensive strategy is designed to create openings in an opponent's wall of defense: through correct timing and swift footwork, an expert Nak Muay will position himself at the right range to unleash powerful blows to an opponent's unprotected vulnerable spots. The best way to successfully reach an opponent's weak spots is by combinations of strikes; each blow may carry the Nak Muay's bodyweight behind it (full power blow) or may be a "mock blow", designed to mislead

and to open the way to a real heavy blow. The way strikes are combined makes the difference between an expert fighter and a novice: the best fighters deliver blows in series, strikes are linked in a natural manner, flowing smoothly one after the other.

The weapons that are usually chosen as a lead are the jab (mahd trong nam), the front kick (tiip trong nam) or the straight round kick (tae trong nam), since they allow the fighter to attack while keeping most of his sensitive spots well covered. The follow up weapons will naturally flow after the lead: each fighter will develop his own combinations according to his level of skill and his physical structure.

The number of combined blows (mock or real) usually employed by an expert boxer (ranging from 1 to 4) usually follow 4 basic patterns:

**Mai Rook Neun Chawa**

or one step attack pattern

**Mai Rook Song Chawa**

or two steps attack pattern

**Mai Rook Saam Chawa**

or three steps attack pattern

**Mai Rook Si Chawa**

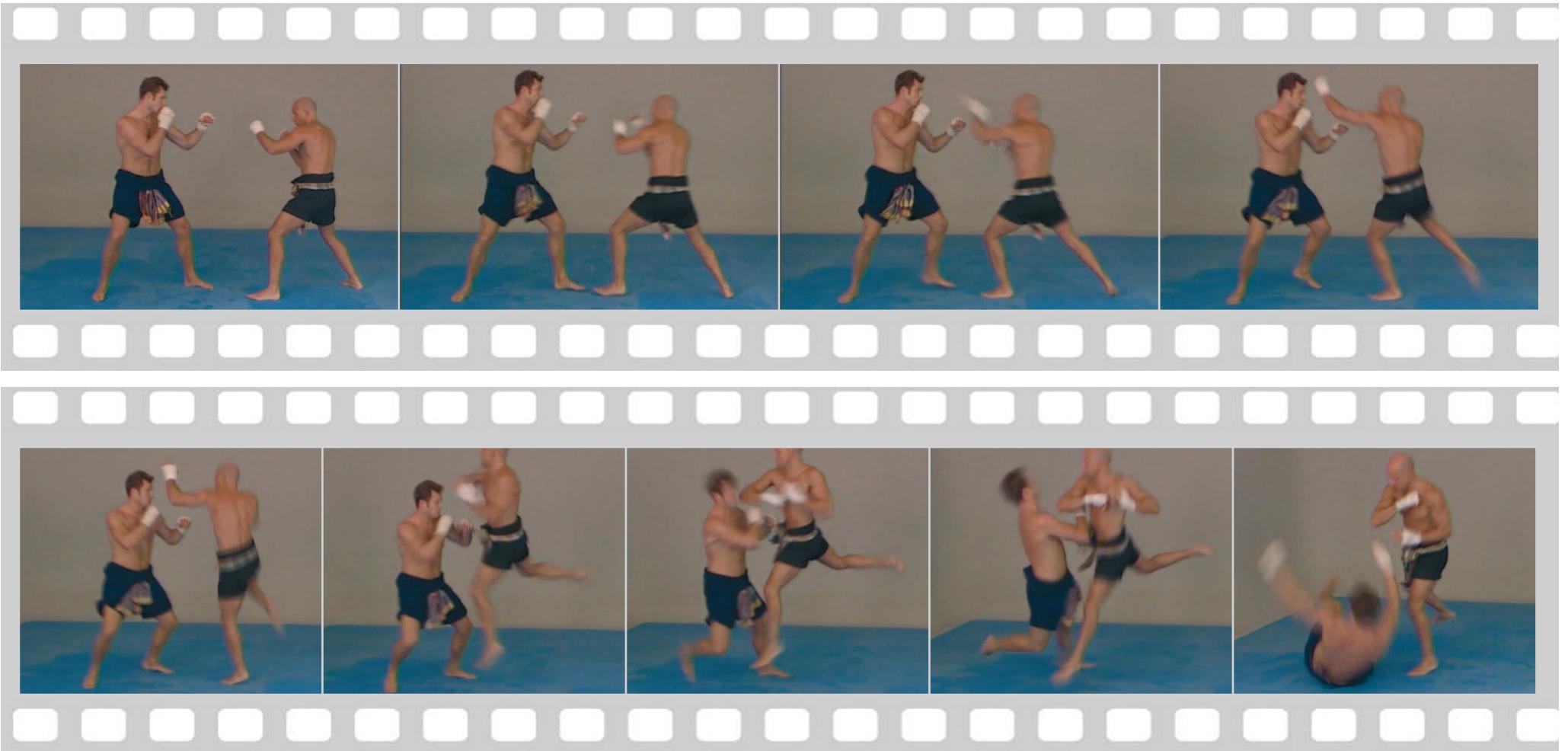
or four steps attack pattern

Each series is executed according to a specific rhythm that is based on the fighter's ability to "feel" the moment, speeding up or slowing down the actions as required by the situation.

## 1. Hak Kor Erawan



Mai Rook 1 Chawa (one step attack pattern): double elbow and knee strike. As the opponent takes a forward step, rush forward and jump up throwing both of your elbows downwards at his head's crown, while simultaneously kneeing his chest.

**2. Luesee Hern**

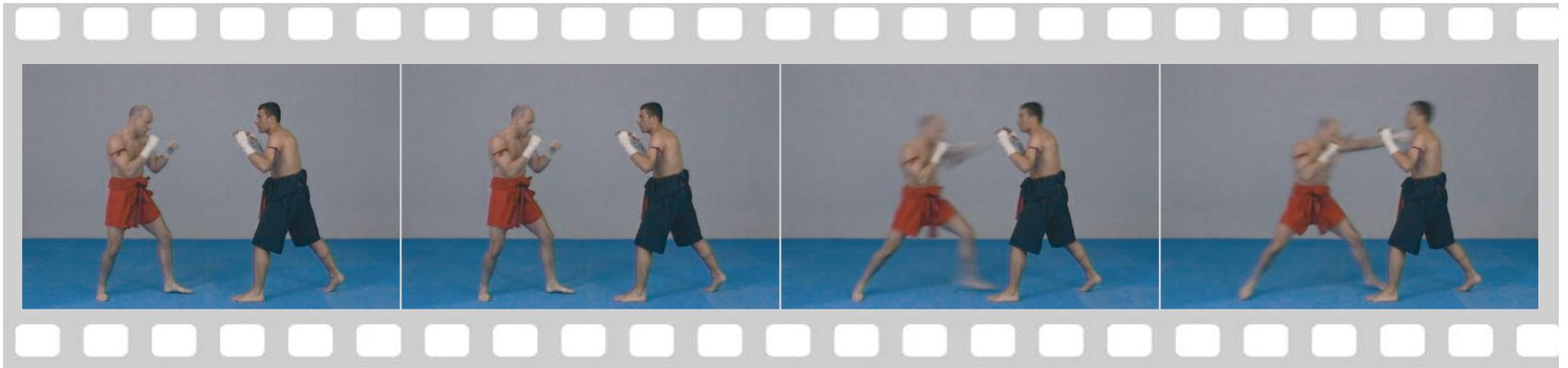
Mai Rook 1 Chawa (one step attack pattern): jumping horizontal elbow.  
Make a quick forward step and jump up while swiftly twisting your hips in order to unleash a cutting elbow strike aimed at your opponent's face.

## 3. Ramasoon Kwang Kwarn



Mai Rook 1 Chawa (one step attack pattern): jumping downward elbow.

Rush forward pre-emptively and grasp the opponent's arms while he is guarding his face.  
Jump up and deliver a downwards elbow strike aimed at his face or top of the head.

**4. Ika Jik Kai**

**Mai Rook 1 Chawa** (one step attack pattern): straight lead.

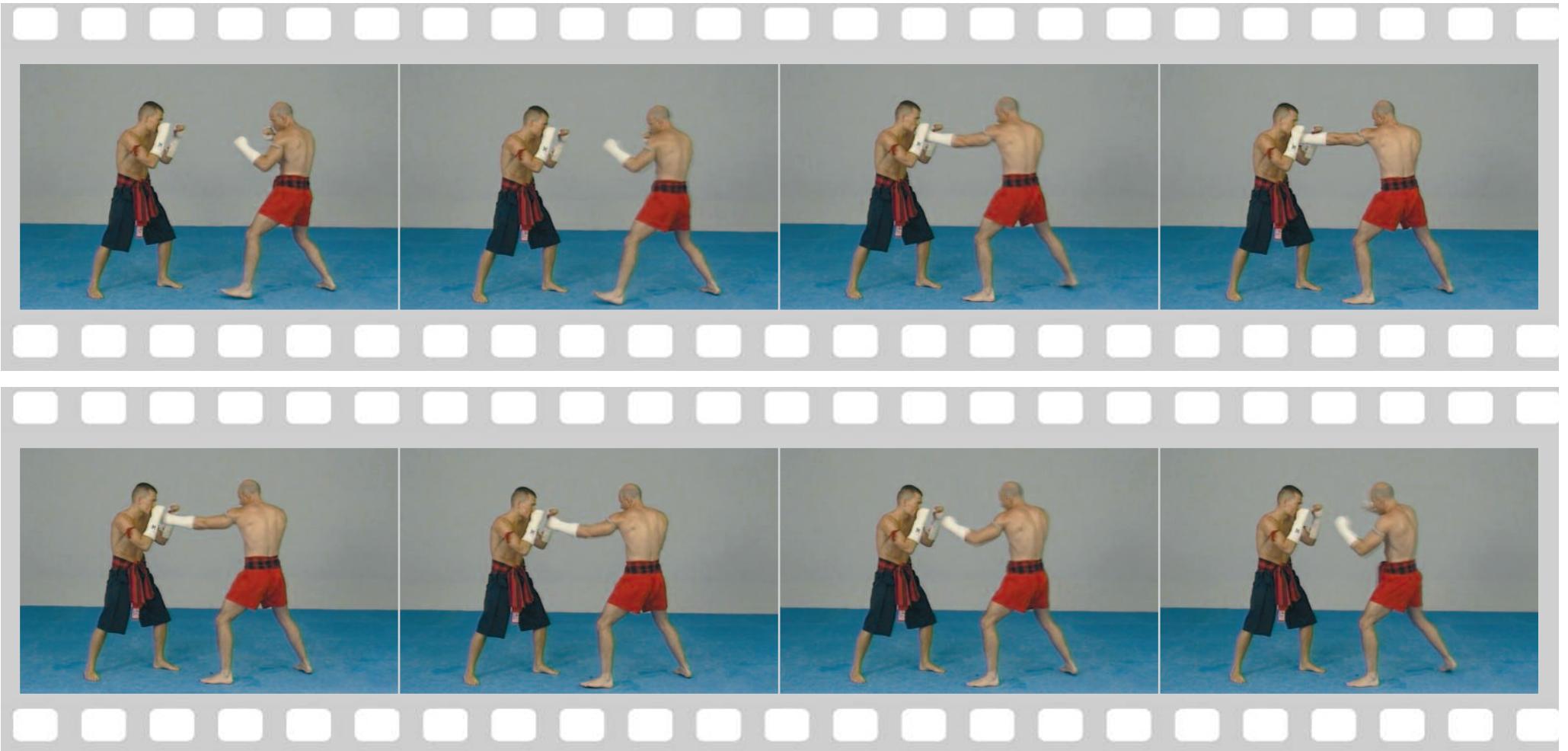
Throw a pre-emptive straight lead swiftly and quickly, to stop the opponent in his tracks. Your attack must be executed without any preliminary movement.

## 5. Kwad Torani



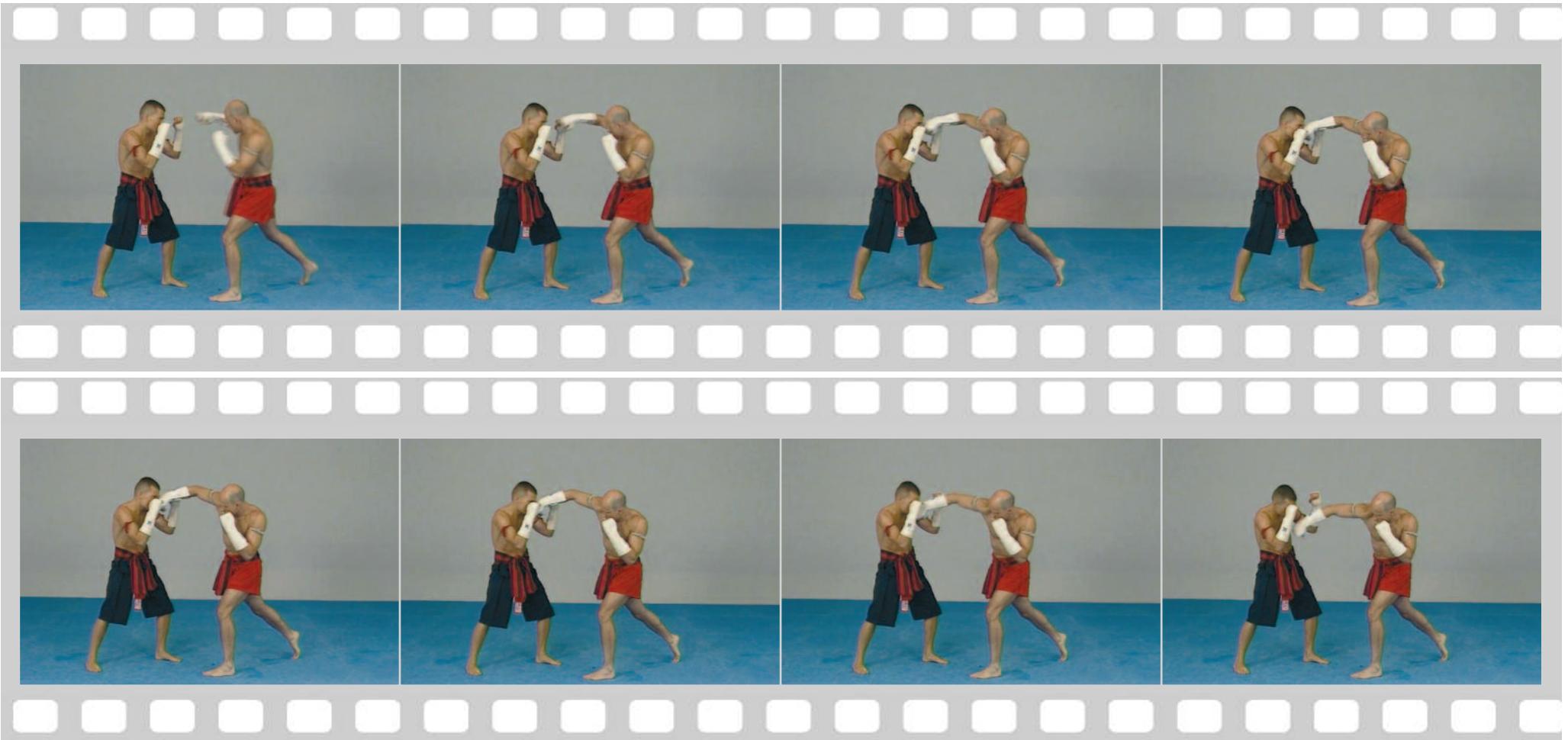
Mai Rook 2 Chawa (two steps attack pattern): low shin kick.

Fake a straight lead aimed at the head and follow up with a powerful back leg low shin kick to the inside of the opponent's thigh.

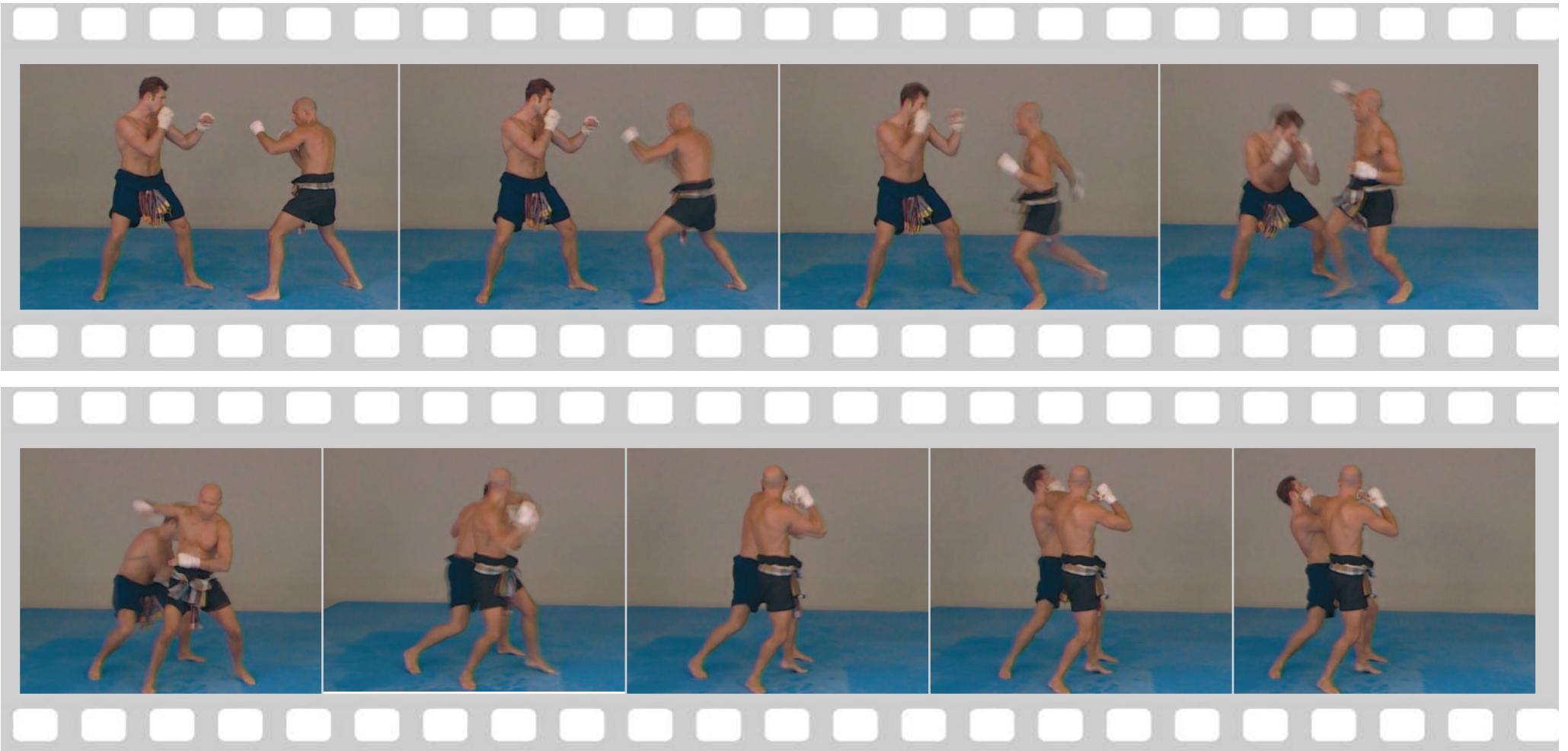
**6. Kohk Nasa**

Mai Rook 2 Chawa(two steps attack pattern): downward swing punch. Throw a light jab, as a blinder, in order to temporarily distract the opponent...

## 6. Kohk Nasa



As your arm retracts, follow up immediately with a powerful downward smash, hitting from above the bridge of the nose of the opponent.

**7. Kwang Pasutha**

Mai Rook 2 Chawa (two steps attack pattern): back swing elbow. Throw a wide swing punch that the opponent will easily duck. Step forward and spin around, following up with a back elbow strike aimed at your opponent's throat, chin or nose.

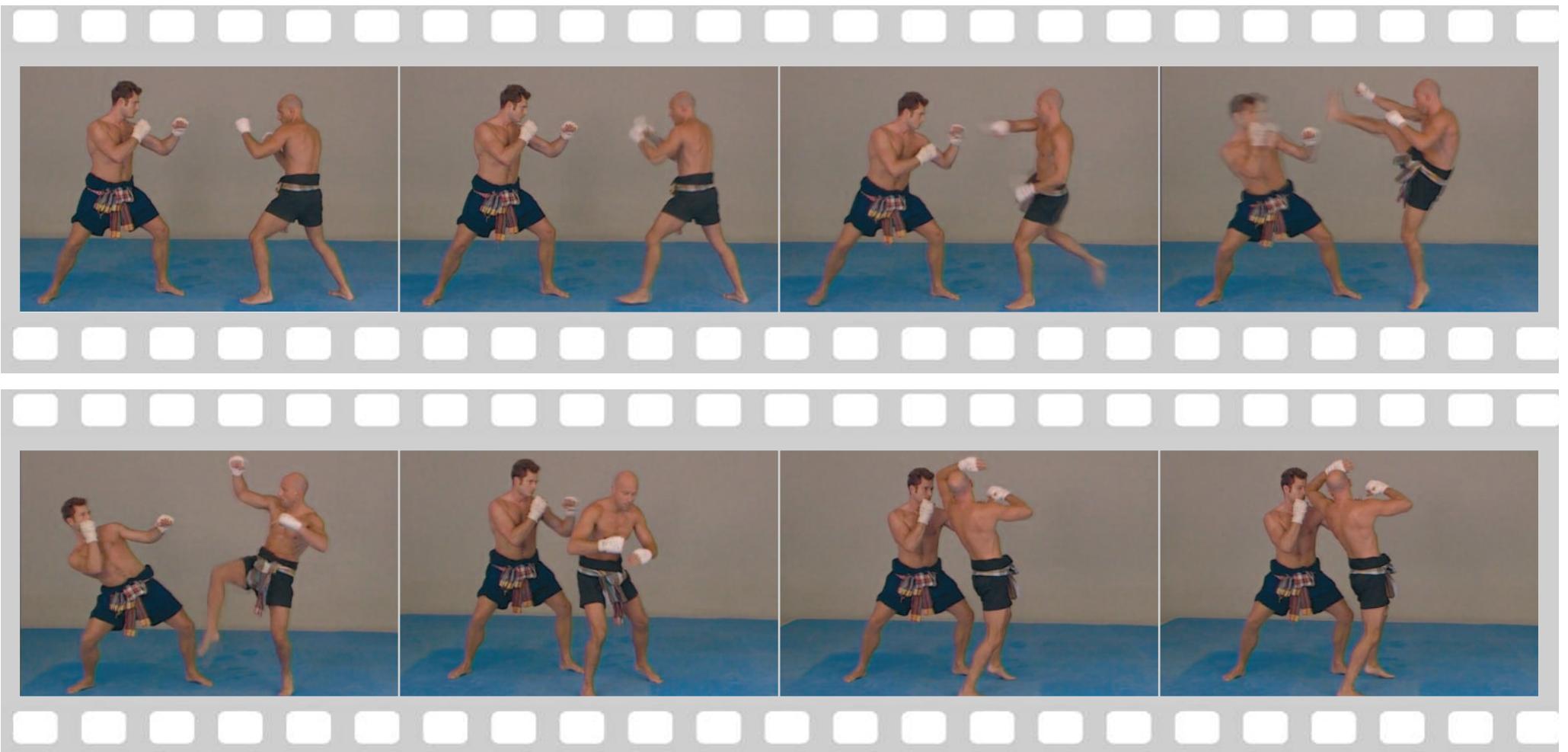
## 8. Lesee Bod Ya



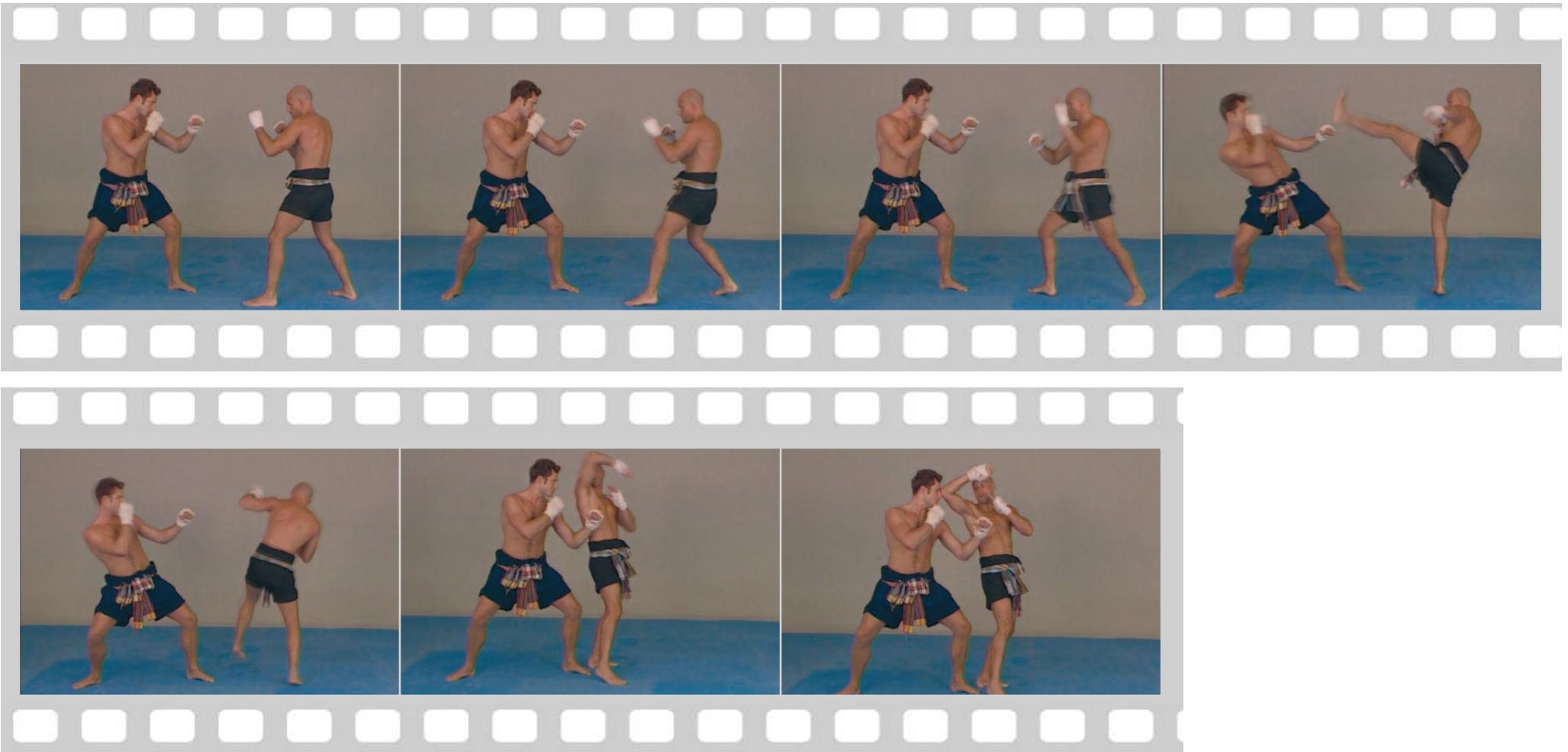
Mai Rook 2 Chawa (two steps attack pattern): step-up elbow stab.  
Start your attack with a fake low kick at the opponent's lead leg.

Rush forward and step on his leg while grasping his neck with one hand. Deliver a downward elbow stab aimed at the crown of his head and a knee strike to the chest.

## 9. Sai Liew Lang



continued

**9. Sai Liew Lang**

Mai Rook 2 Chawa (two steps attack pattern): spinning diagonal elbow. Throw a mock high round kick that the opponent will easily slip, leaning back. Step down and without stopping, spin around and throw a diagonal back elbow, aimed at the temple or jaw.

## 10. Luesee Luem Yan



Mai Rook 2 Chawa (two steps attack pattern): fake and hook punch. Fake a straight rear punch at the face. The opponent will react closing his guard. Swiftly twist your hips and shoulders and deliver a short hook punch to the unguarded side of the head (temple).

**11. Long Dan Pratu**

Mai Rook 3 Chawa  
(three steps  
attack pattern):  
diagonal swing  
kick. Step one,  
drive a quick  
straight punch to  
the head. Step two:



attack the liver with a heavy uppercut. Step three: throw a powerful high diagonal kick aimed at the opponent's neck, with all your body weight behind it.

**b. Sillapha Kan Rab or the Art of Defense.** Muay Thai fighting's main characteristic is represented by a constant alternation between offensive and defensive actions. Any kind of attack may be avoided through a skillful combination of precise footwork and well timed defensive moves. At the same time, defensive skills are the basic elements upon which efficient attacks are built. All proper techniques of defense will control an opponent's potentially harmful actions while paving the way to powerful counter attacks. Even if Muay Thai teaching usually starts with offensive moves, a solid base in defensive strategies should be developed at the same time, since a good defense makes a strong attack possible, at all times. An

expert Nak Muay will sidestep, block, dodge, slip, guard, grab when attacked, making his opponent feel like he is trying to hit smoke.

The main defensive strategies employed by all Muay Thai experts are as follows:

1. Pong (open hand catching, guarding)
2. Pad (parrying)
3. Pid (blocking, covering the target)
4. Poed (opening the guard)
5. Ta (stopping the weapon)
6. Yan (pushing)
7. Lob (slipping, leaning away)
8. Sab (sidestepping)
9. Kom (ducking, weaving)
10. Joh (level changing)
11. Chak (full stepping)
12. Chap Rang (grasping, holding)

## 1. Pong - Catch a straight lead with the palm of your open lead or rear hand



## 2. Pad - Deflect a rear hand punch to the head with your forearm from the inside (Pad Nai Boon)



## 2. Pad - Deflect a front kick to the abdomen with your forearm from the outside (Pad Nok Laan)



## 2. Pad - Upwards forearm parry on a straight punch to the face (Pad Kun)



## 3. Pid - Block a swing punch to the head with your elbow (Pid Dui Sok)



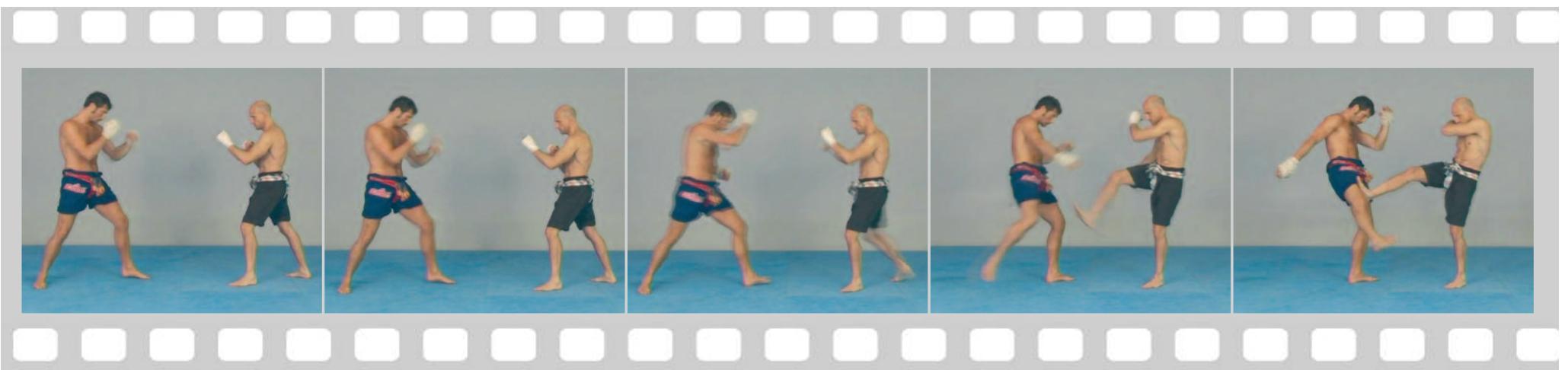
## 4. Poed - Downwards brush on a straight body punch, opening the opponent's guard (Talob Lon)



## 4. Poed - Outwards straight arm deflection, opening the opponent's guard (Poed Su)



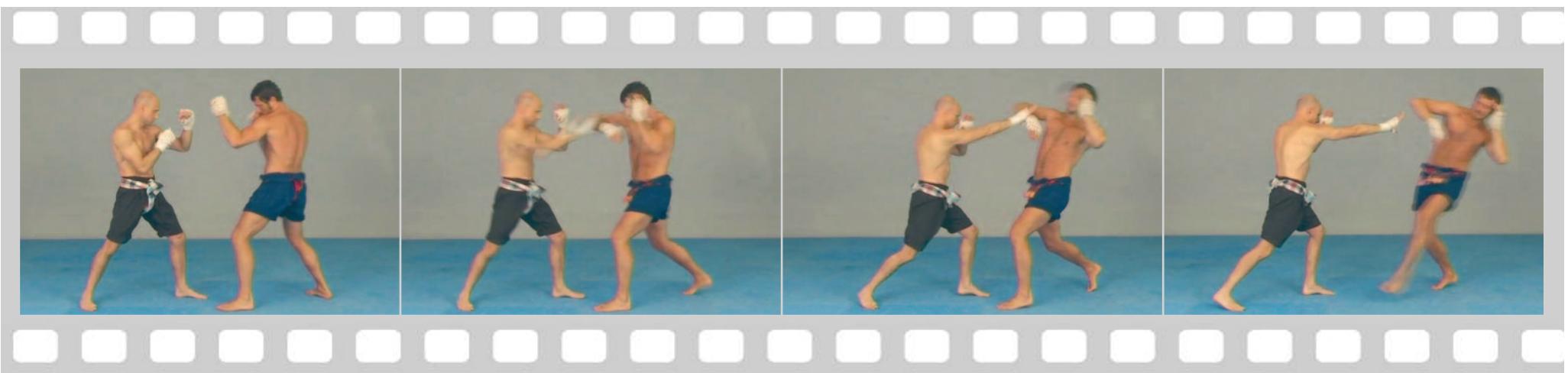
## 5. Ta - Cross stop kick to the knee on a rear leg low kick (Ta Kwai)



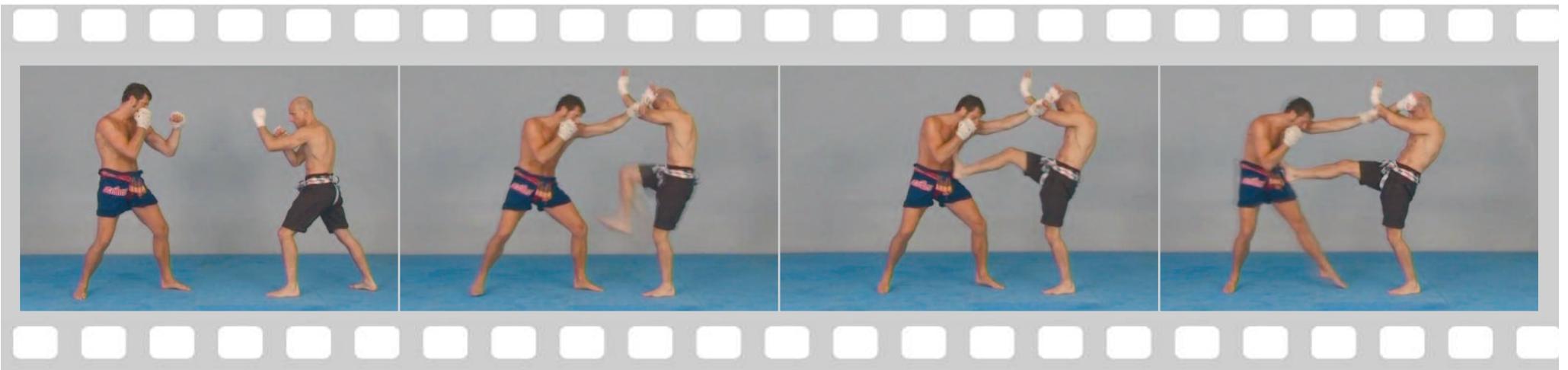
## 6. Yan - Stop a round punch with an open hand push to the opponent's biceps (Yan Dui Mue)



## 6. Yan - Stop a horizontal elbow with an open hand push to the opponent's wrist (Yan Dui Mue)



## 6. Yan - Stop a lead punch with a rear leg push kick to the abdomen (Yan Dui Thao)



## 7. Lob - Lean away on a high round kick, dropping the weight on to the back leg (Lob Ho)



## 8. Sab - Cross step with the lead foot on a straight head punch (Sab Nai)



## 8. Sab - Step out diagonally with your lead foot (Sab Nok)



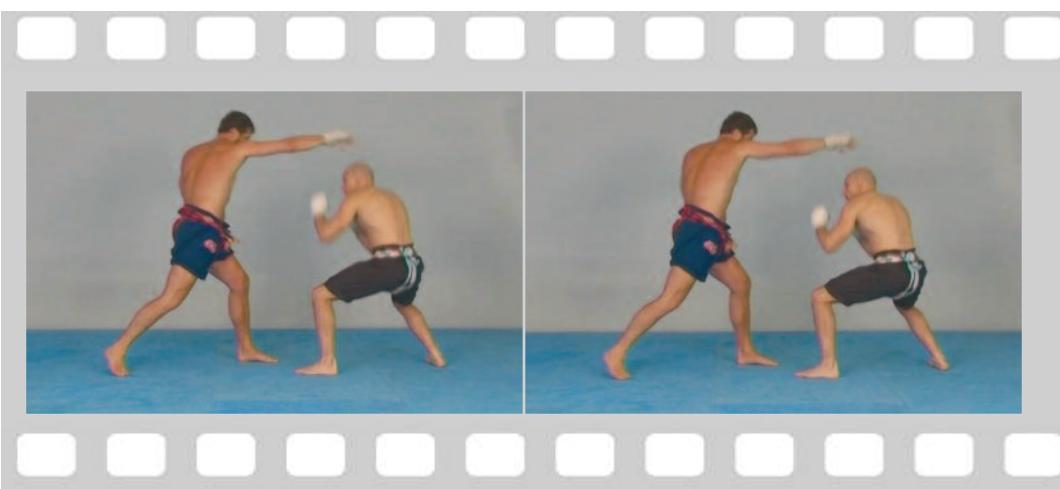
9. Kom - Slip to the inside position and move the head to the outside under the opponent's swing (Kom Nok)



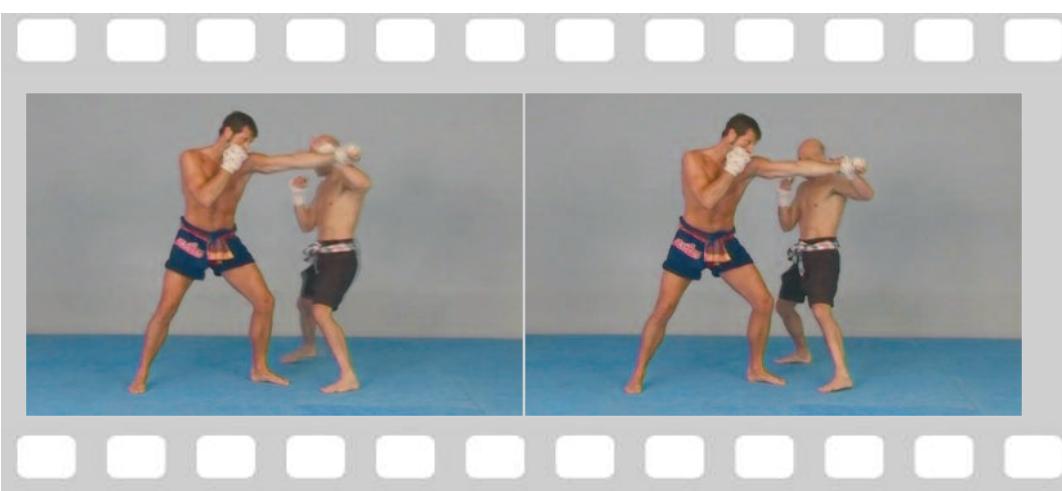
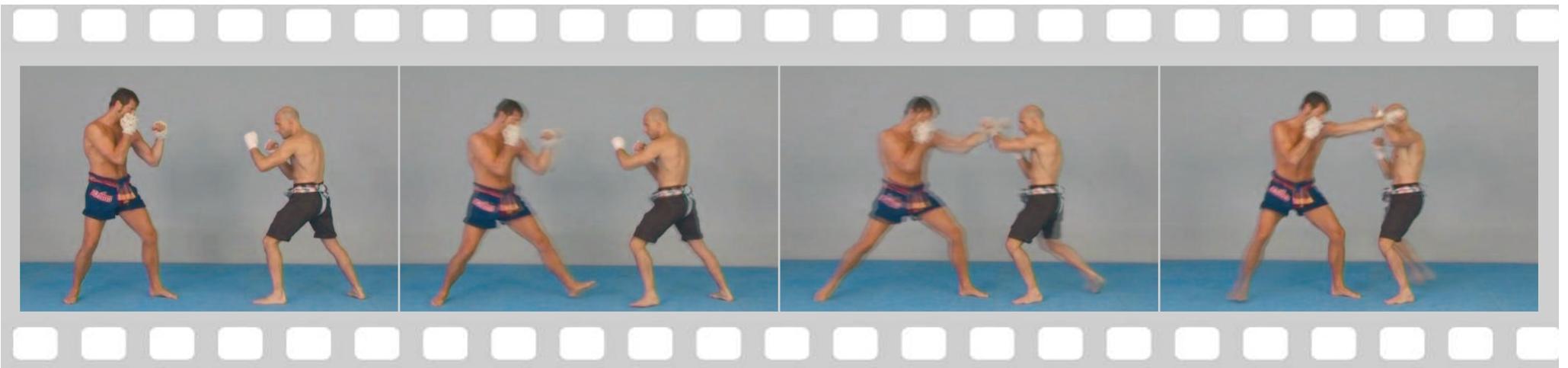
10. Joh - Bend forward with your weight on your lead leg, lowering your body under the opponent's head kick (Joh Dui Kha Na)



10. Joh - Bend both of your legs and lower your body on a head punch (Joh Song Kha)



## 11. Chak - Step out and forward with both legs to the outside on a straight lead (Chak Nok Rook)



## 12. Chap Rang - Wrap the opponent's punching arm on a head swing (Chap Rang)



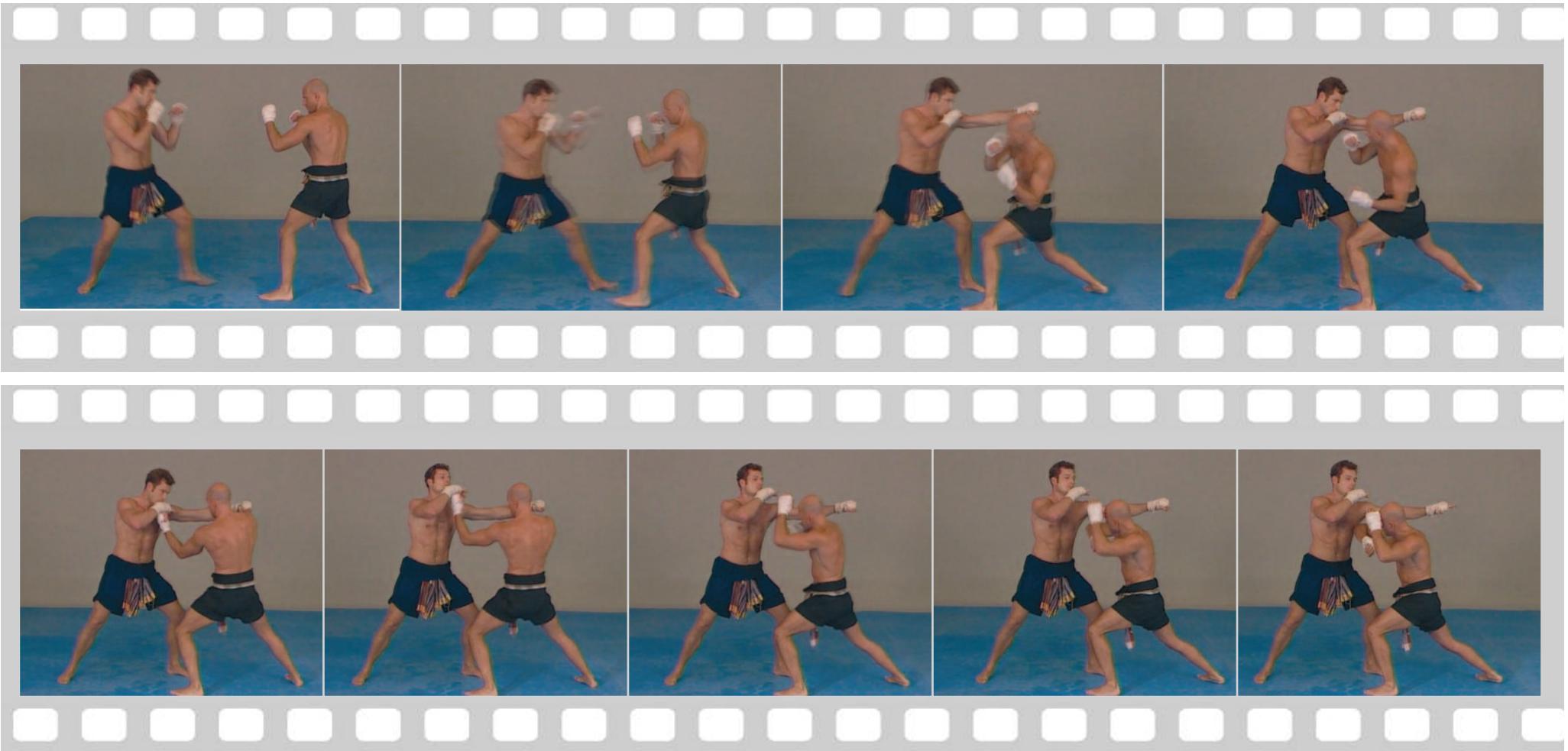
### c. Sillapha Kan Tob Toh or the Art of Counter Attack.

An efficient counter attack is delivered to an opponent immediately after his strike, usually exploiting a temporary gap in his defense. Hence, the counter attack is not a defensive action but an advanced system of using an opponent's offence as a means to efficiently execute one's own attack.

The Nak Muay should control his opponent's attack employing one of the many defensive techniques at his disposal and should retaliate quickly aiming one or more blows at sensitive areas. The counter attack represents the pinnacle of the Art of Muay Thai fighting: only the best boxers possess the ability to perfectly execute counter blows

against all kinds of opponents. Being able to effectively counter strike, calls for great technical skills, a cool mind, perfect balance (footwork), good reflexes and sharp blows. Each counter attack is based on a swift defense and strong retaliatory blows: both actions must be executed almost instantaneously, giving no chance to an opponent to recover. It is almost impossible to list all possible counter attacks executed against all possible offensive actions, combined with all possible defensive actions. Therefore, you will find here just a short selections of the most efficient Muay Thai Boran counters, in the author's opinion; such selection cannot be considered exhaustive, by no means.

## 1. Akki Song Saeng



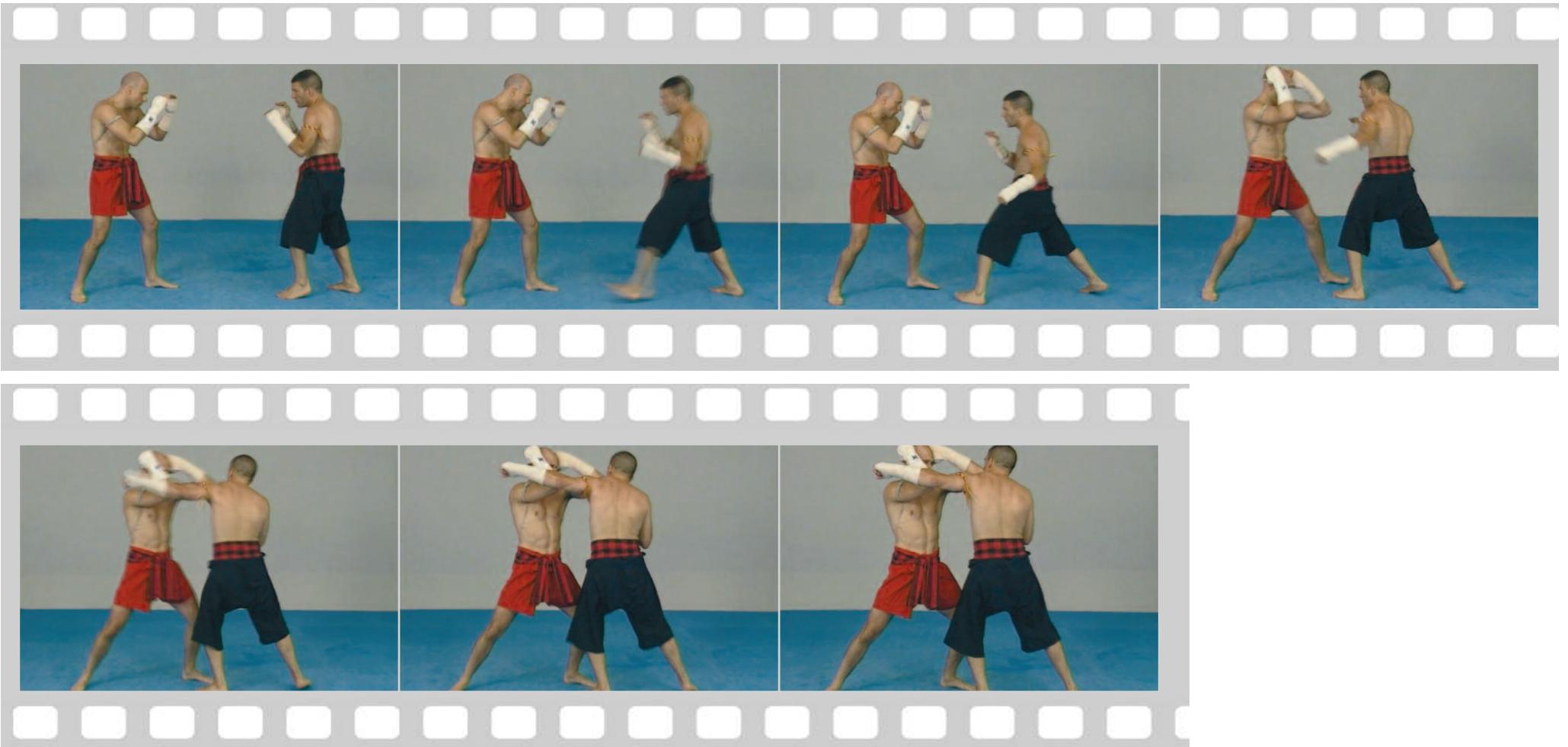
Alternate uppercut punch and horizontal elbow strike.  
Punch the chin with the left hand and elbow the ribcage (under the nipple).

## 2. Ben Su Meru



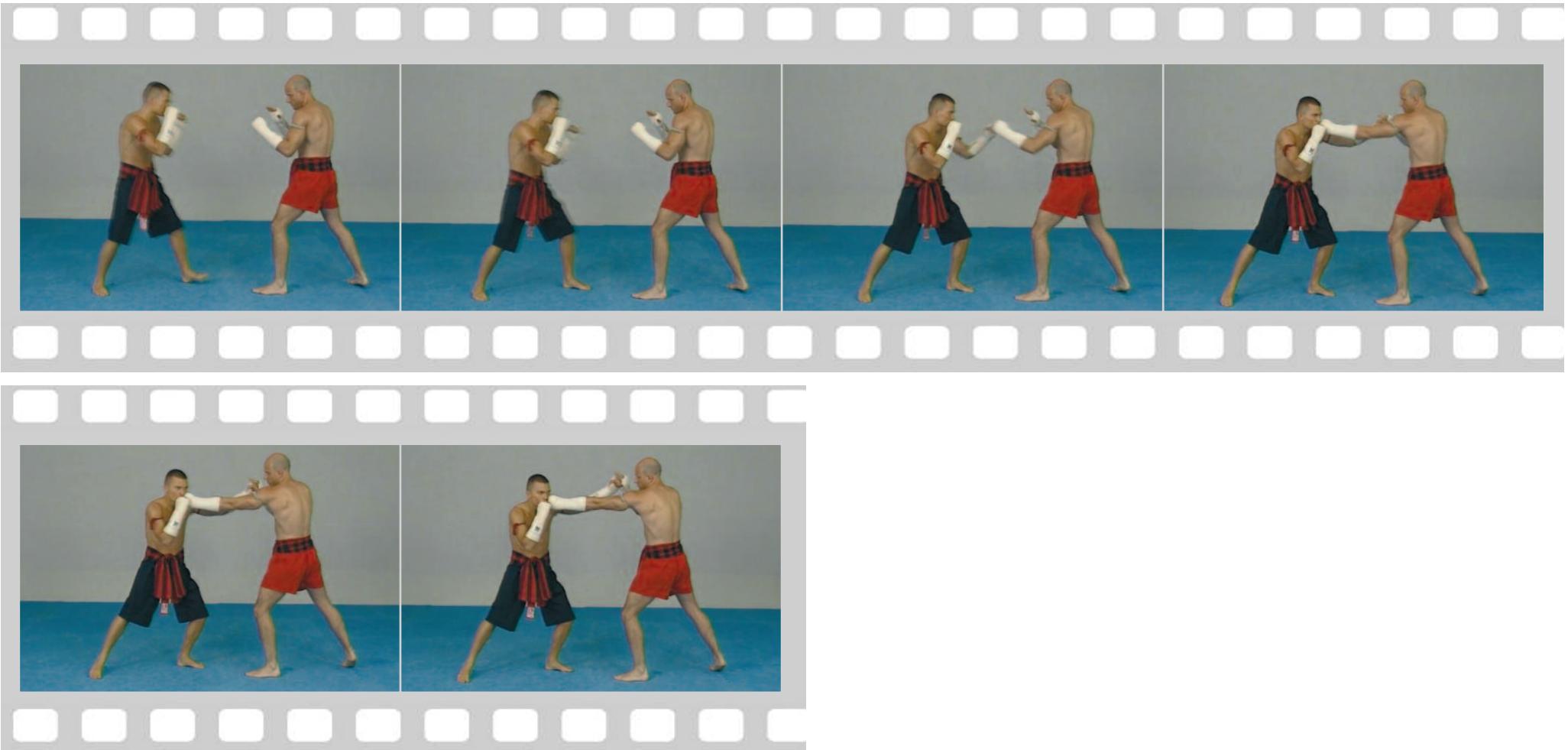
As the opponent knees your midsection, take a back step and elbow the incoming leg. Use the rebound to jump up and strike with a double uppercut punch to the face.

### 3. Chang Prasan Nga



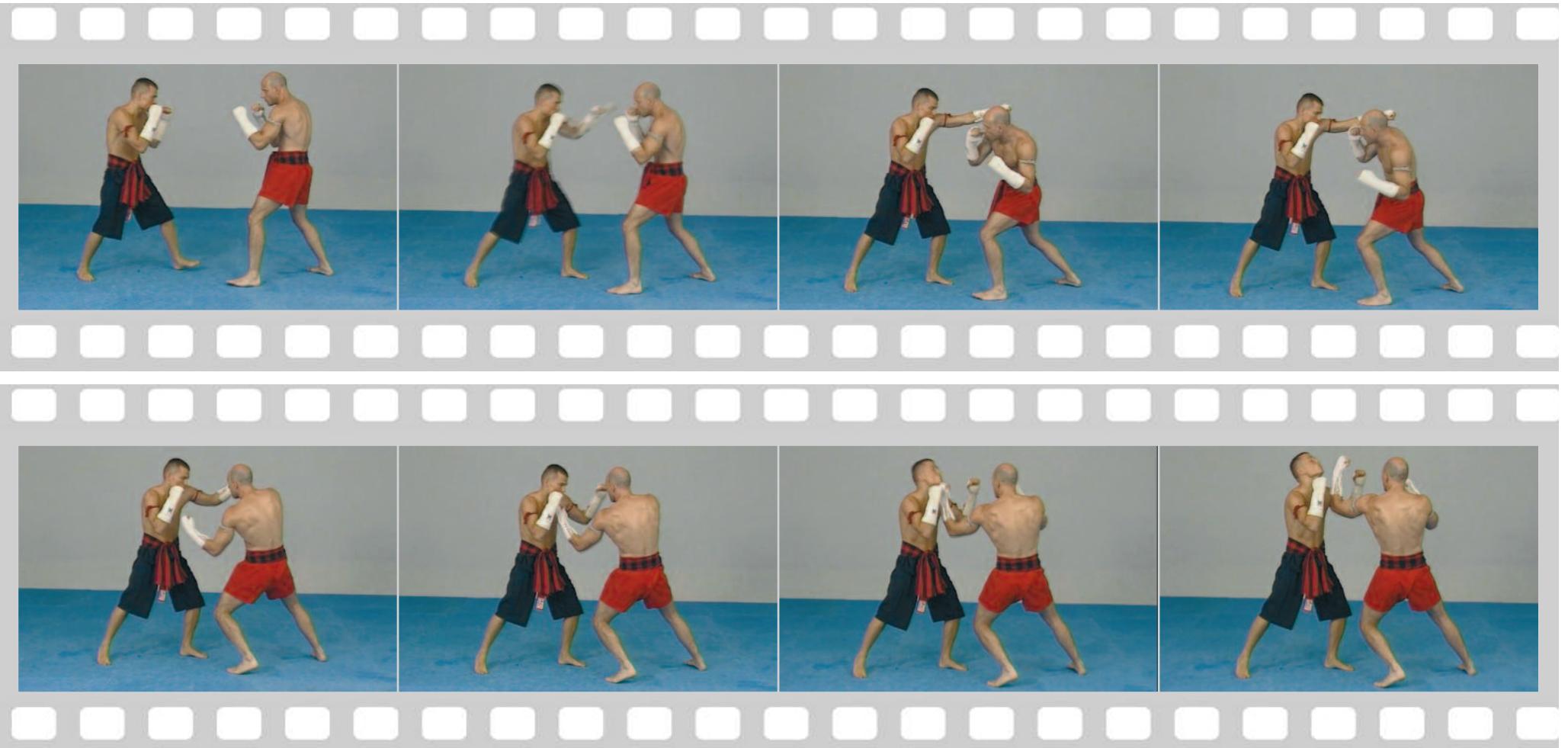
Step forward and strike with a double elbow blow aimed at the face and arm of the opponent, as he attacks with a swing punch.

## 4. Dub Chawala



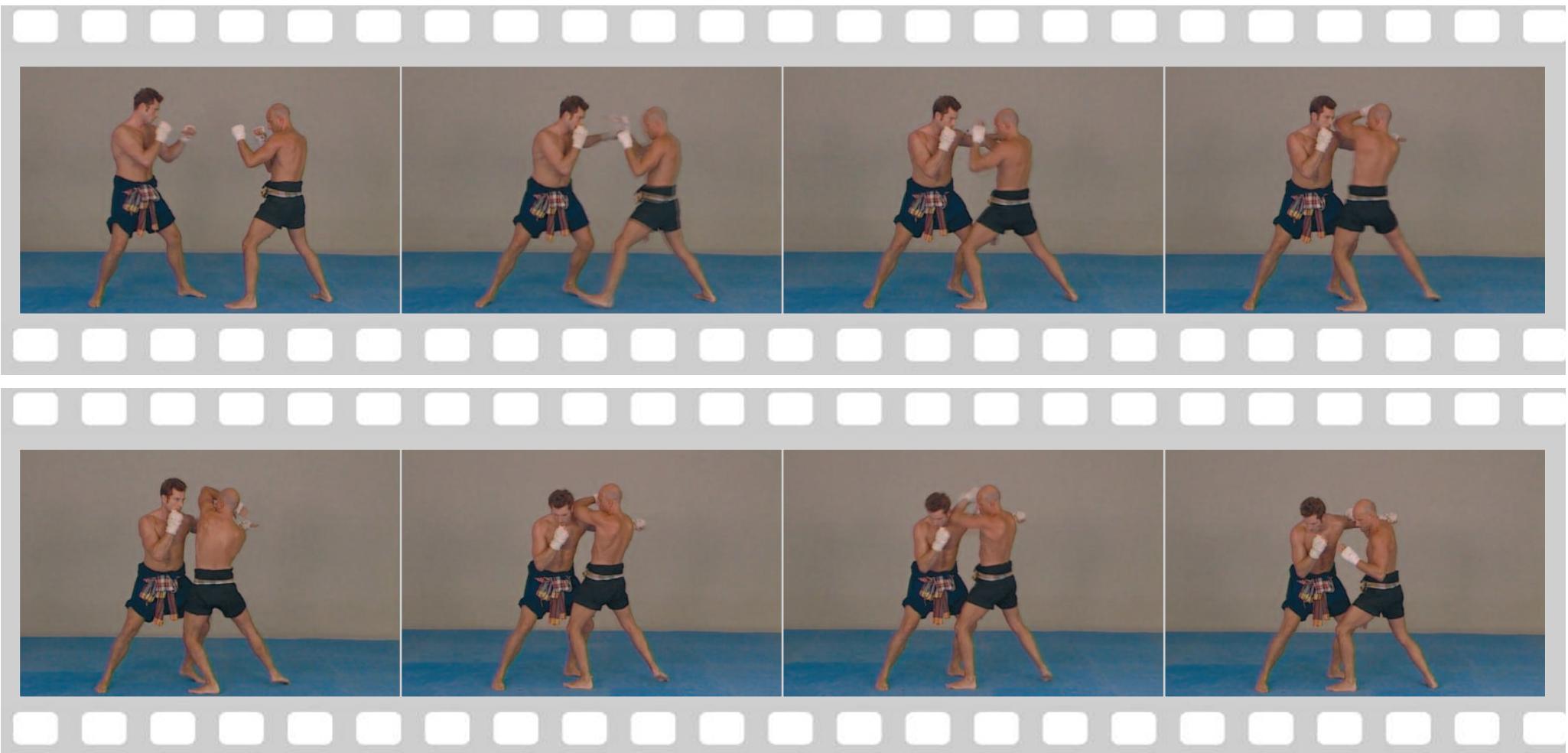
Extinguish the opponent's lamp by sticking your knuckle into his eye, as he is aiming his jab at your face. A simple, yet extremely efficient fighting tactic.

## 5. Erawan Soei Nga

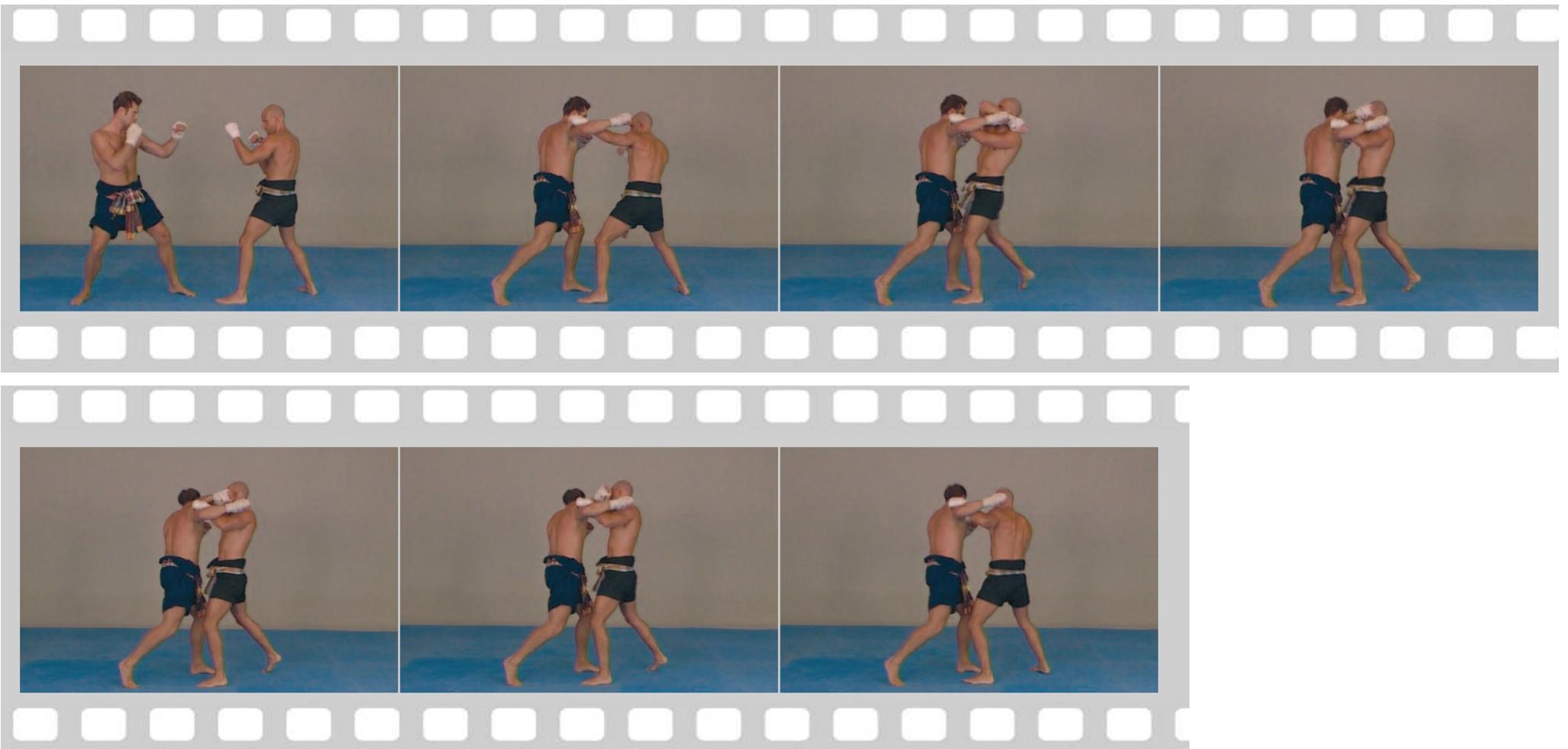


Side step with your lead foot, twisting your hips to slip on a straight left. Follow up immediately with a short uppercut under the chin of the opponent.

## 6. Fan Look Buab



continued

**6. Fan Look Buab**

As the opponent attacks with a punch to the face, parry it and step forward quickly. Slash his face (or hit his chin and neck) going up and down, with the point of your elbow.

## 7. Hak Dan Lom Krod

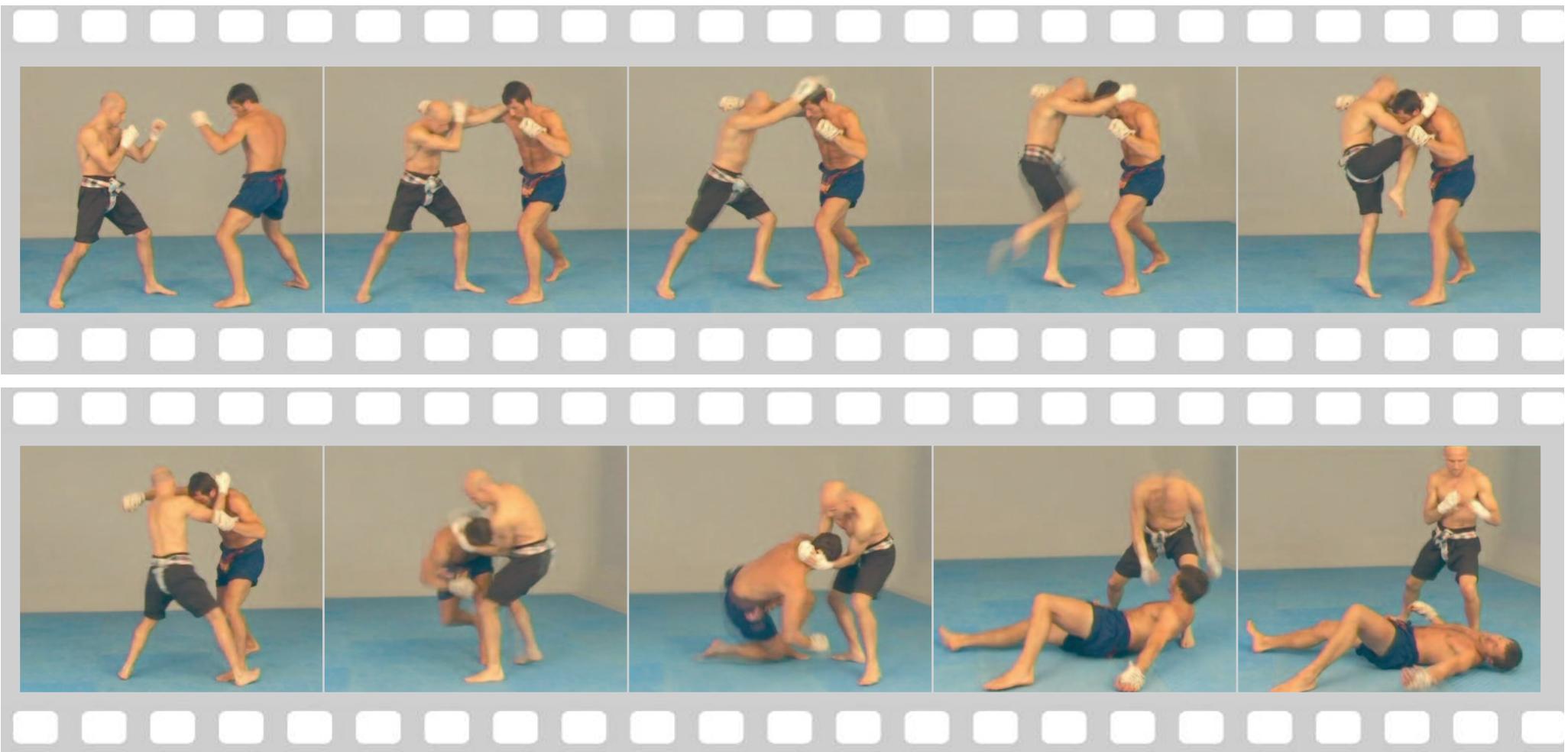


Block the opponent's jab and counter simultaneously with your own jab to the face. Retract slightly your arm and follow up with a slashing elbow to the opponent's temple or bridge of the nose.

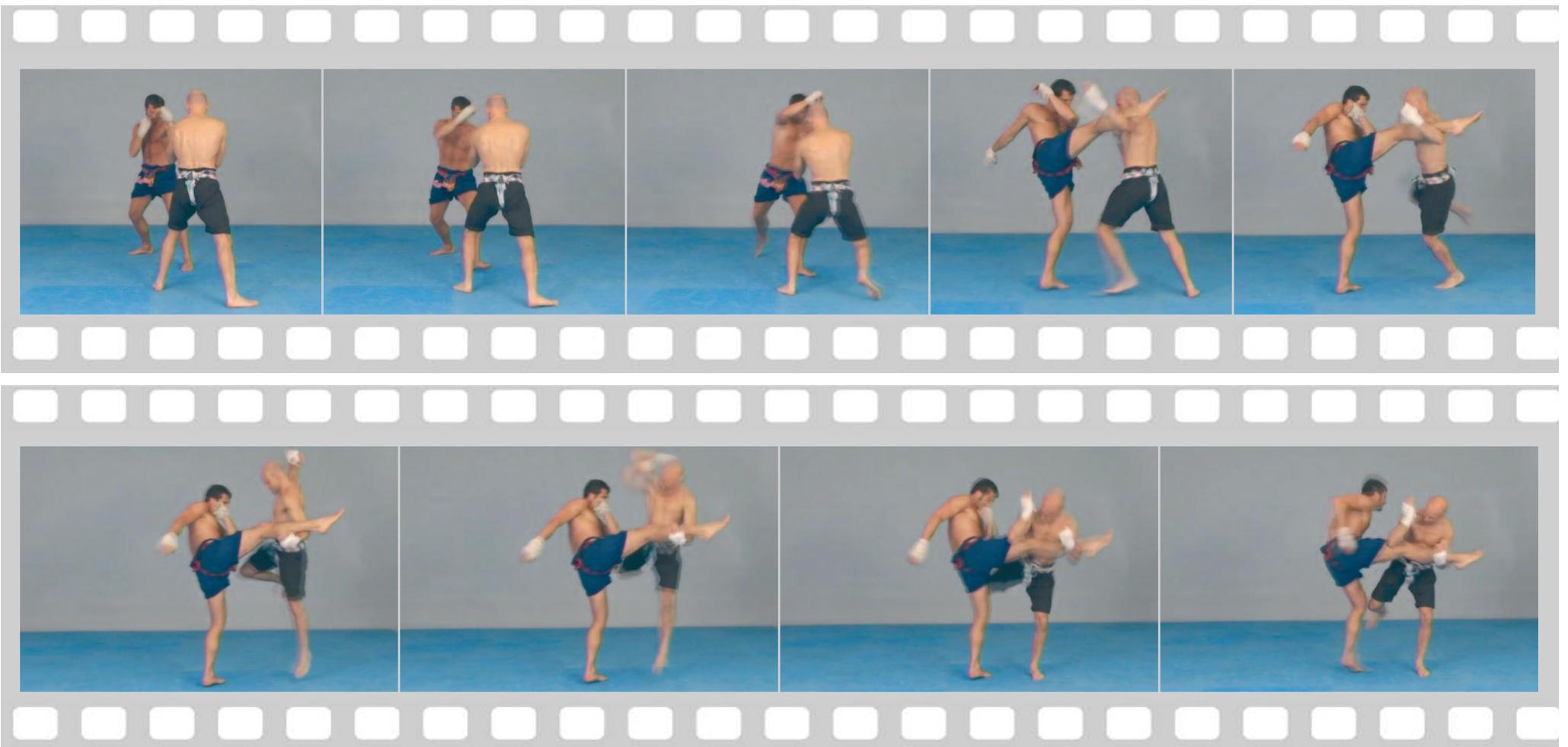
**8. Hak Kor Aiyara**

Deflect the opponent's straight punch, opening his guard. Step forward and throw your forearm at his back bone. Grasp the back of his neck and pull down, hitting his face with a rear leg straight knee.

## 9. Hak Kor Erawan

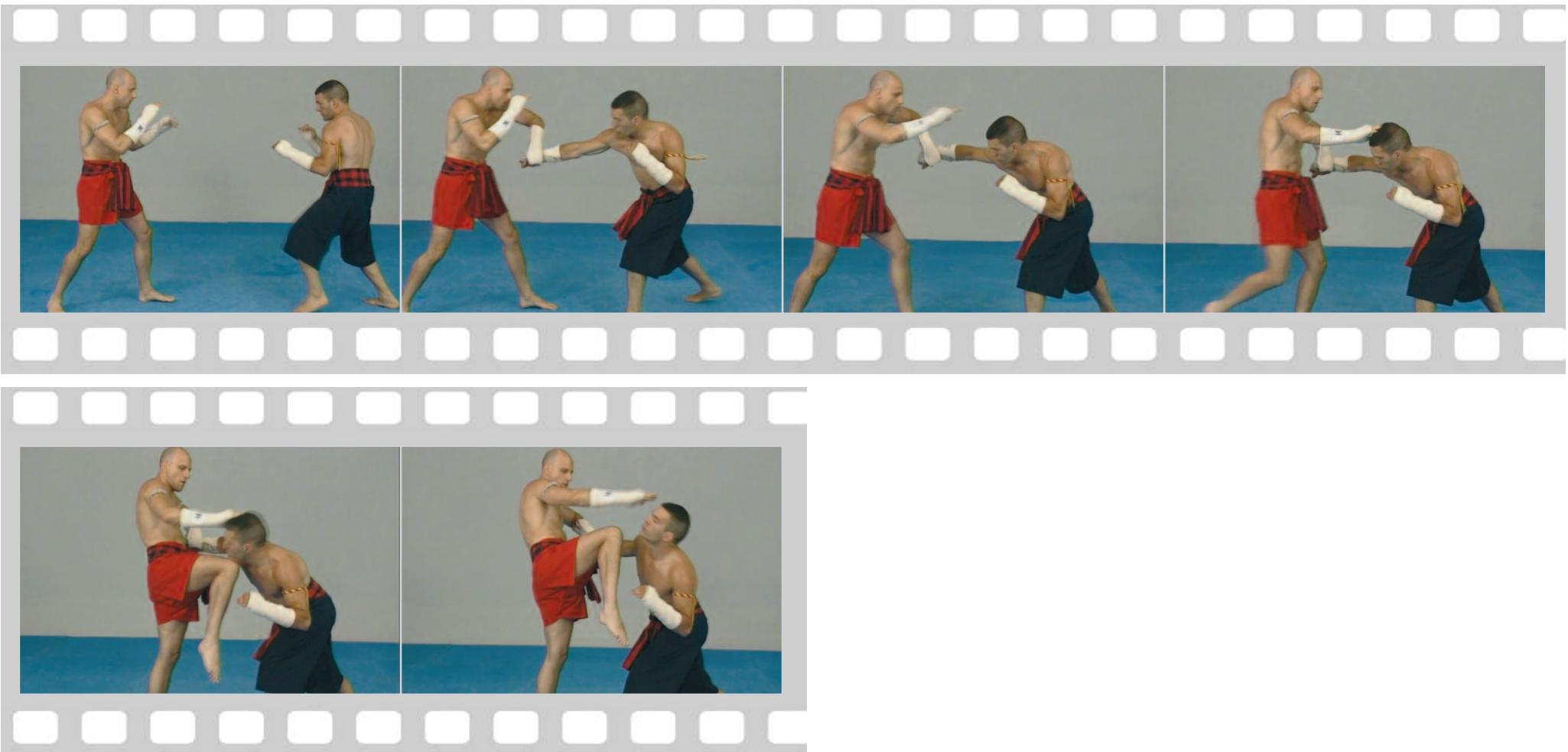


Parry the opponent's straight punch from the inside and grasp his neck with both hands.  
Pull down his head and hit his face with a straight knee.  
Follow up by side stepping and twisting his neck to force him to fall down.

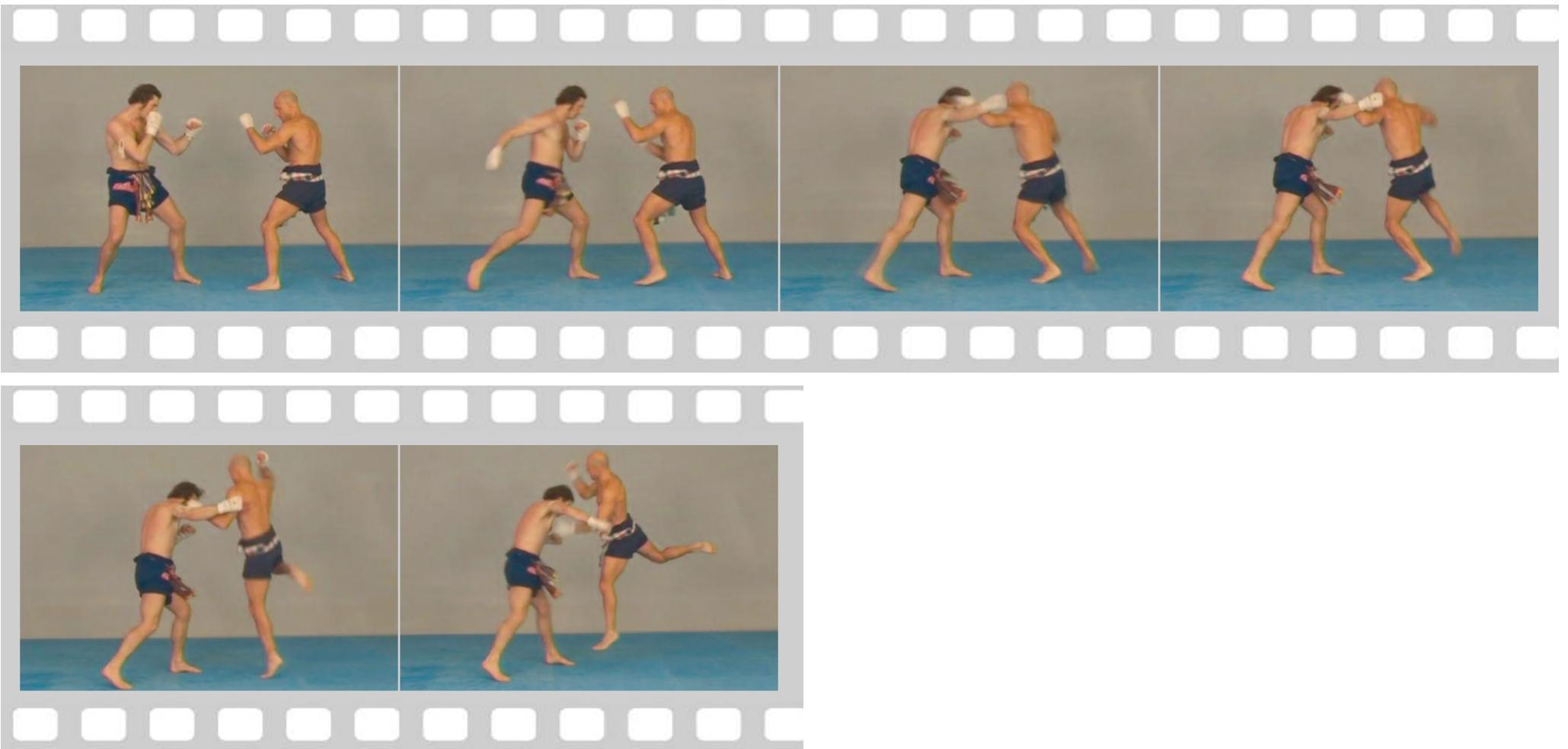
**10. Hak Nguang Aiyara**

When the opponent kicks, side step and grasp the leg. Jump up, stretching the trapped leg and fall down striking the thigh hard, with the point of your elbow.

## 11. Hat Wanorn

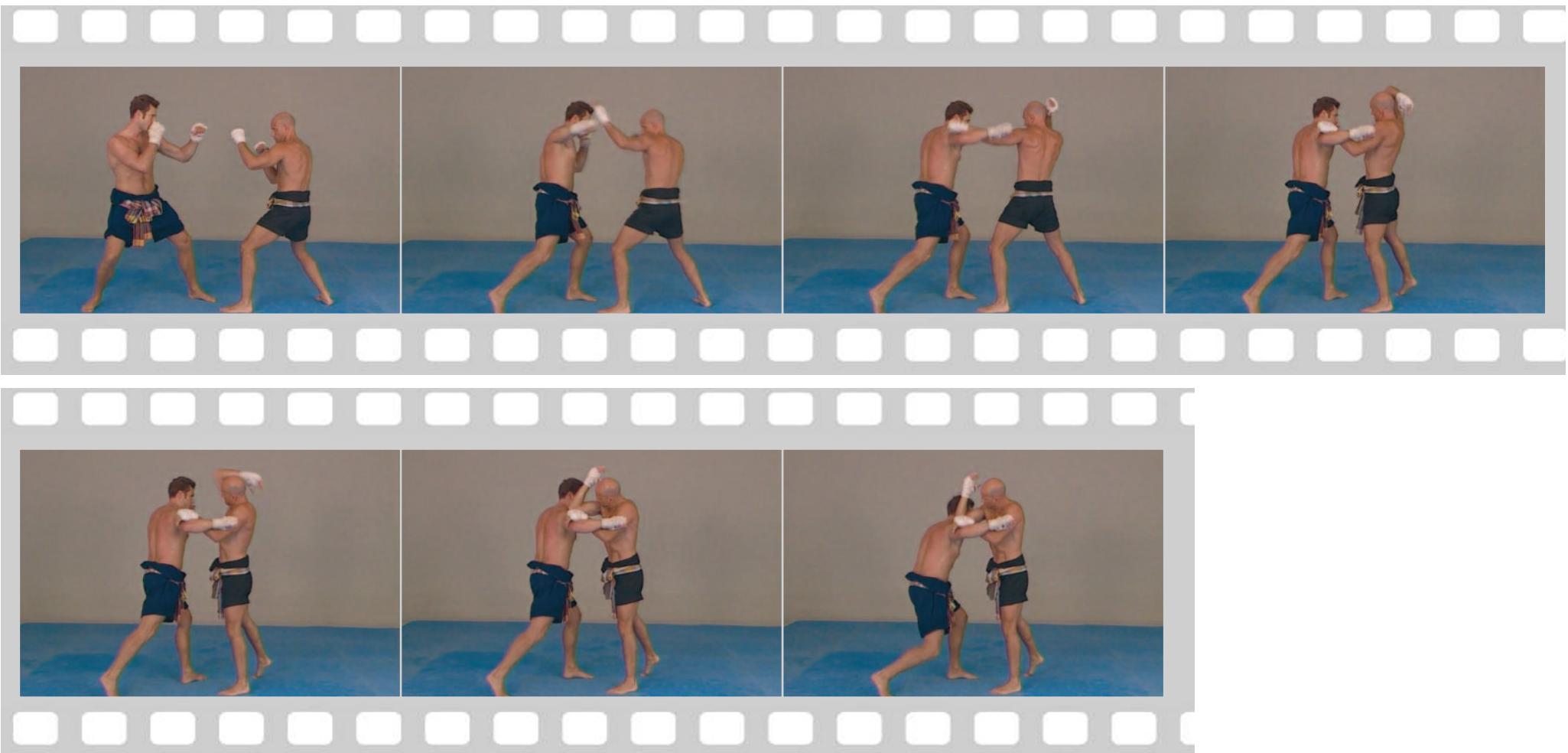


Low parry against a straight punch aimed at the abdomen. Retaliate immediately with a straight knee to the chin.

**12. Hern Sahb Hua**

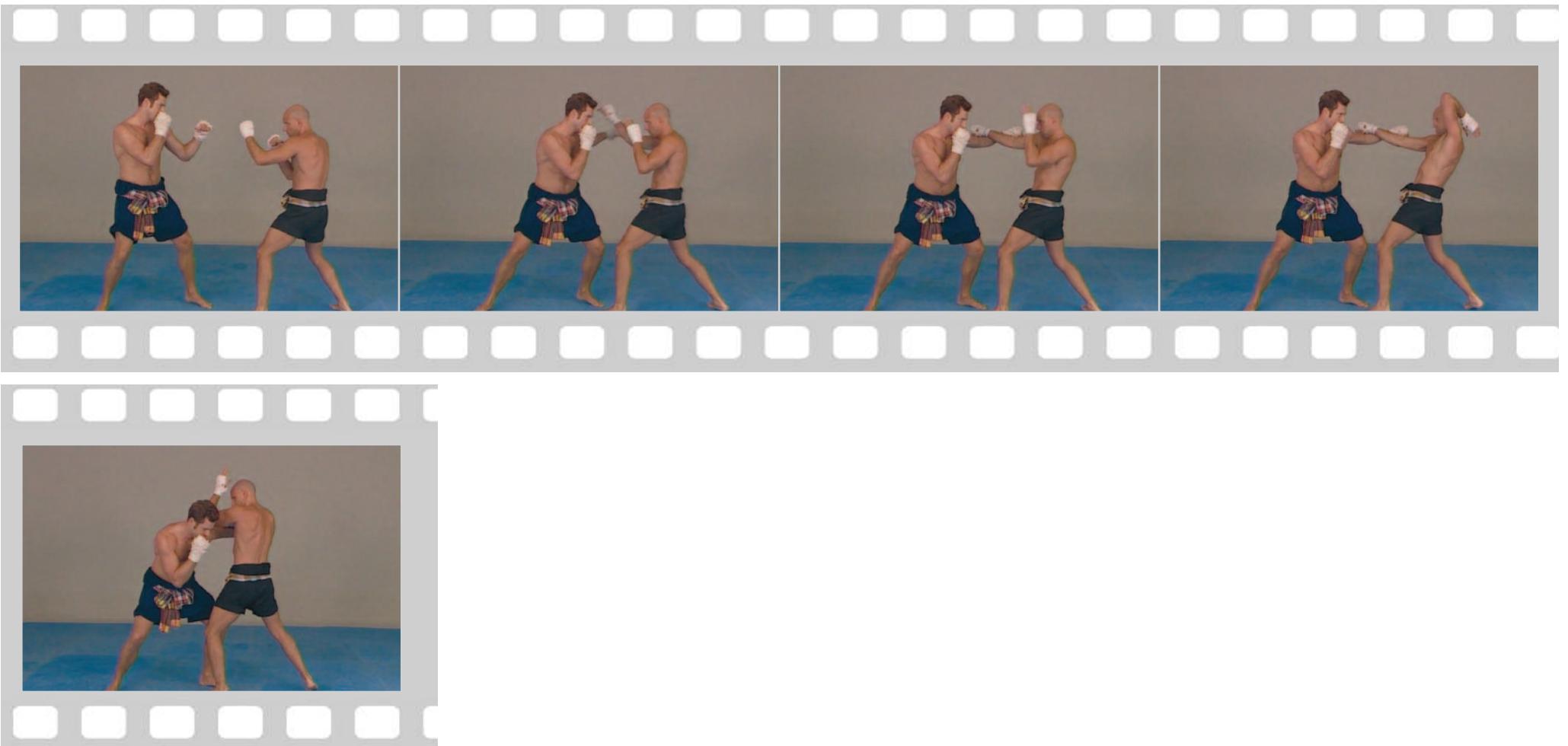
This powerful hammer punch may be aimed at the opponent's crown of the head or at his face, according to his position. The jump shown here adds energy to the impact of the blow.

## 13. Hong Pik Hak

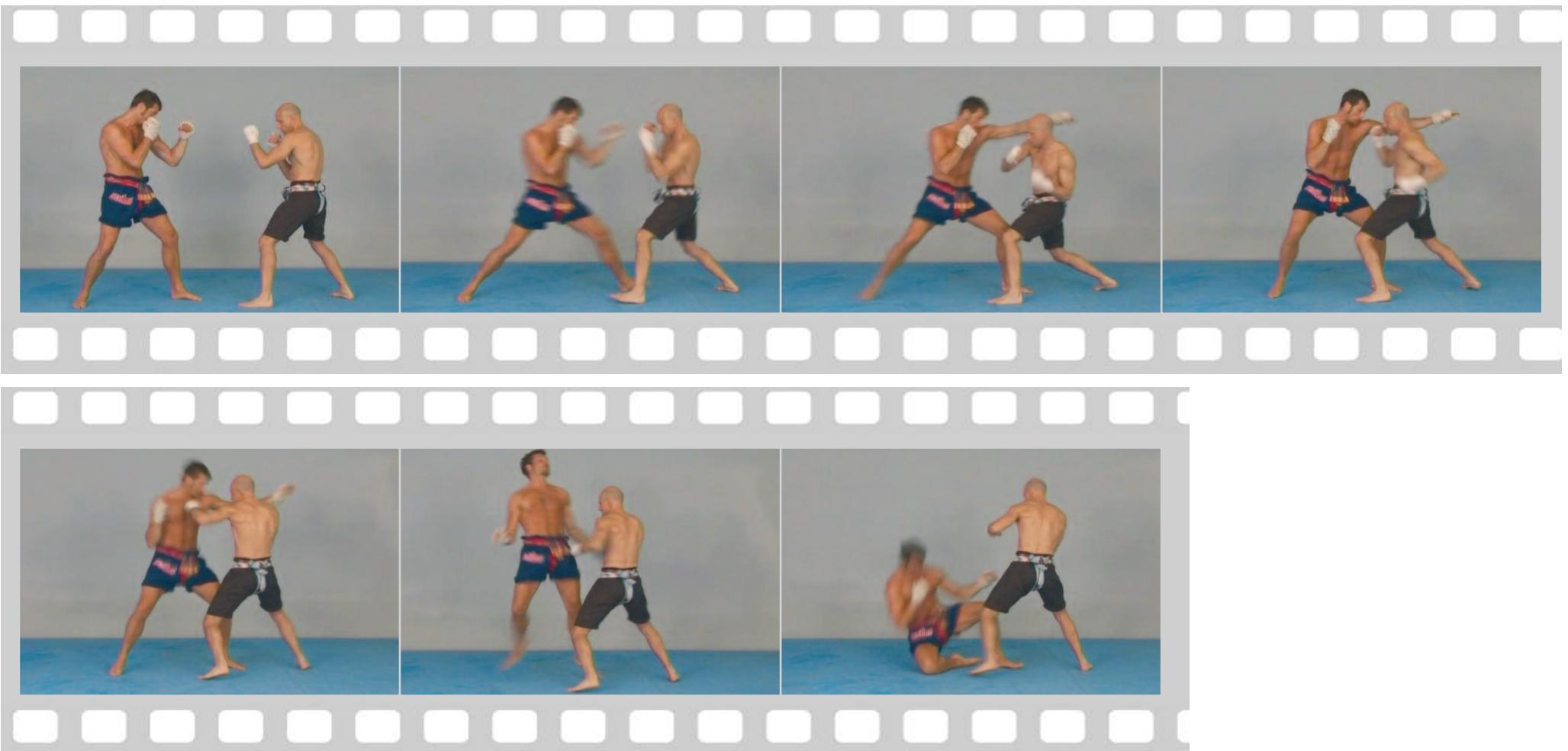


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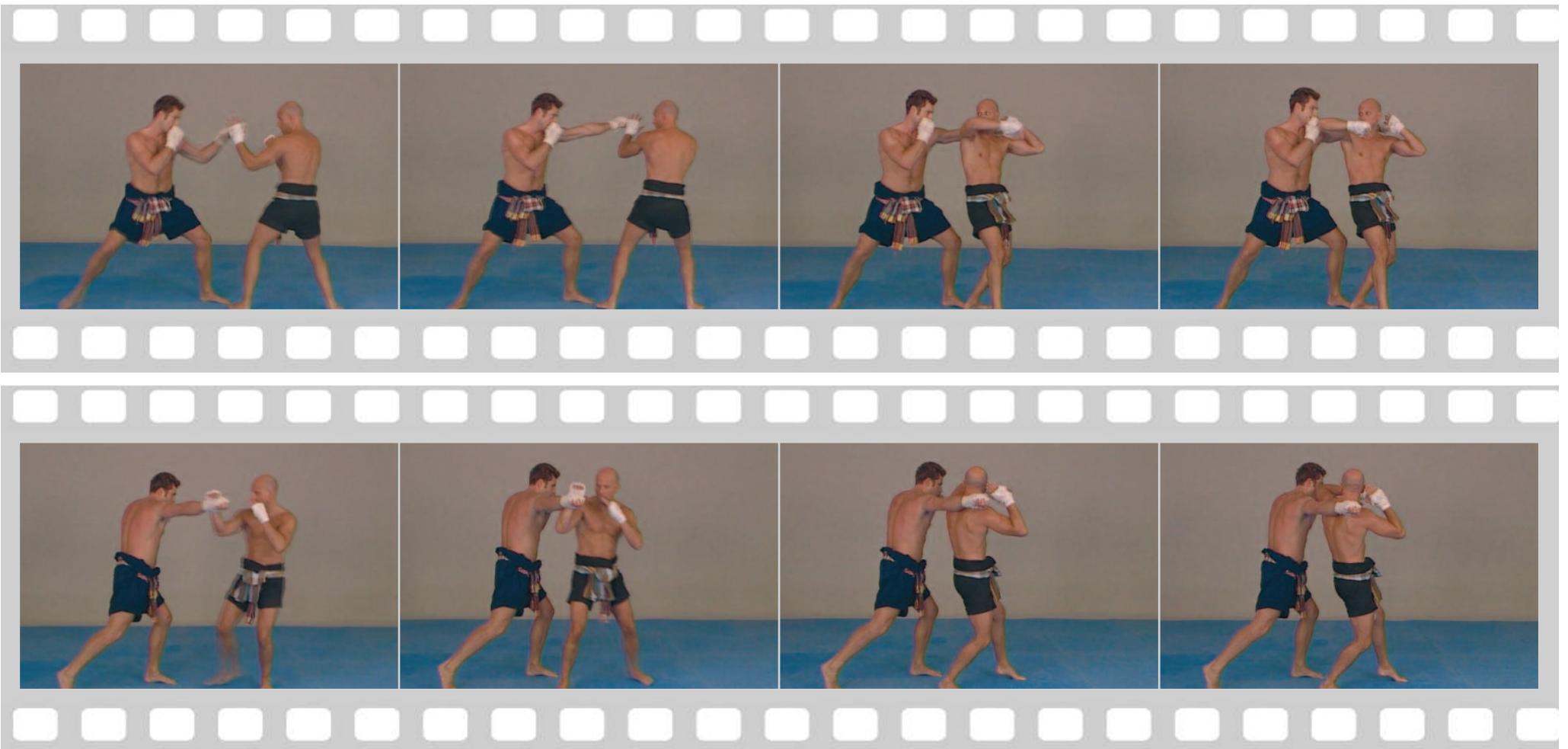
## 13. Hong Pik Hak



As the attacker throws a head punch, parry the attack while stepping forward. Counterattack with a downward elbow, hitting your opponent's shoulder to damage or possibly dislocate it.

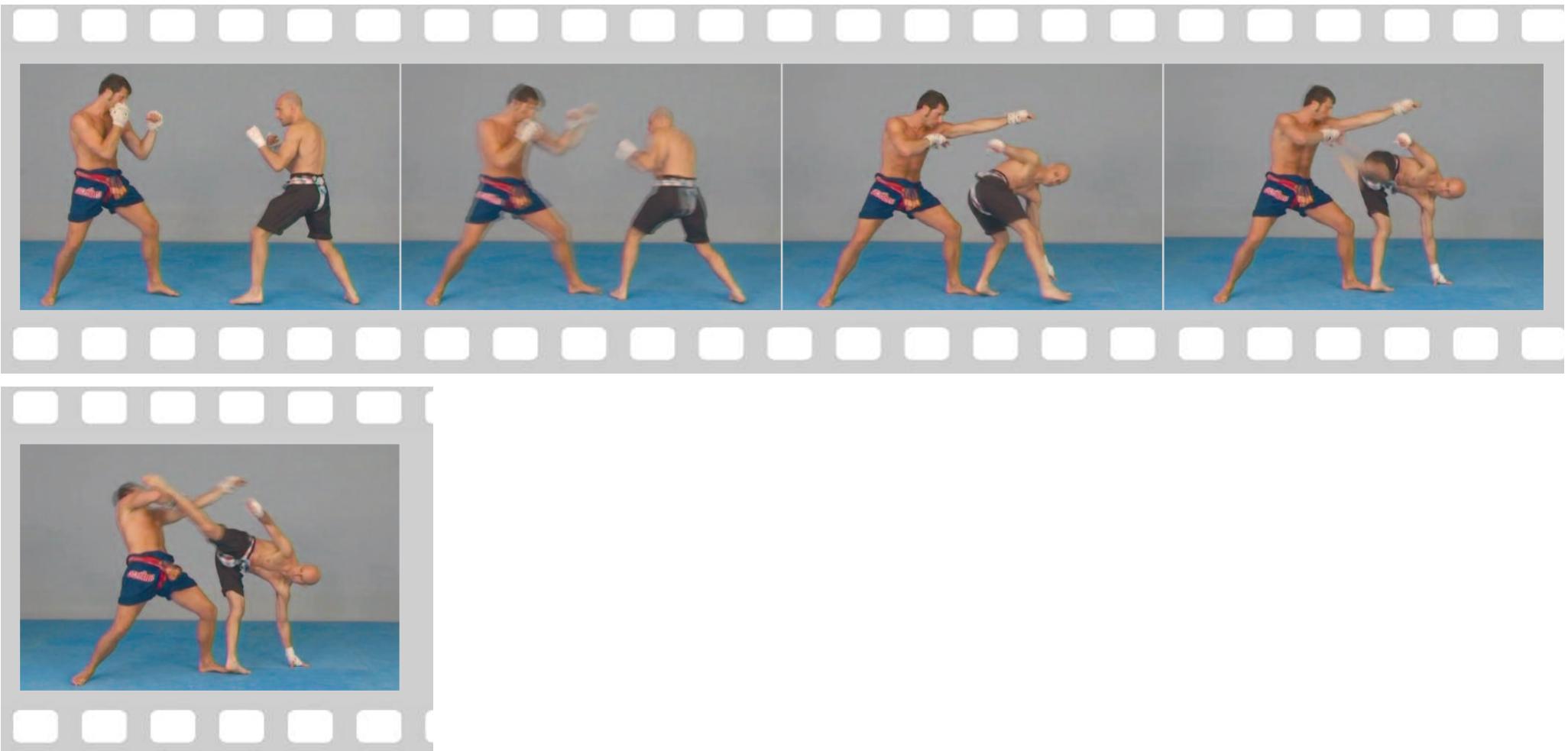
**14. Inao Tang Grit**

As the attacker throws his straight punch, side step and position yourself on the inside of his guard. A quick hip twist will add tremendous force to the subsequent hook to the chin or sternum of the opponent.

**15. Jak Narai**

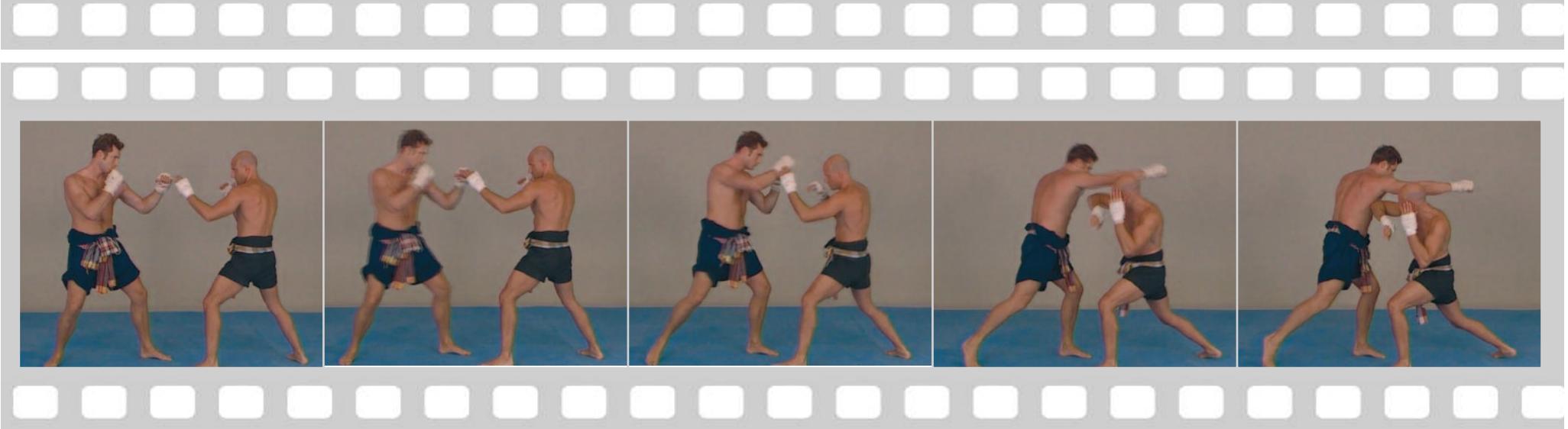
As the opponent attacks with a straight punch, parry the blow with your palm. Follow up immediately: spin around and drive a horizontal reverse elbow to the jaw or bridge of the nose.

## 16. Jarake Fad Hang



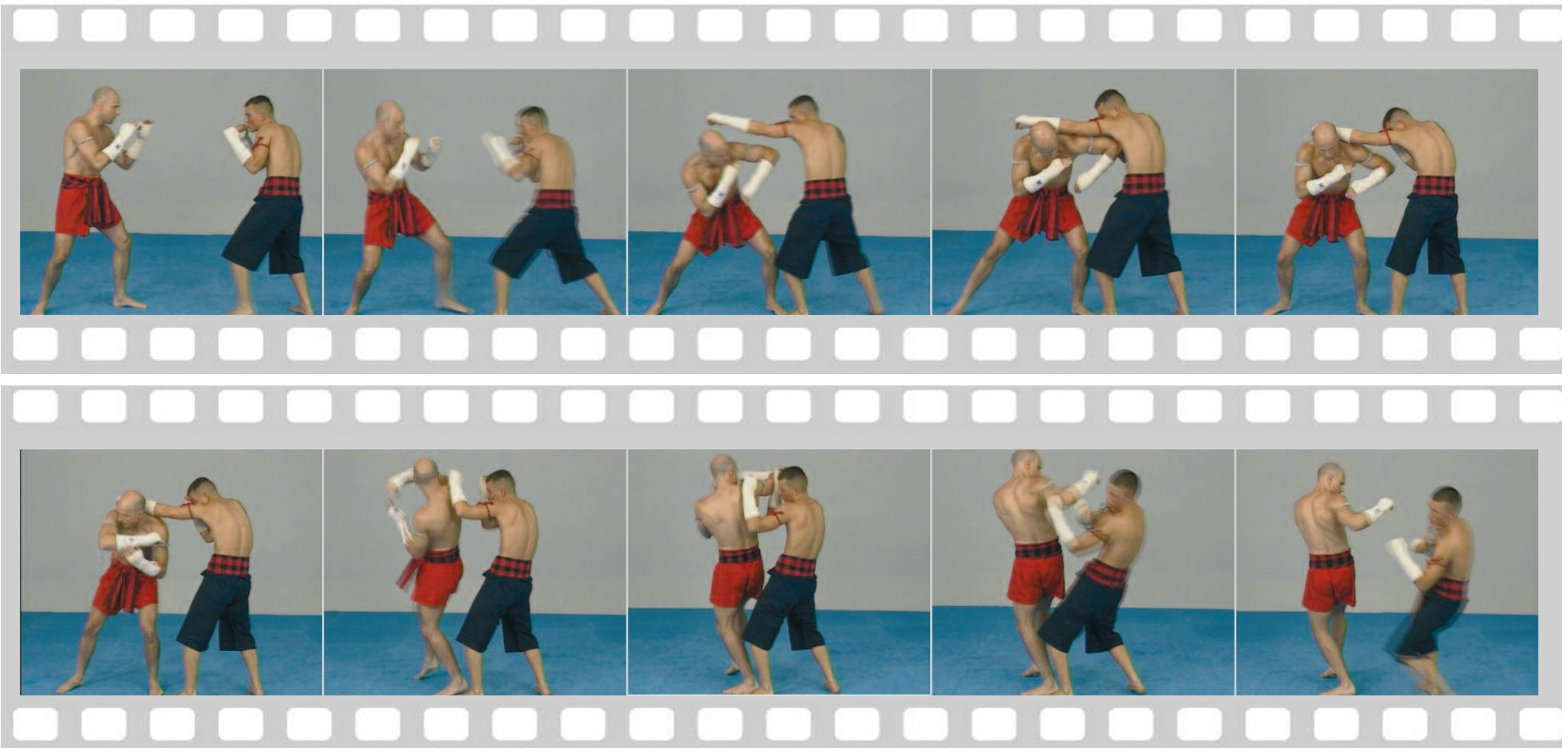
Spin around and throw your heel at your opponent's temple or his jaw. Bend down to avoid his punch and use your hand to keep your balance while you spin.

## 17. Jawa Sad Hok 1

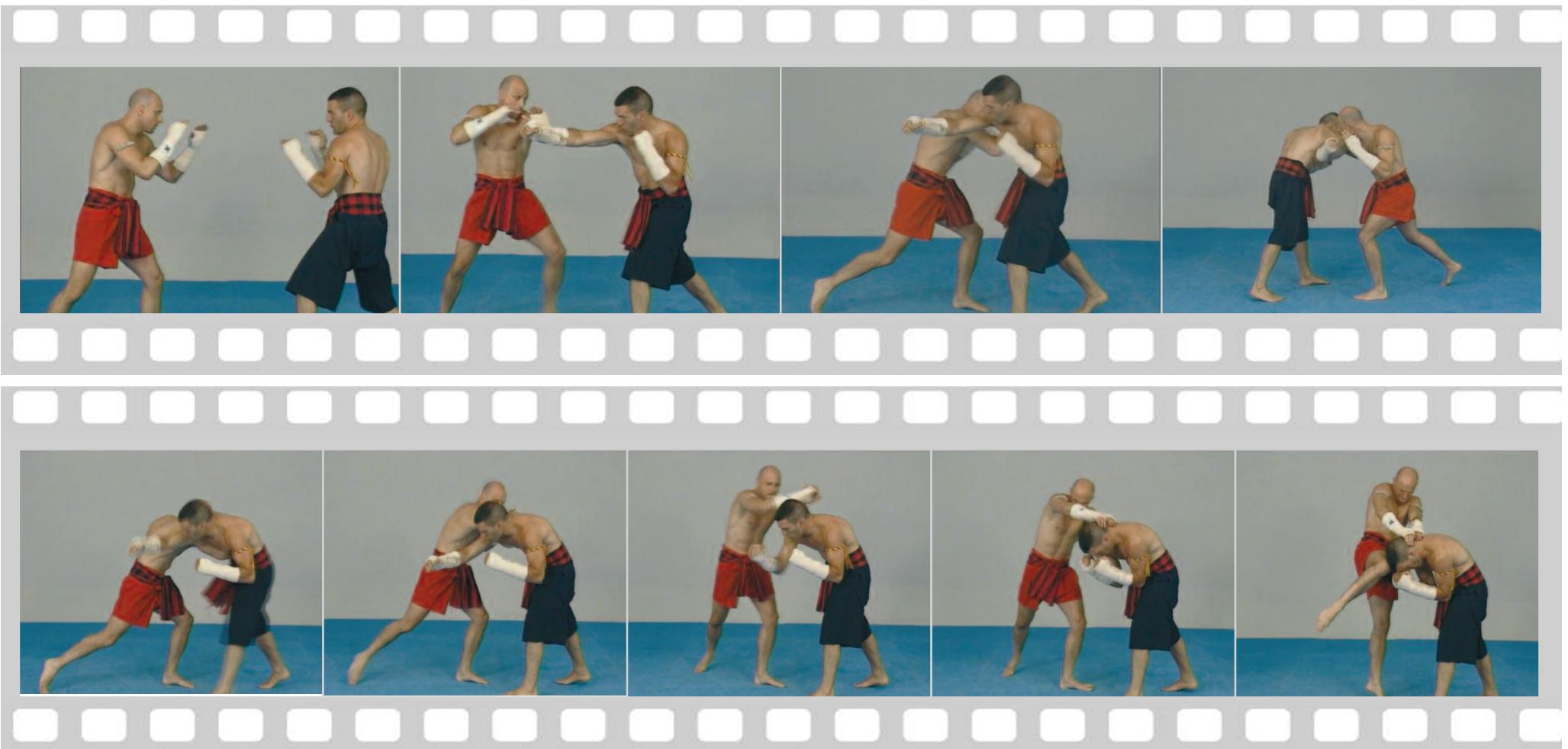


Evade the opponent's punch on the outside, lowering your center of gravity.  
Swiftly counter attack with the point of your elbow, hitting his exposed armpit.

## 18. Java Sad Hok 2 (Sok Nam leo Sok Glab Lang)

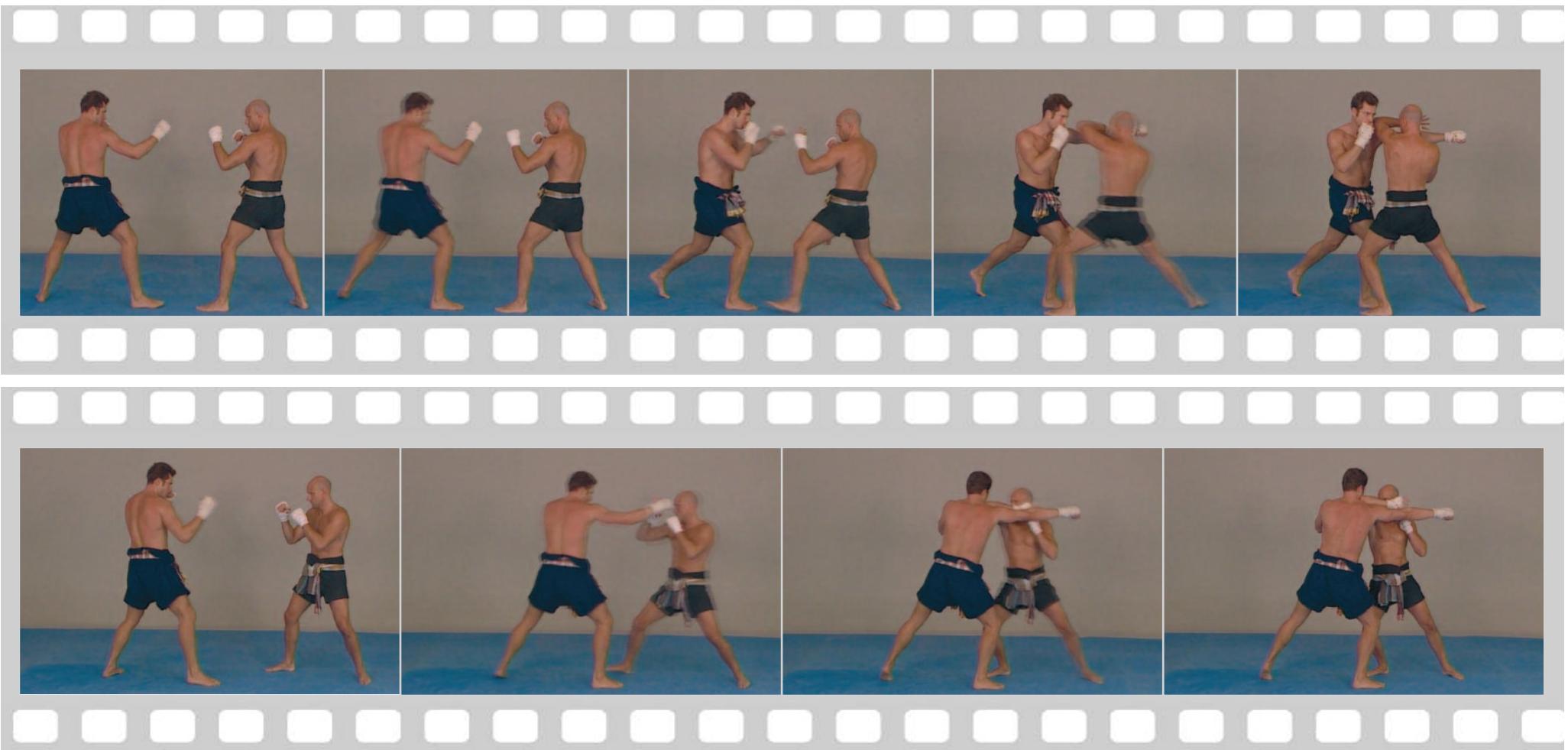


After hitting the armpit area, spin around and follow up with a Sok Glab Lang (spinning elbow strike).

**19. Java Sad Hok 3 (Sok Tam leo Kao Trong)**

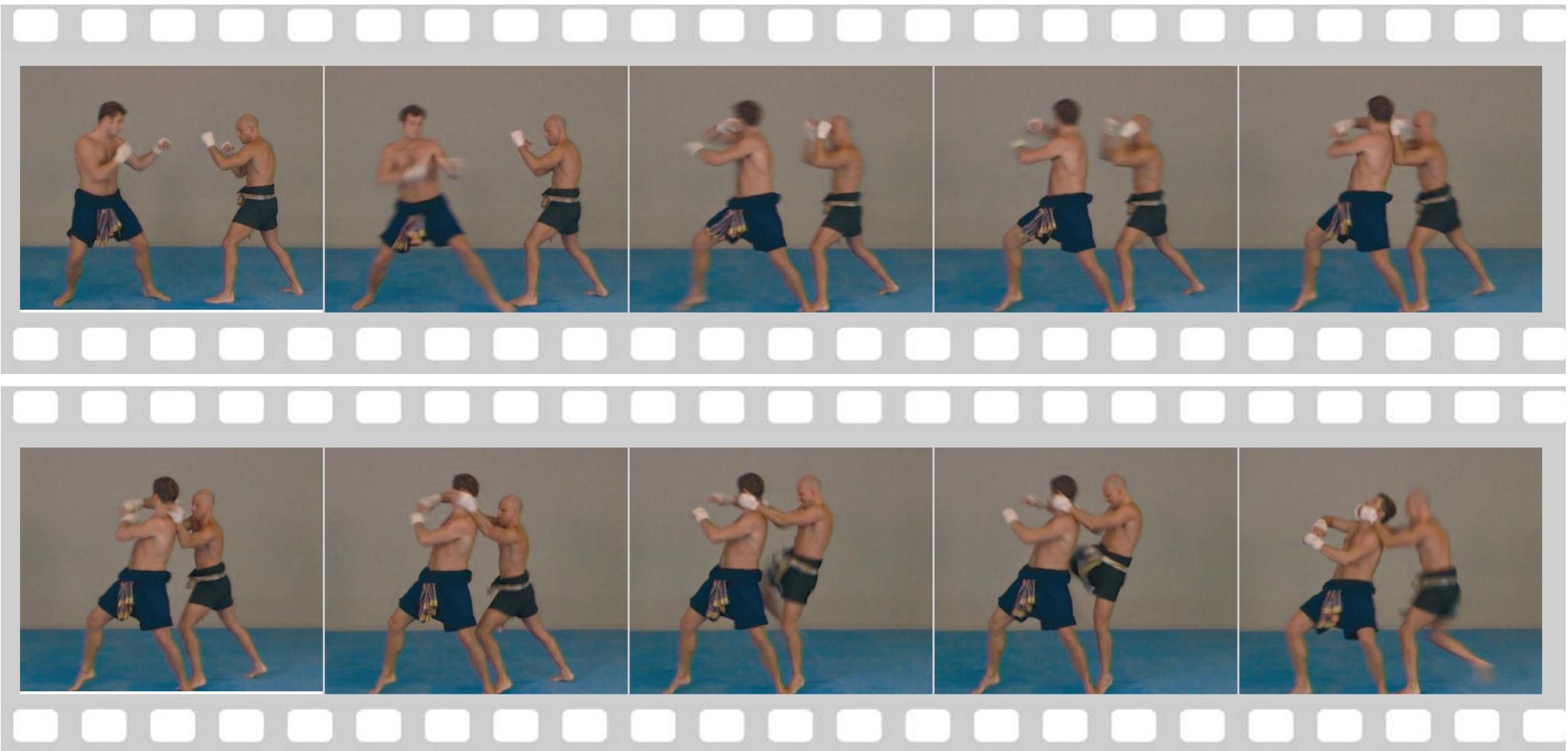
After countering a straight punch with a rear arm horizontal elbow, sidestep and follow up with a knee strike to the head of the opponent.

## 20. Jub Sok

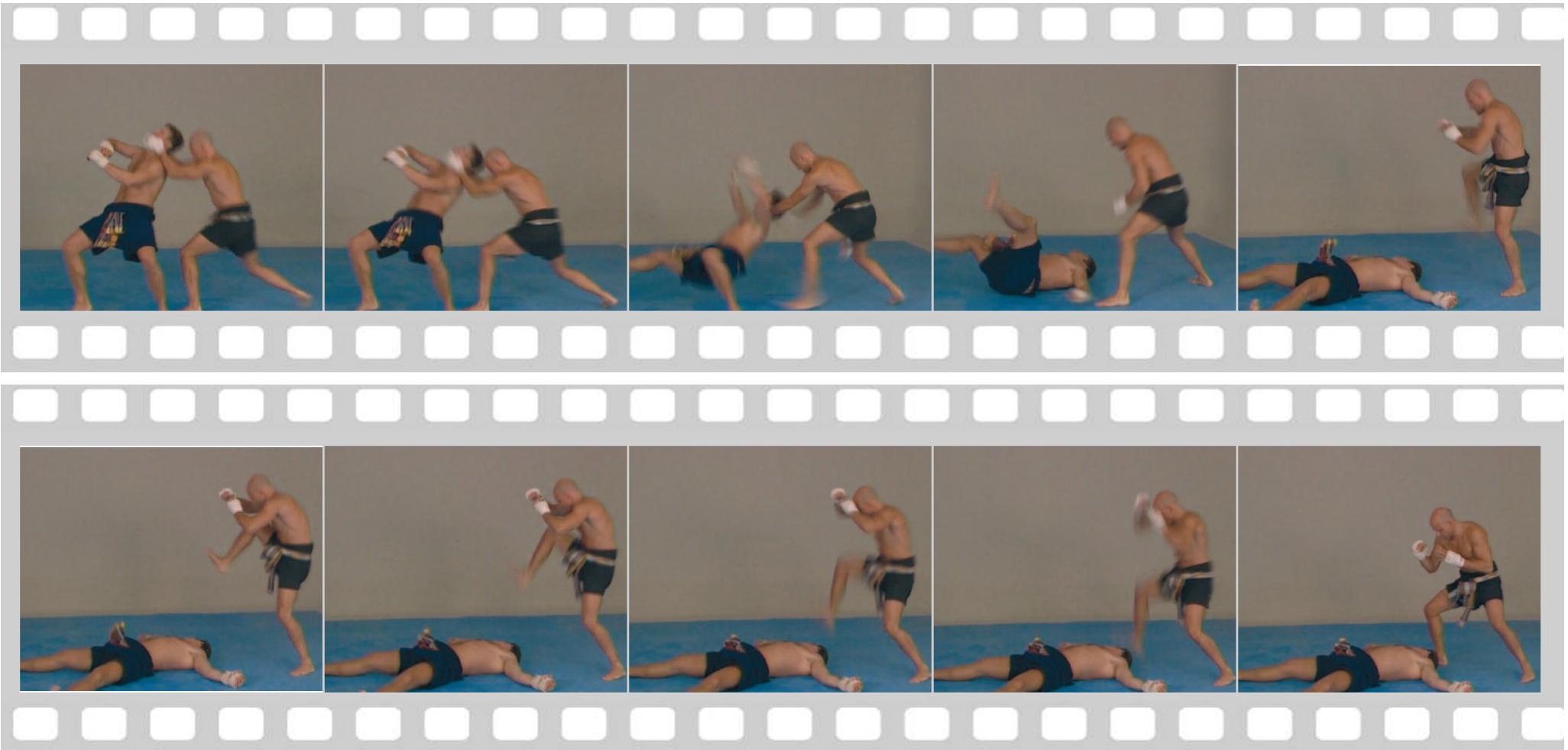


Simultaneous parry and counter attack. Parry the opponent's punch with the palm and at the same time step forward and hit his chin or jaw with the point of your elbow.

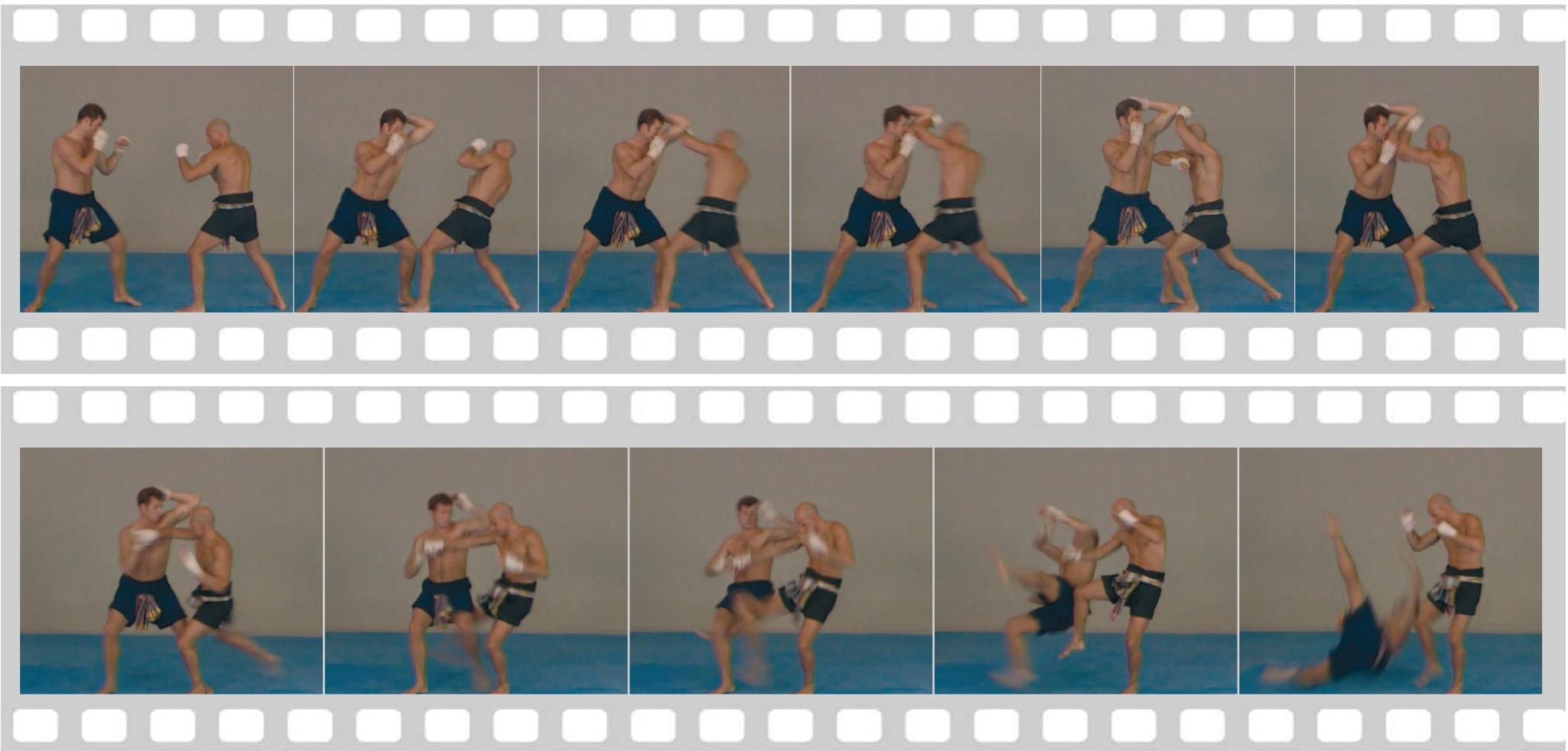
## 21. Kae Sok Glab Lang



continued

**21. Kae Sok Glab Lang**

As the opponent spins around to strike with a back elbow, step forward quickly and stab his back and arm with the points of both your elbows. Follow up with a neck grab and a knee strike at his back. Pull him backwards and throw him down to the floor.

**22. Kae Sok Tad Mala**

Defense and counter against an upward/pushing elbow. Lean back and block the attacking arm. Retaliate swiftly with a horizontal elbow strike at the ribcage and a low kick to floor the opponent.

## 23. Kamae Kham Sao



Grab the incoming punch using the Sadayu Ching Nang technique.  
Once the opponent's arm is locked, retaliate with an upwards palm strike to the chin.

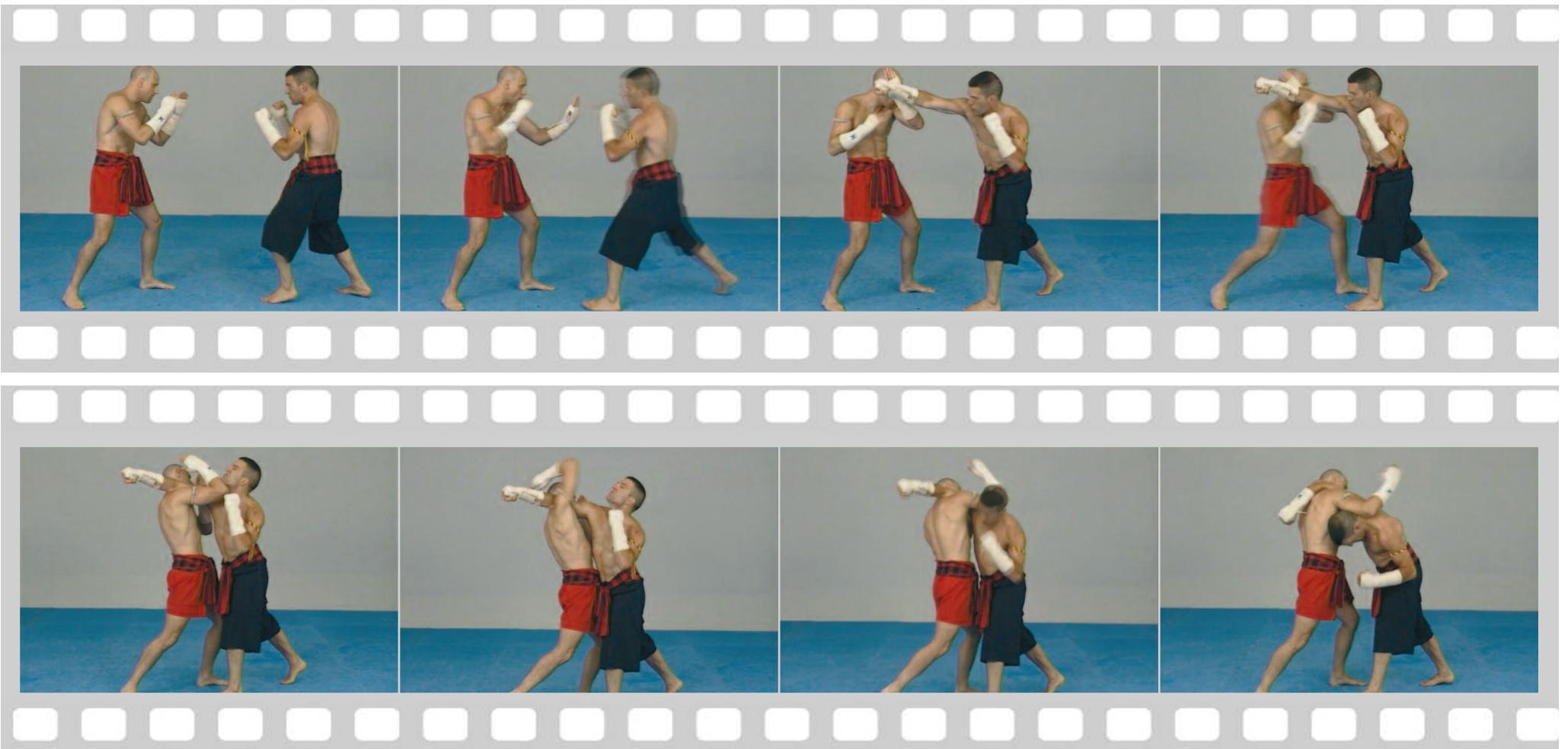
**24. Khon Ti Tang**

Deflect an incoming straight kick with your lead forearm, spinning your opponent around. Jump and strike with both tips of your elbows simultaneously, hitting your opponent's back or the crown of his head.

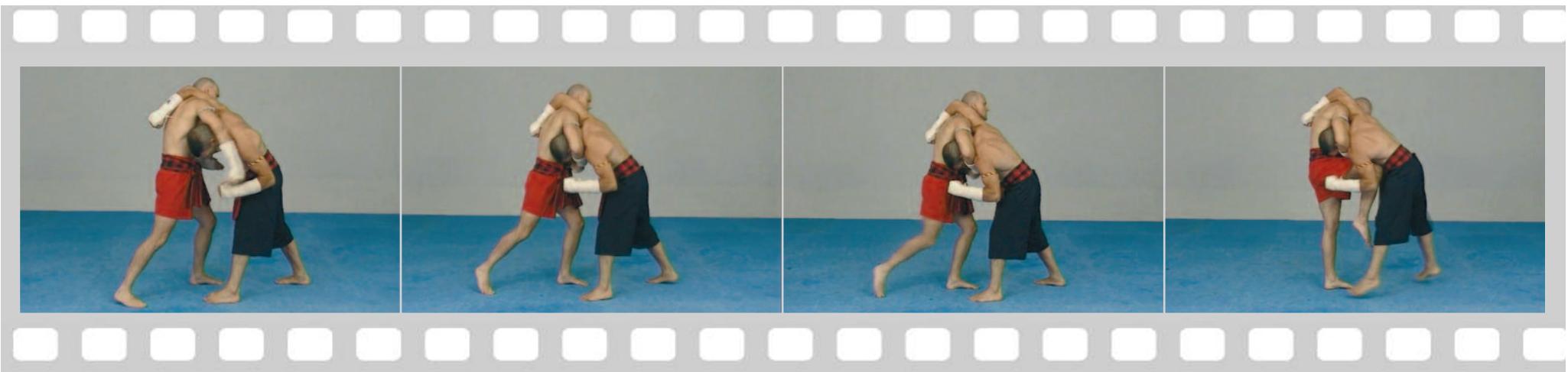
**25. Khun Ling Chap Yak**

As the opponent round kicks your midsection, step forward with your lead leg and insert your arm under the attacking leg's knee. Hit with your elbow, push forward and throw him down.

**26. Khun Yak Jub Ling (Muay Chaiya)**

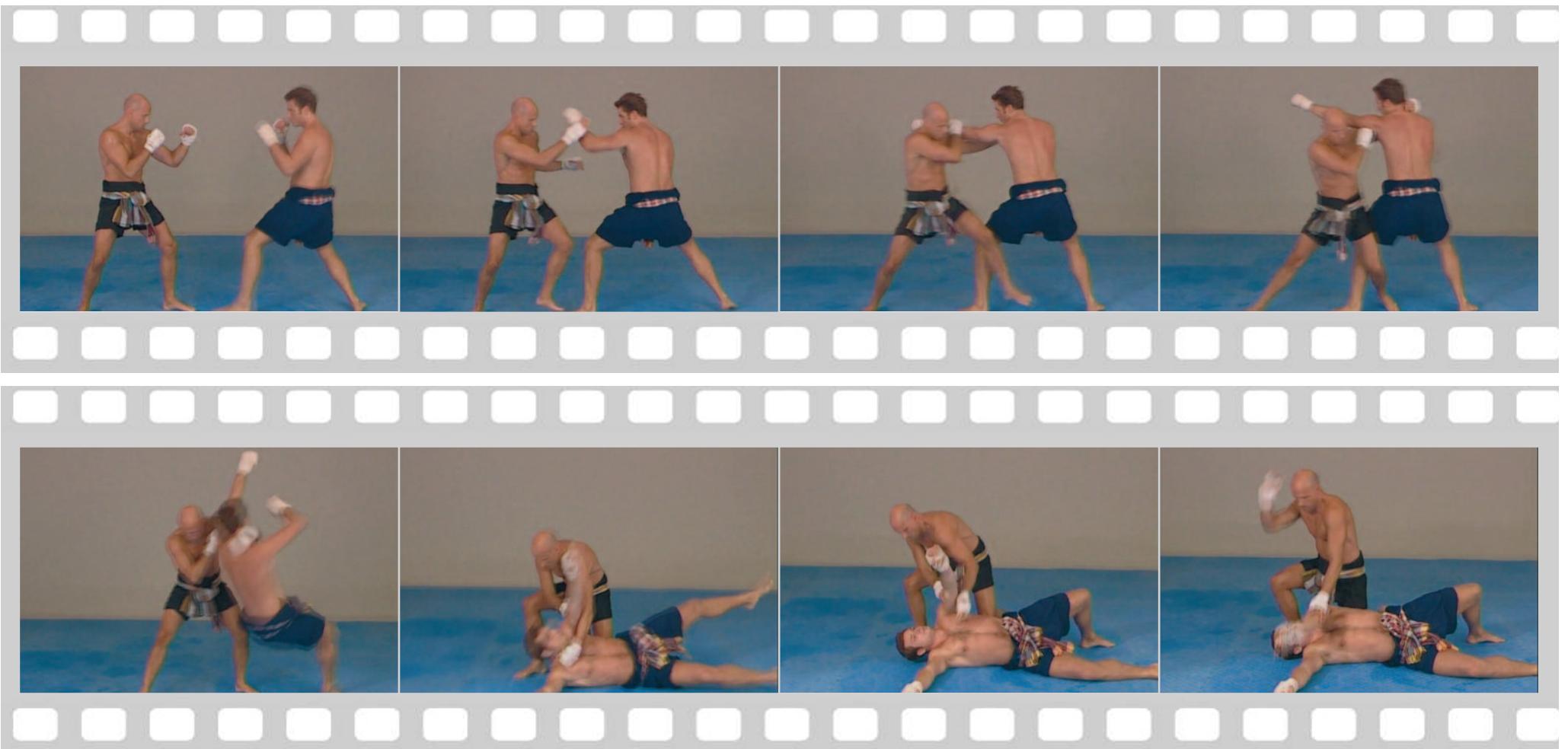


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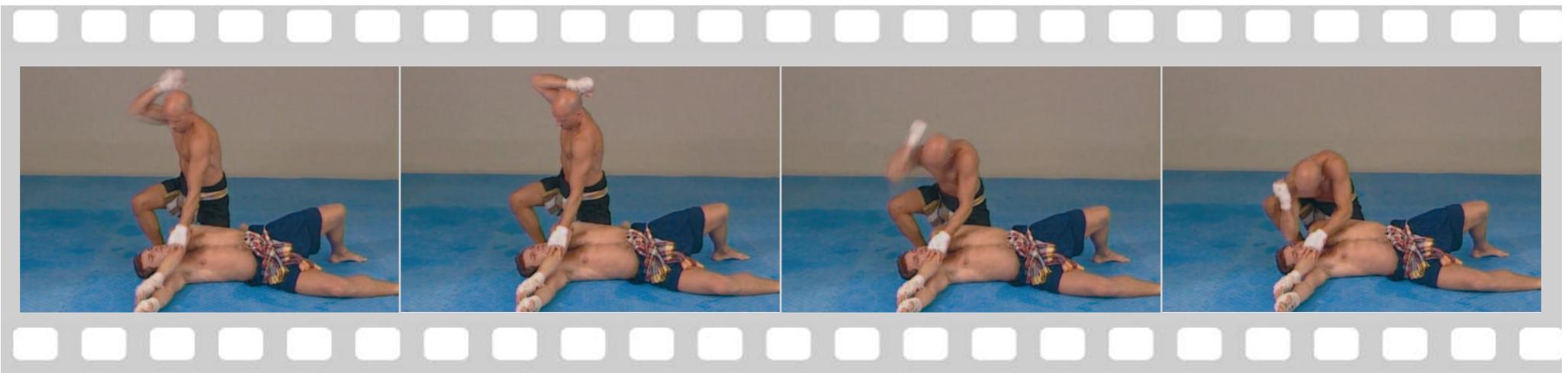
**26. Khun Yak Jub Ling (Muay Chaiya)**

The basic version of this technique represents a compendium of various defensive strategies, employed against different kinds of attacks (punch, kick, elbow or knee). In this version, typical of Muay Chaiya regional style, a straight punch is parried and countered with a rising elbow under the chin and a downward elbow to the backbone. The opponent's neck is wrapped and wrenched. A final knee blow to the abdomen ends the confrontation.

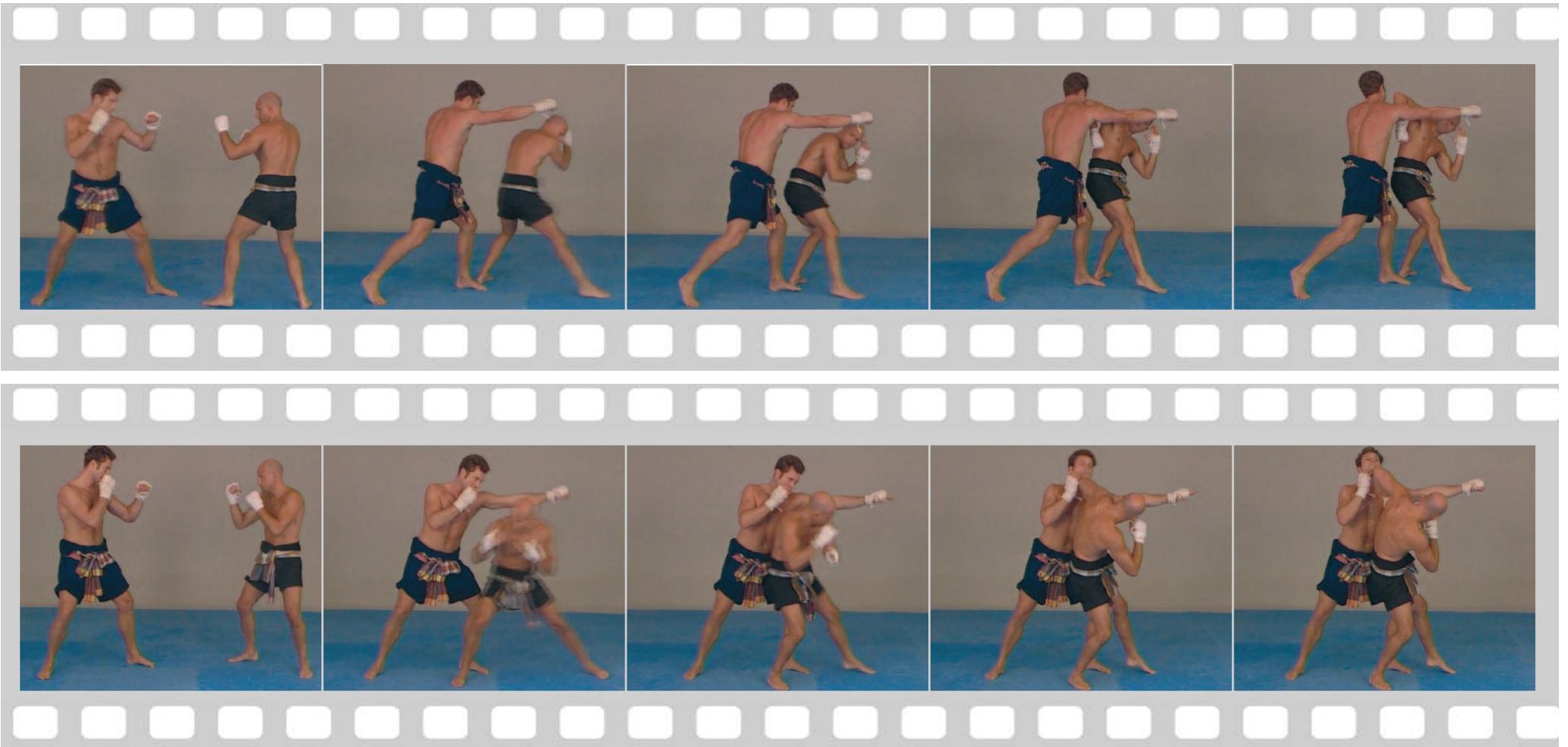
## 27. Khun Yak Pa Nang



continued

**27. Khun Yak Pa Nang**

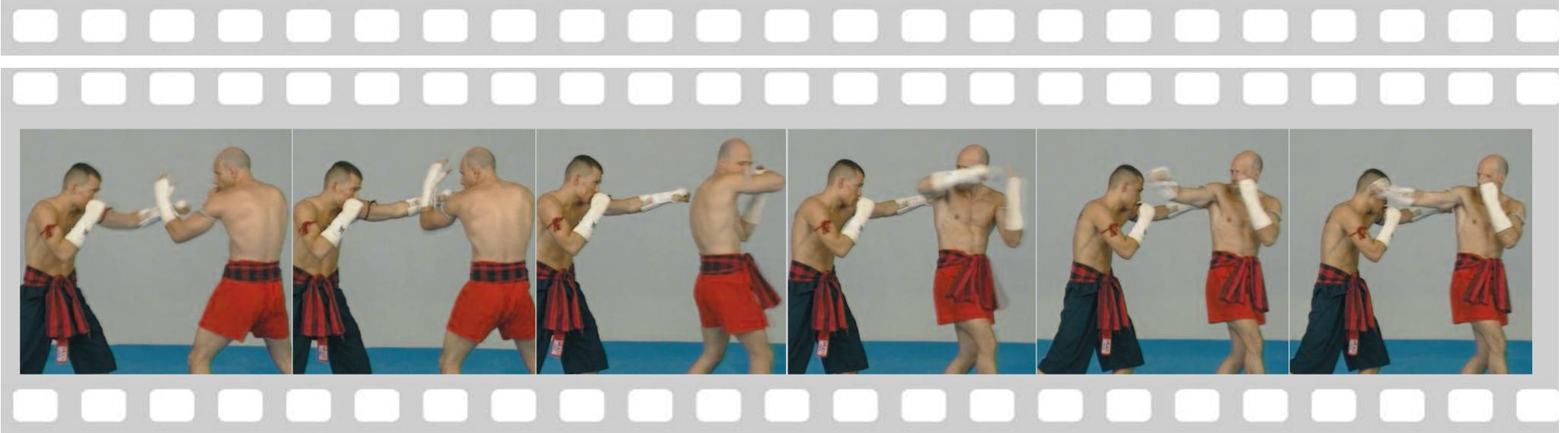
A throwing technique employed as a counterattack against a punch. Step diagonally and trap the opponent's leg, while holding his neck with your arm. A quick hip twist will easily floor him. A final downward elbow will knock him out.

**28. Kluen Kratob Fang**

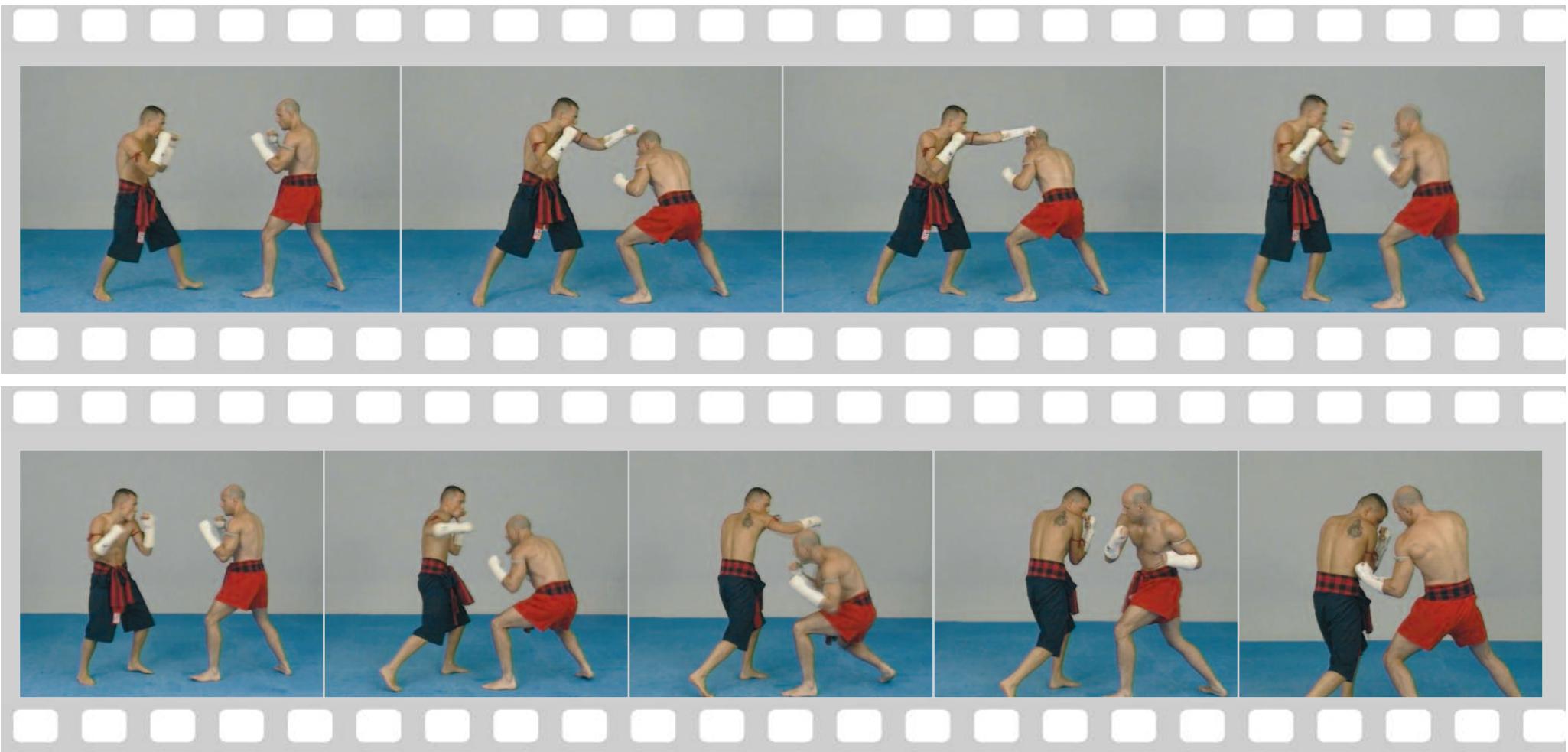
Step diagonally to avoid a straight punch. Spinning around, throw your elbow, aiming at the opponent's chin or jaw. A very powerful counter blow.

**29. Kumpakan Pung Hok**

Guard your face with both arms against a rear straight punch. Check the attacking arm with your left hand while grasping your opponent's neck with your right hand. Follow up with a straight knee to the abdomen or chest.

**30. Kwang Jak Narai**

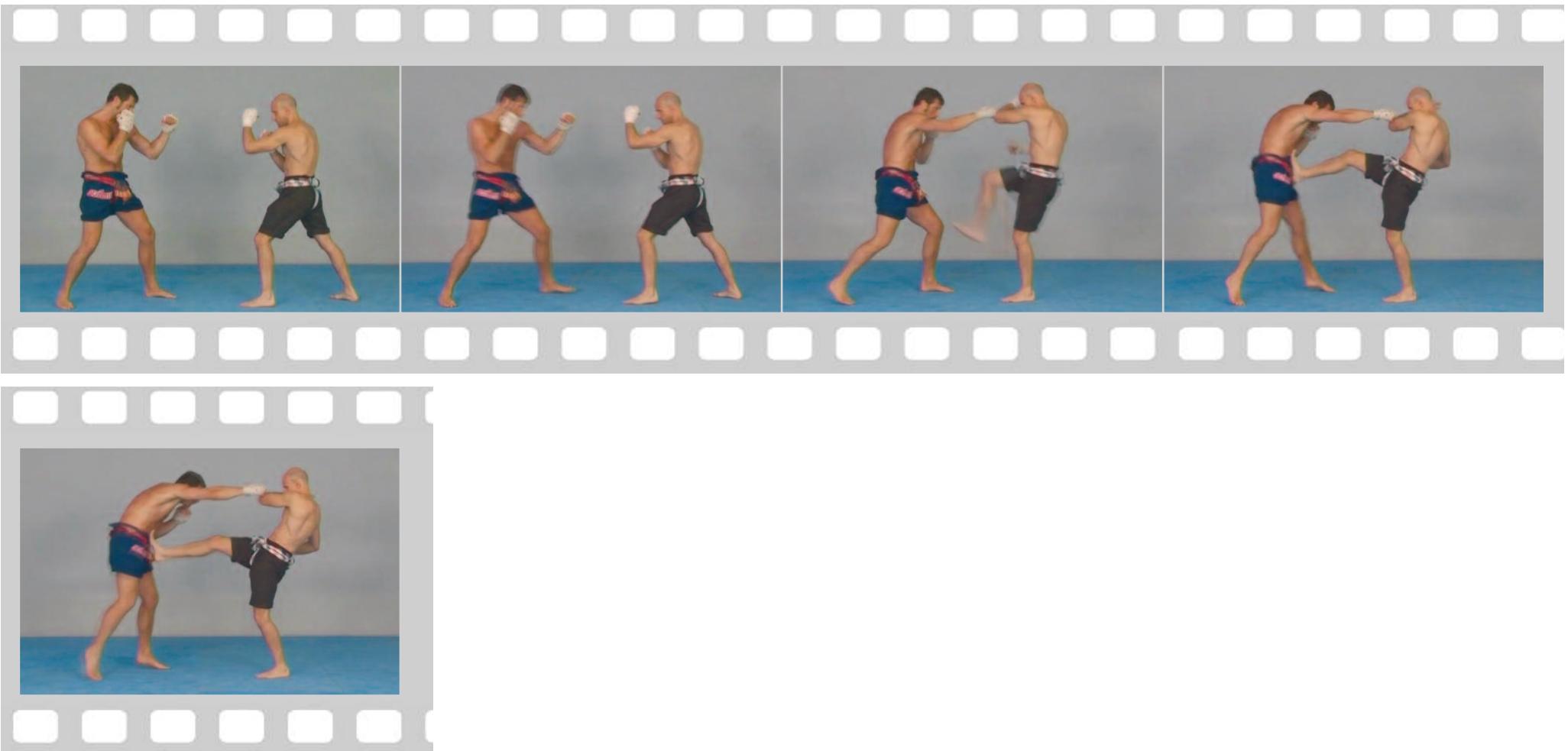
Spinning back punch. Parry an incoming straight punch and spin around. As you turn your body, look back and aim your counter attack at the opponent's temple or jaw.

**31. Luan Den Badan**

Bend down to avoid a straight lead. Duck to avoid a follow up swing and retaliate with a quick body shot (uppercut or hook) aimed at the opponent's liver.

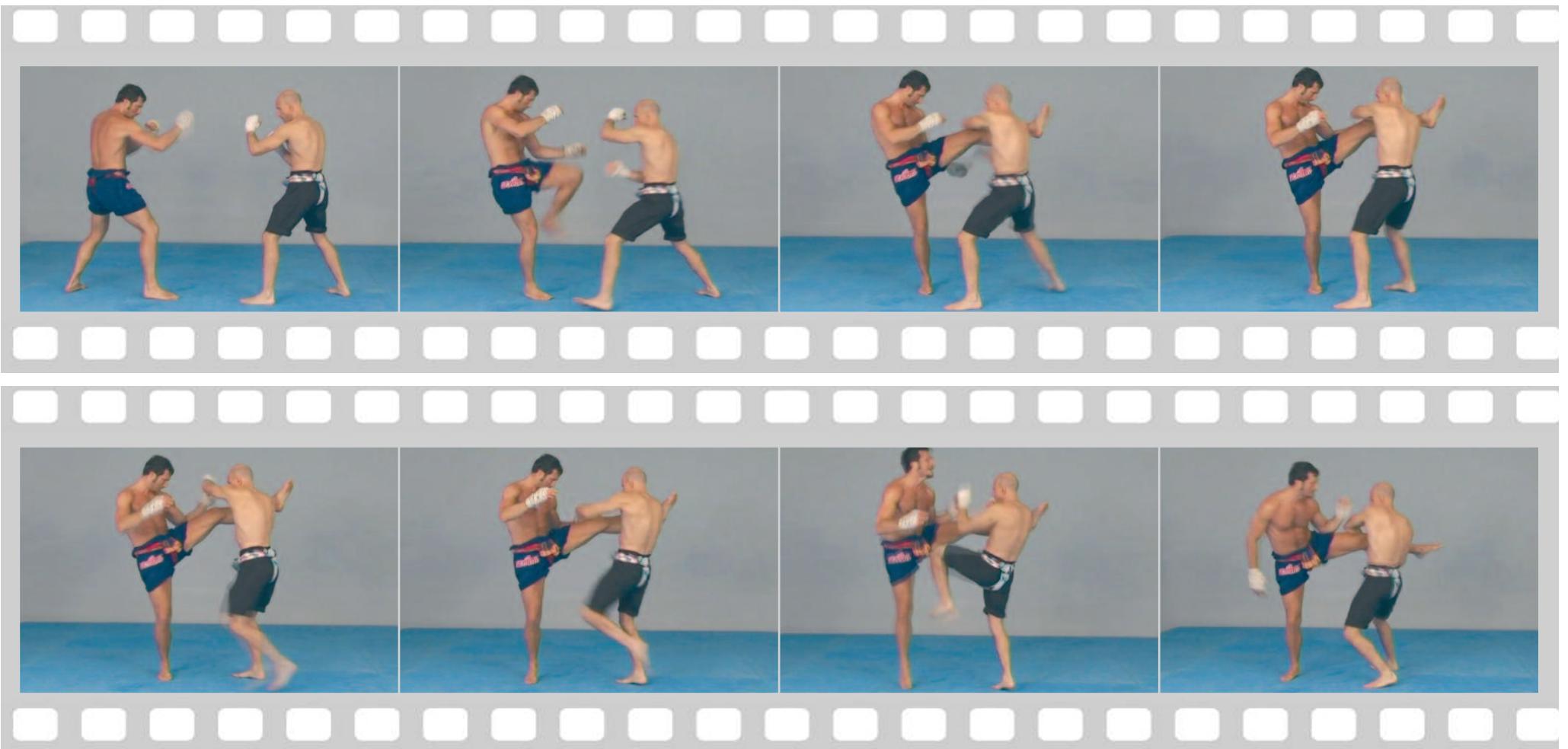
**32. Mahd Kwang Sawang**

Parry a lead punch and throw an overhand straight at the opponent's bridge of the nose or jaw. This punch is midway between a downward swing and a corkscrew straight.

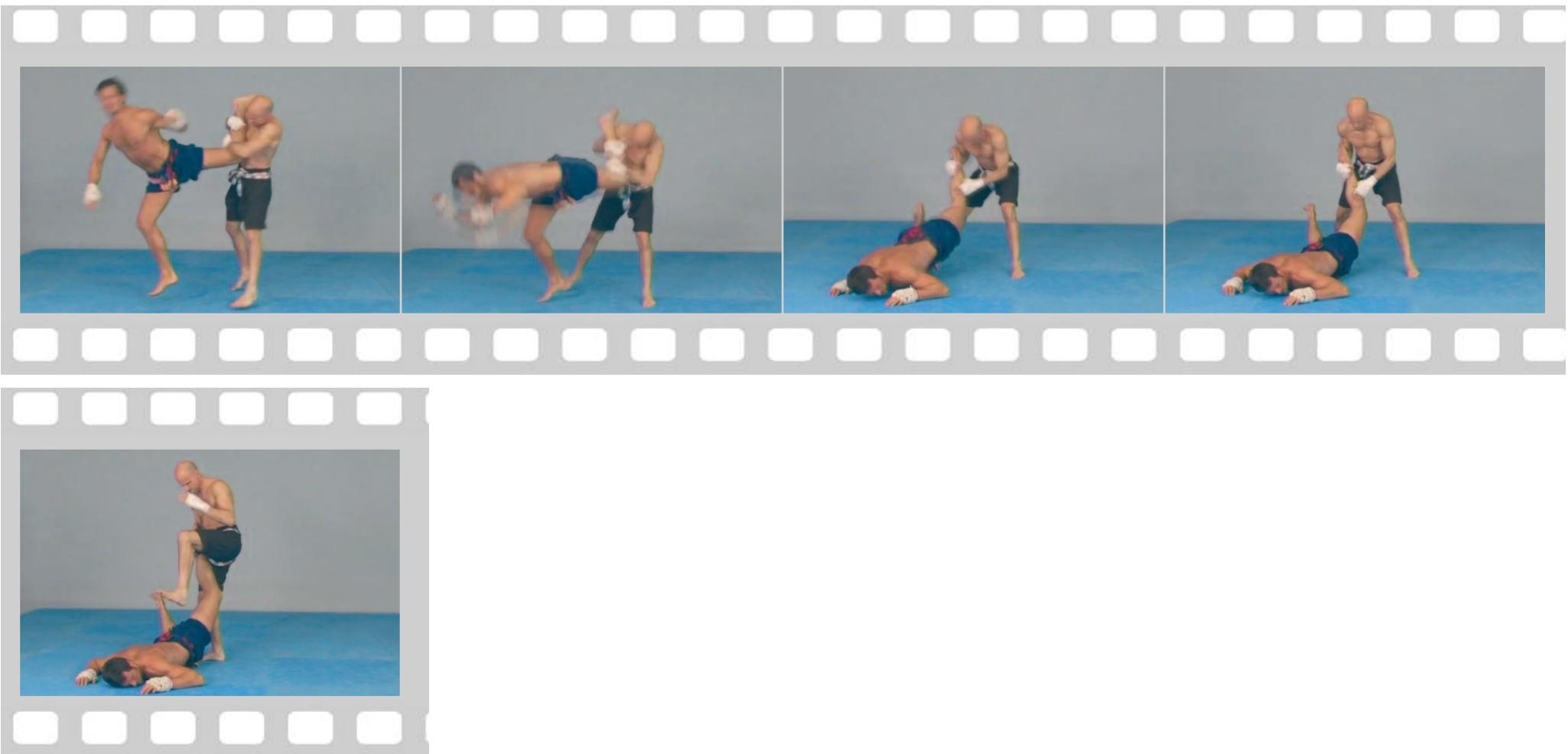
**33. Mon Yan Lak**

Hold up an elbow to guard against a rear hand punch. At the same time kick his abdomen or chest with your rear leg. This is a typical universal form of simultaneous defense and counter of Muay Thai.

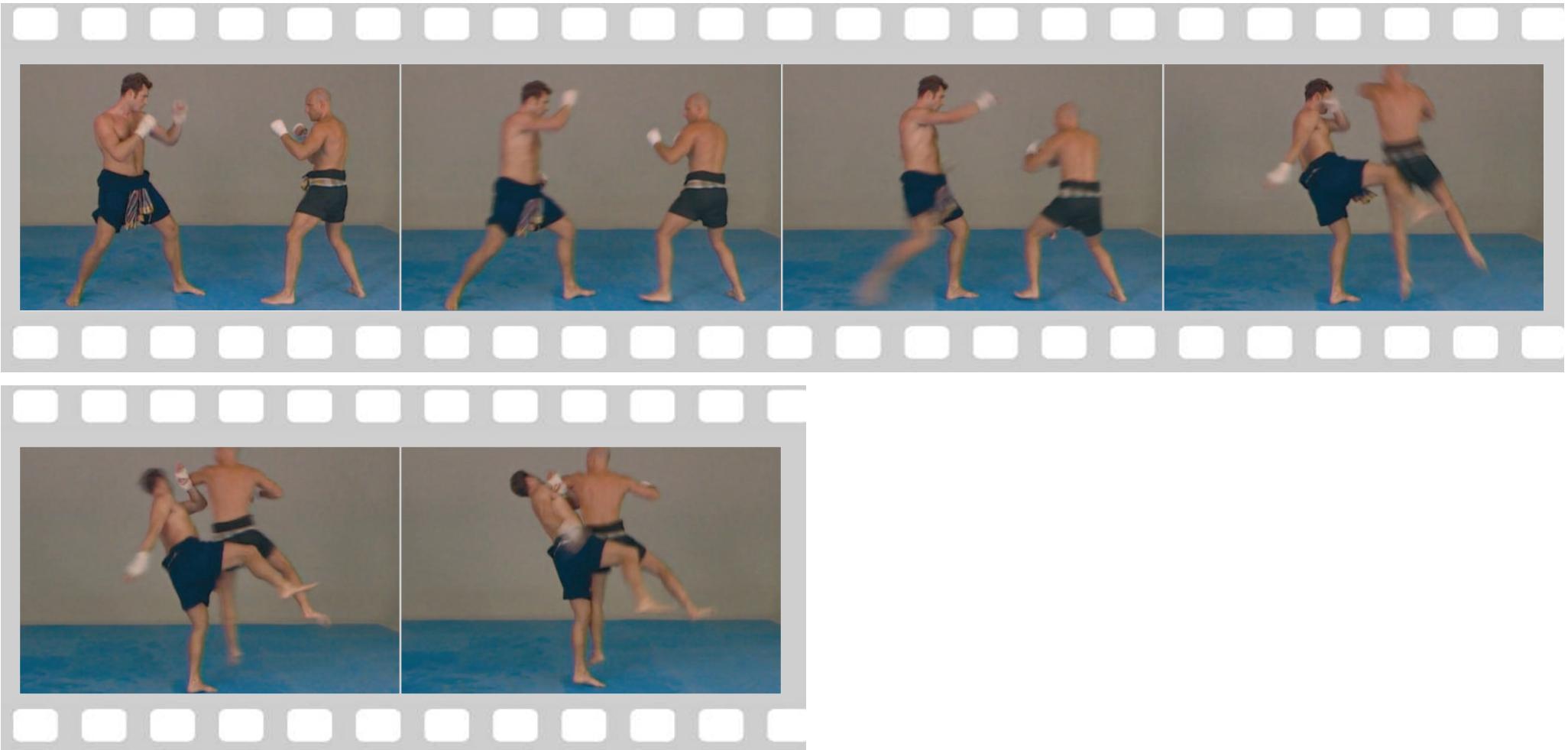
## 34. Naka Bid Hang



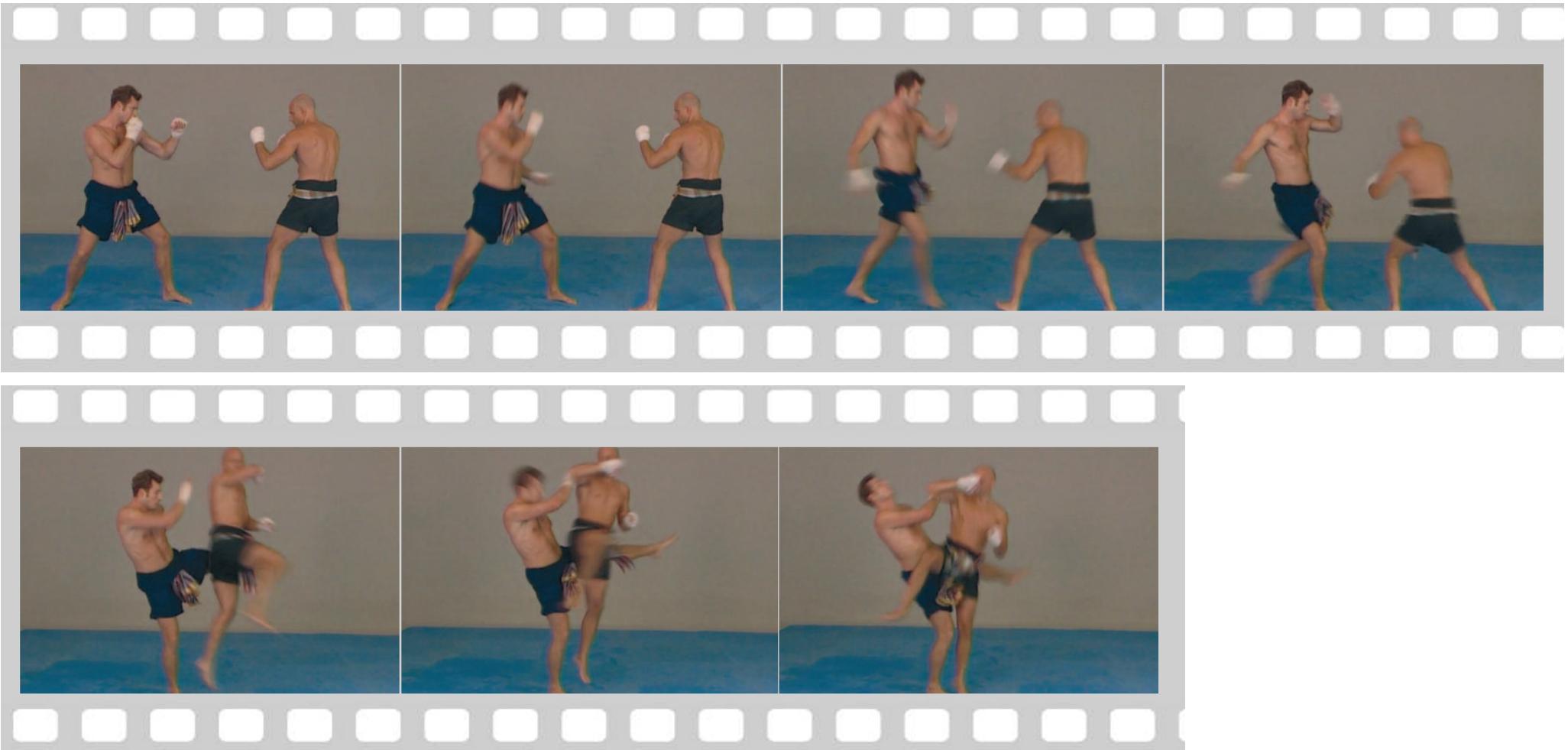
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**34. Naka Bid Hang**

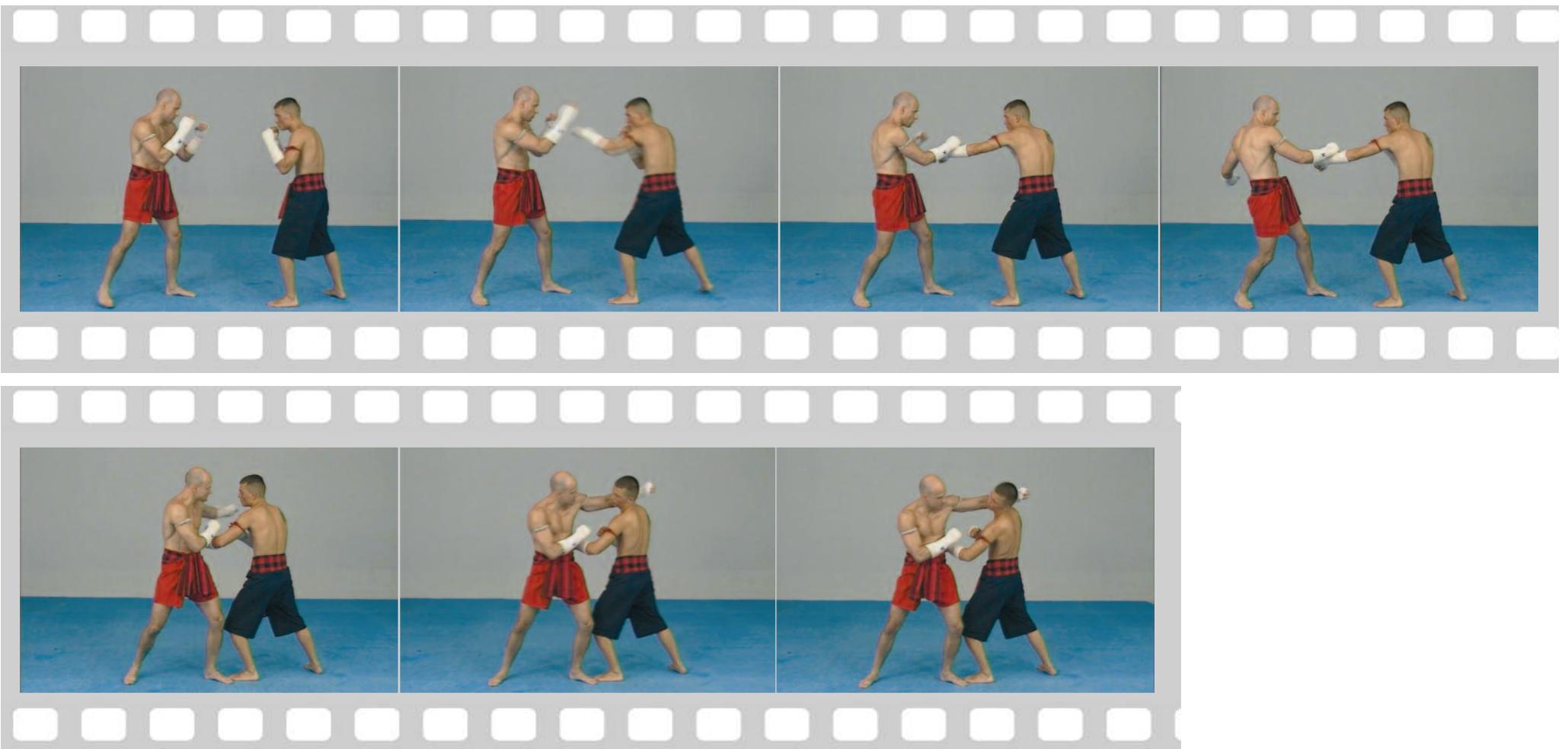
This technique is a basic defense against a straight kick. Step in and grasp the attacking leg in order to knee the groin and twist the leg, flooring the opponent face forward.

**35. Nang Montho Nung Taen**

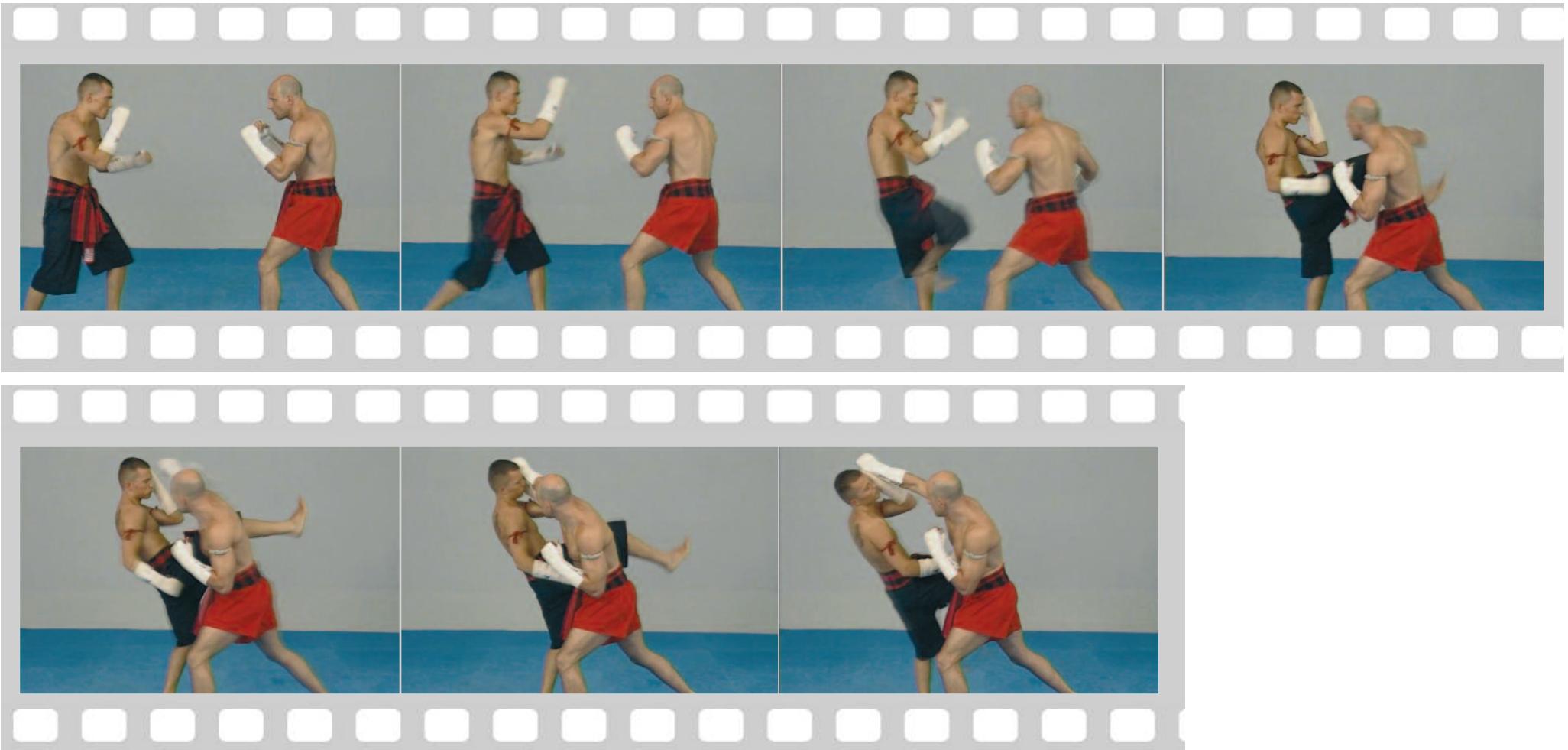
Jumping forward to hit the opponent's groin or chest with the hip. The opponent will fall down and his attack will be totally neutralized. The elbow of the defender may attack the opponent's face, at the same time.

**36. Nang Montho Nung Tak**

As the opponent kicks, aiming at your ribcage, jump up and sit on his leg. The kick's power will be neutralized. As you jump, spin around and drive your elbow to the opponent's head or face.

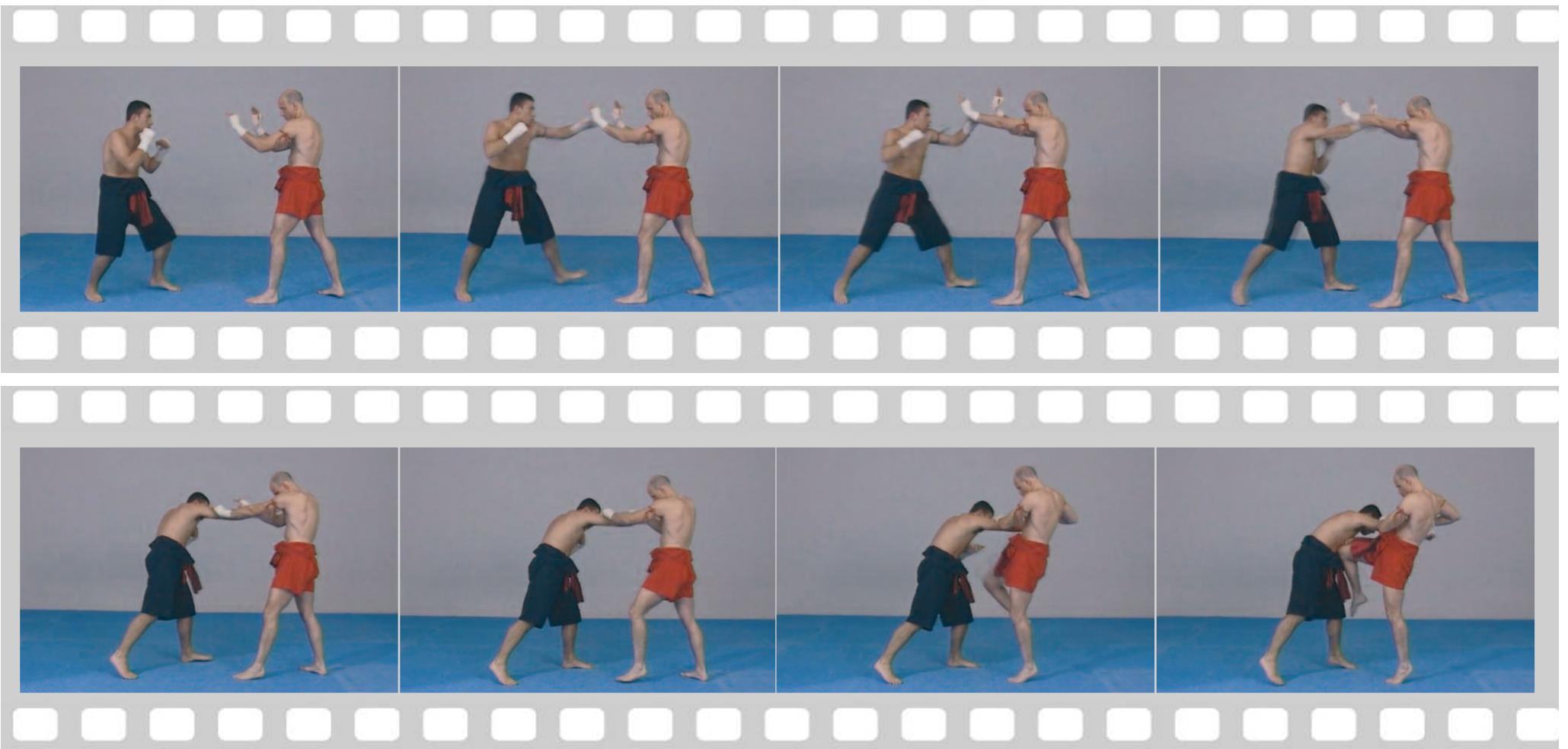
**37. Narai Ban Sean**

Parry downward the incoming punch and close the gap. Hold down the opponent's arm and swiftly counterattack with a swing punch or forearm strike to the temple or neck.

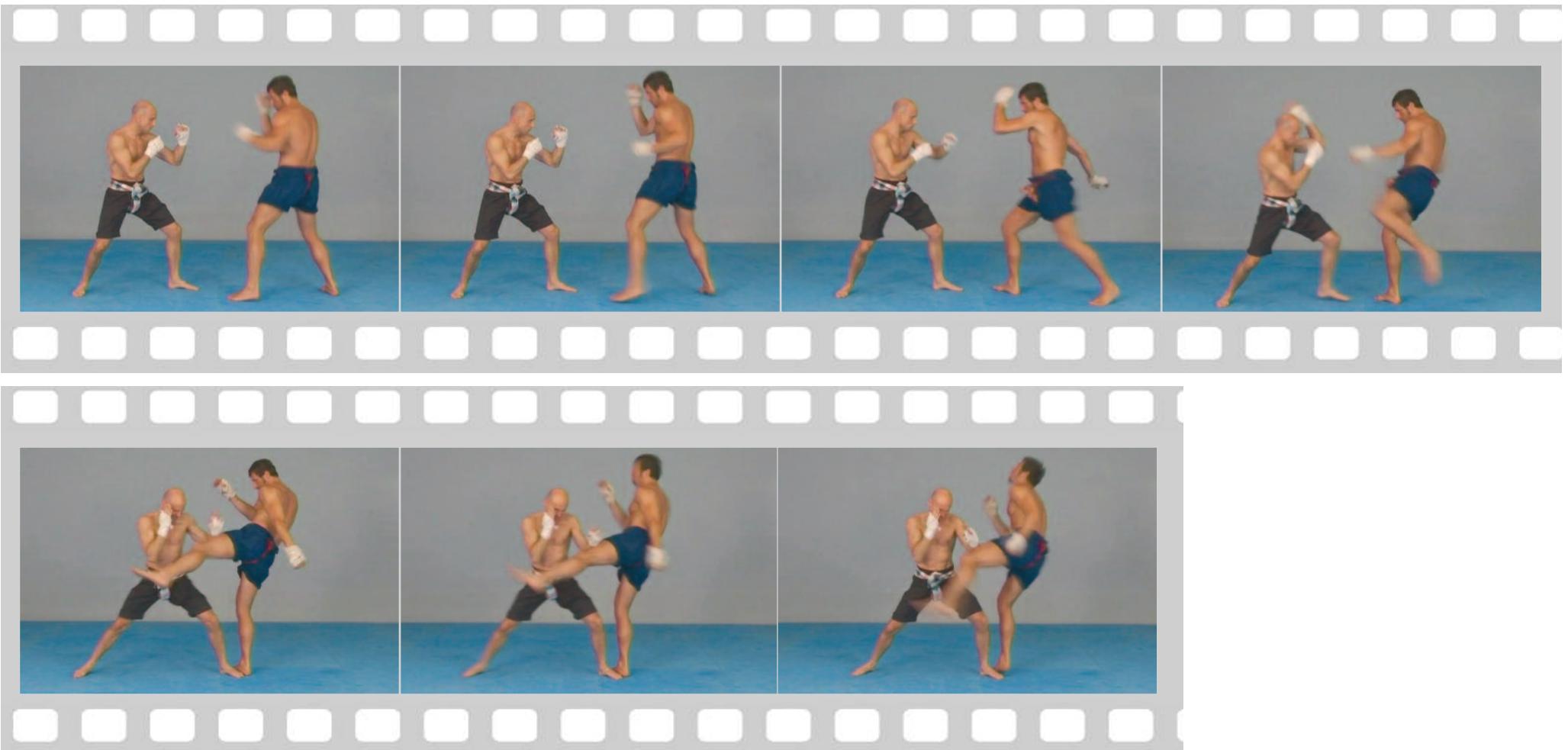
**38. Narai Kwang Jak**

Power swing punch aimed at the side of the head or the face. As the opponent throws a straight kick, side step and counter attack simultaneously with a rear swing punch. The radial side of the forearm may be used as impact area.

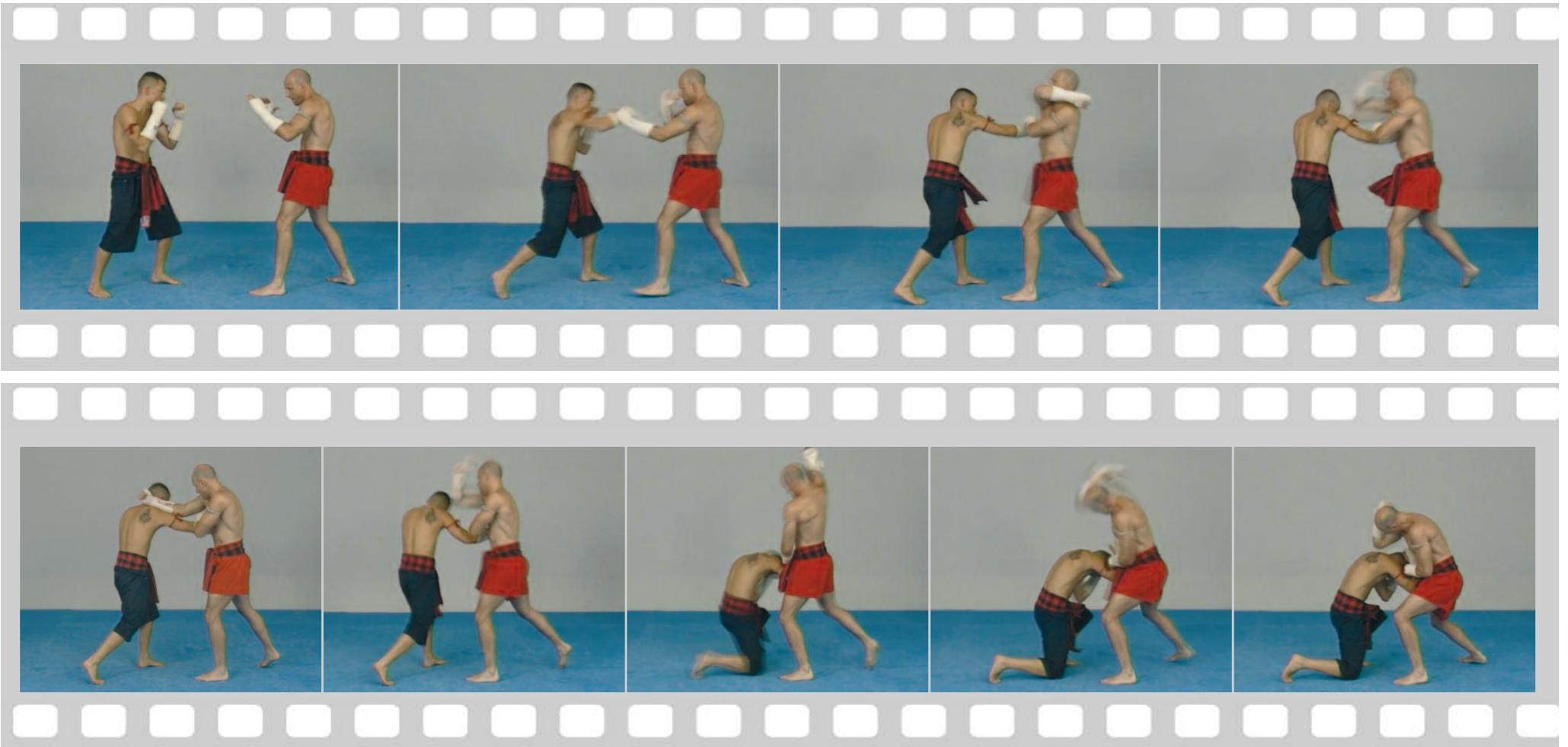
## 39. Nu Tai Rao



Deflect the opponent's straight punch with both hands and swiftly grasp the attacking arm. You can counter with a straight knee blow to the ribcage, pulling forward the trapped arm.

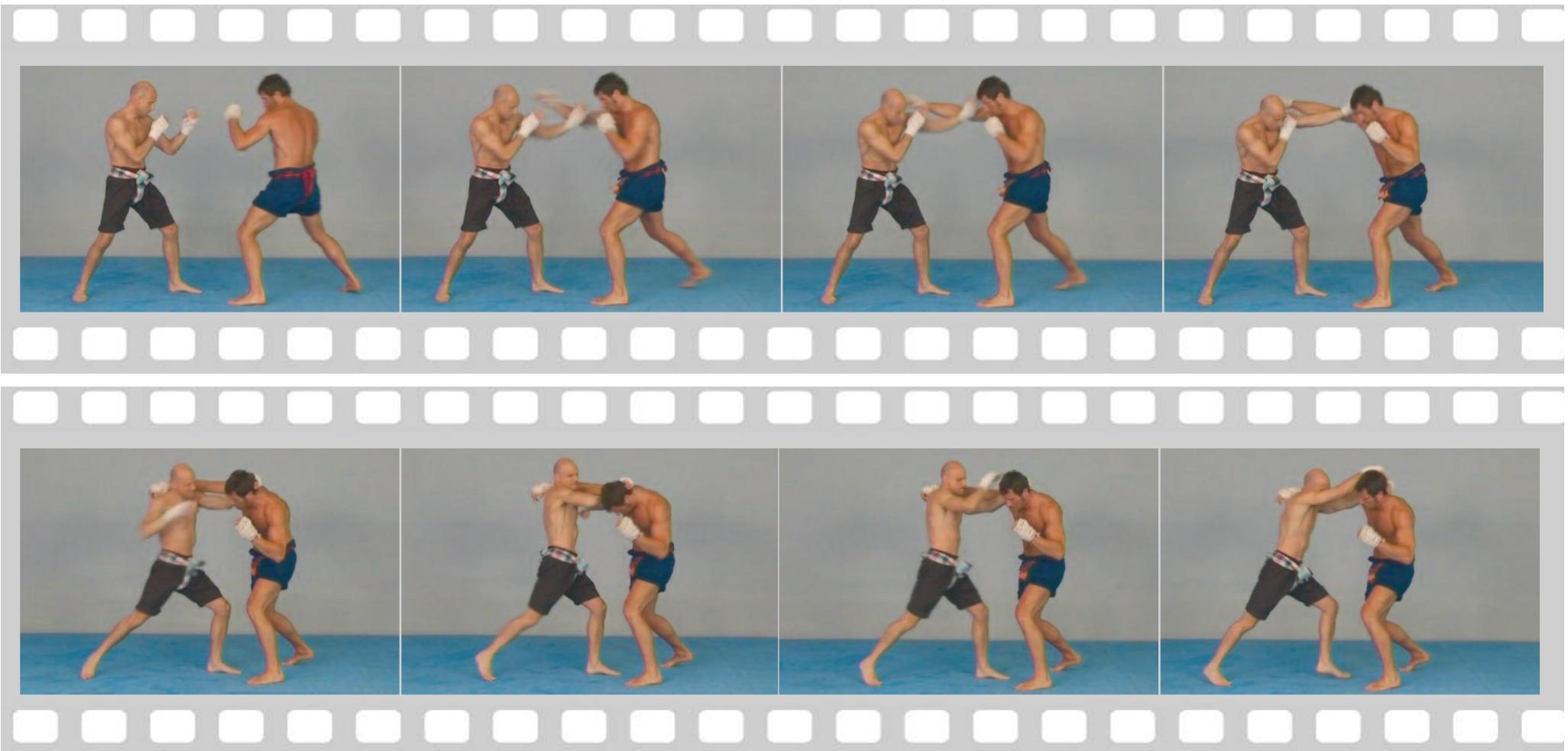
**40. Pak Luk Toy**

As the opponent throws a rear leg round kick at the midsection, step forward towards the attacking leg and hit with a downward elbow strike, aimed at the thigh.

**41. Pak Tay Toy**

Parry a straight punch with your palm and counter attack with a downward forearm blow aimed at the nape of neck. Double up the first counter with a downward vertical elbow strike, aimed at the same target.

## 42. Paksa Waeg Rang



continued

**42. Paksa Waeg Rang**

This is a basic strategy to "intrude" inside an opponent's guard as, for instance, he is throwing a straight punch. Catch his neck and elbow his face. A powerful knee strike to the groin may end the confrontation.

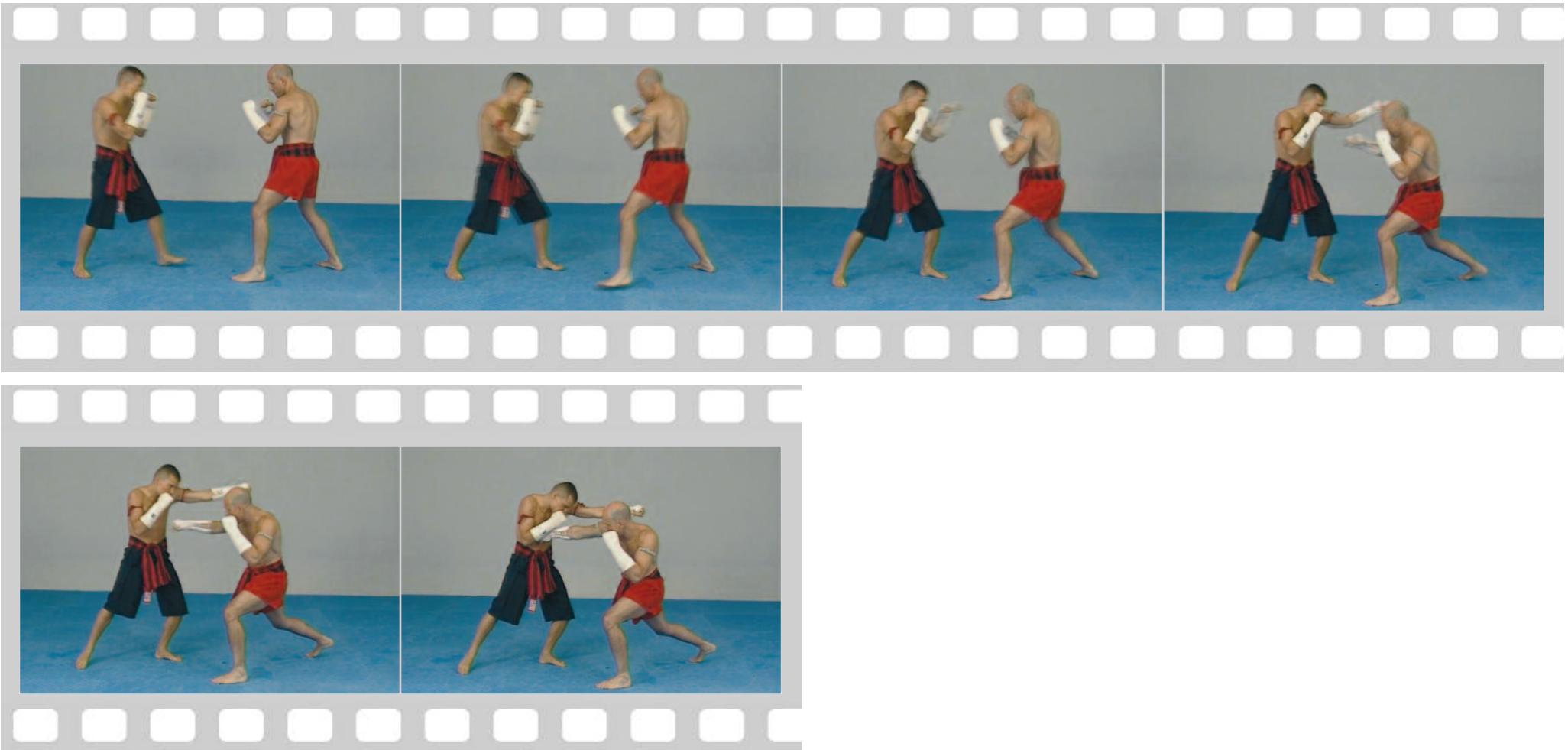
## 43. Phra Lak Ham Pon



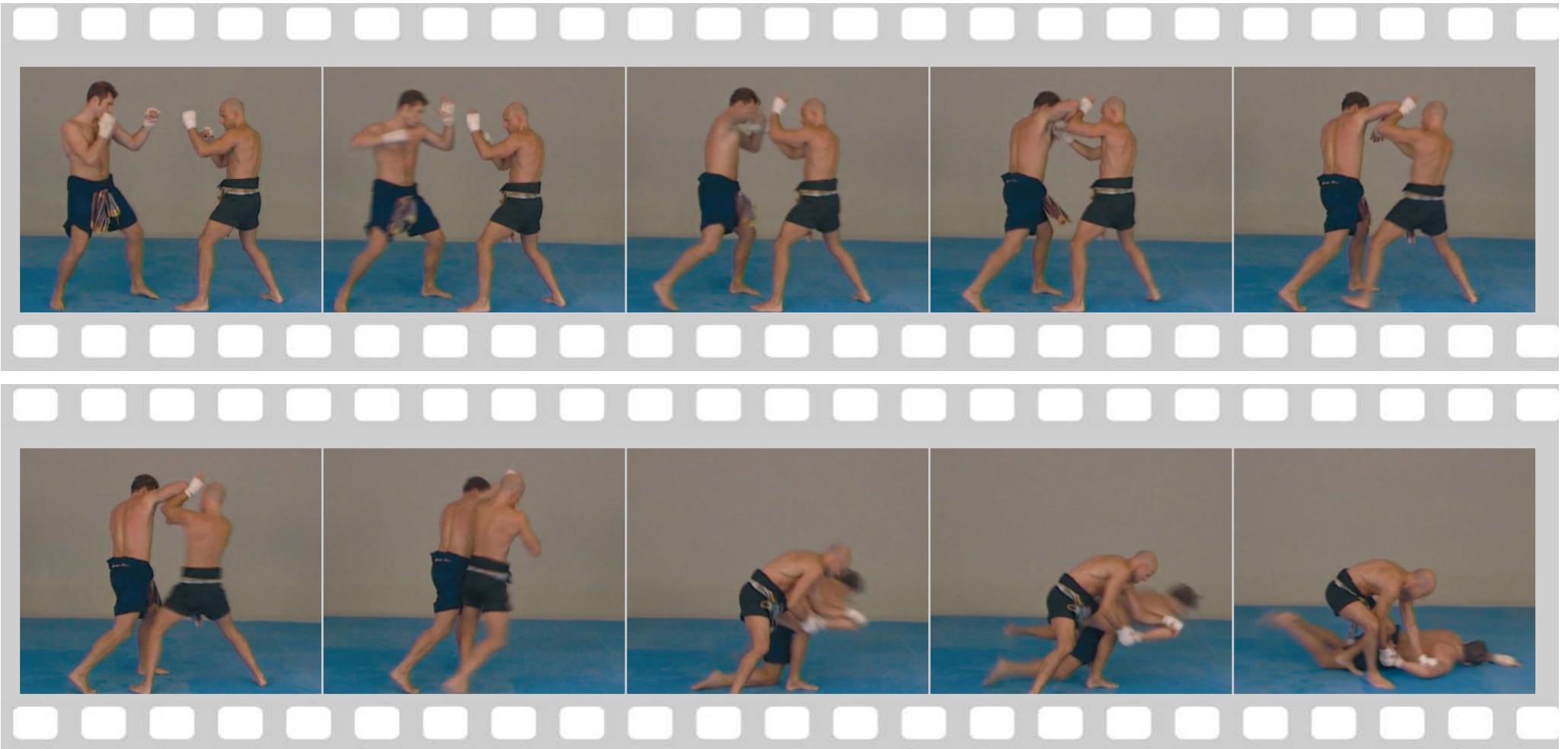
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**43. Phra Lak Ham Pon**

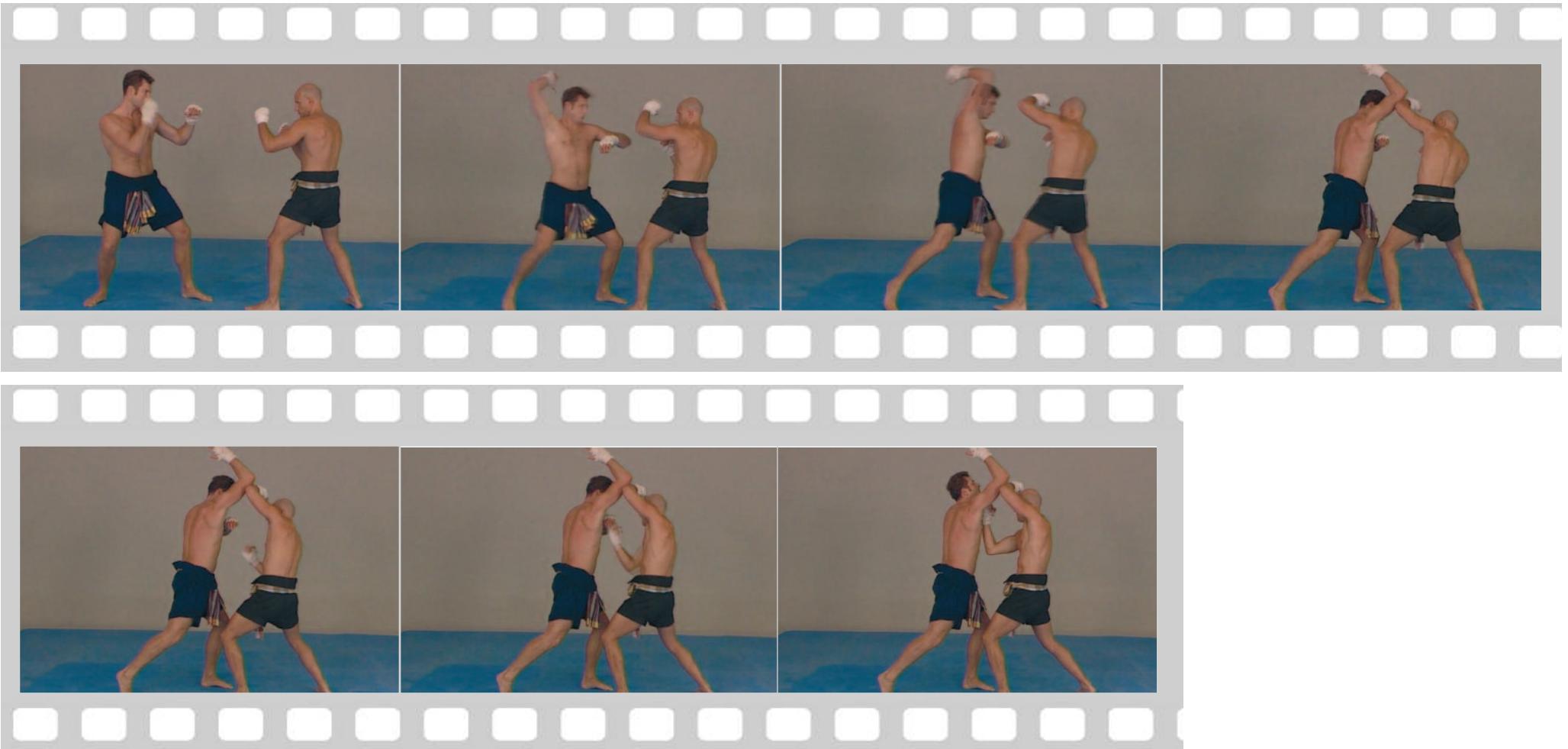
Step back diagonally to avoid a straight punch. At the same time extend your straight lead, opening the way to the follow up body uppercut (solar plexus punch). Throw a knee strike at the face to end the confrontation.

**44. Phra Pai Lom Singkorn**

As the attacker throws his straight lead aimed at your face, side step and bend down and throw a rear straight punch with all your bodyweight behind it. The ideal target is the solar plexus.

**45. Phra Ram Hak Sorn**

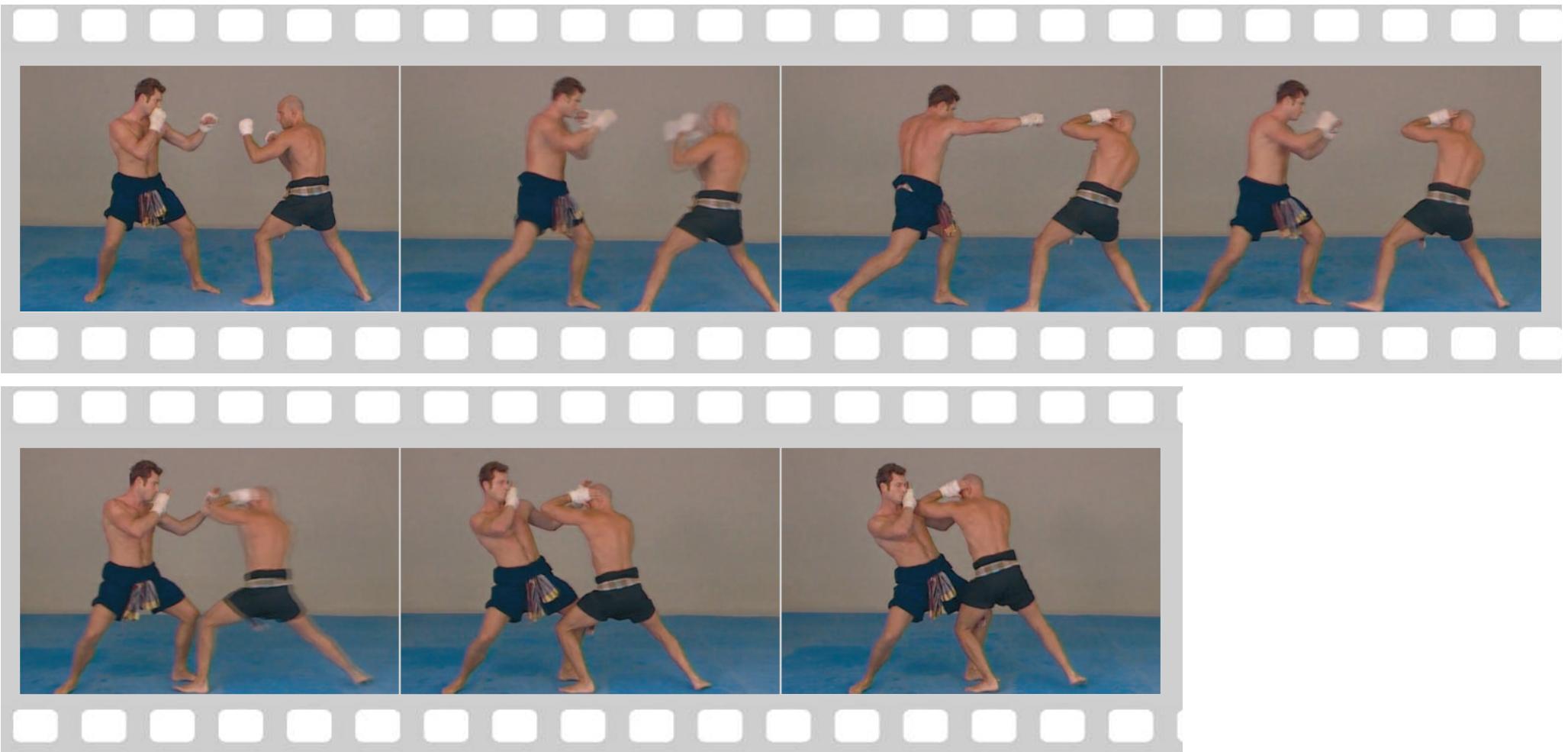
This technique is designed to lock the arm against an elbow attack and dislocate the attacker's shoulder. After blocking the elbow blow, sidestep and turn around quickly, before the opponent can retaliate.

**46. Phra Ram Now Sorn**

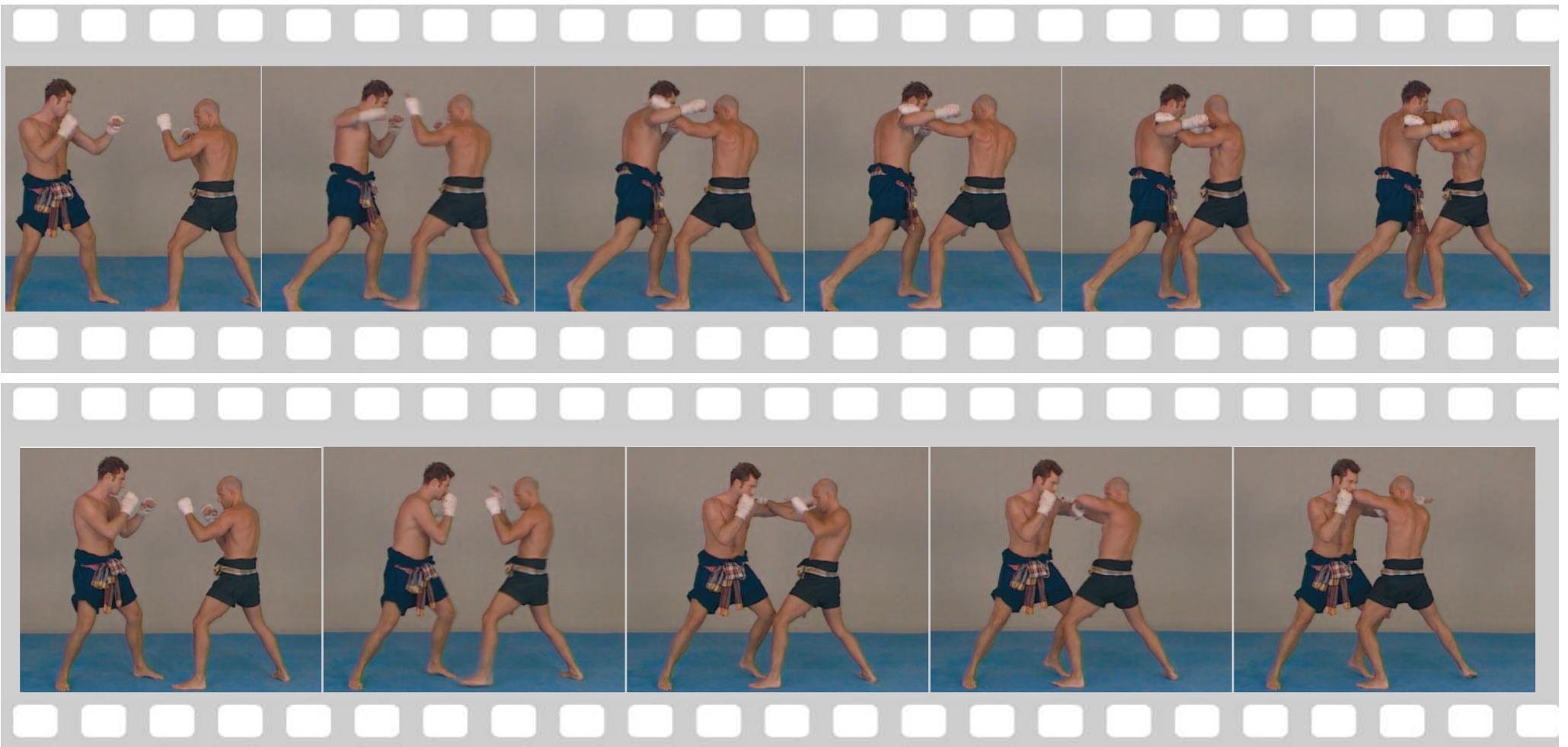
Against a downward elbow attack, step forward and hold up your elbow guarding your head. At the same time, throw a short uppercut aiming at the throat or under the opponent's chin.

**47. Phra Ram Yan Sorn**

As the opponent attacks with a swing punch (or a swing elbow), extend your rear arm, locking your elbow. Pushing forward with great energy, stop the attack hitting his bicep with the web of your open hand. Follow up immediately with a left hook and a vertical elbow.

**48. Pid Pok Chok Dui Sok**

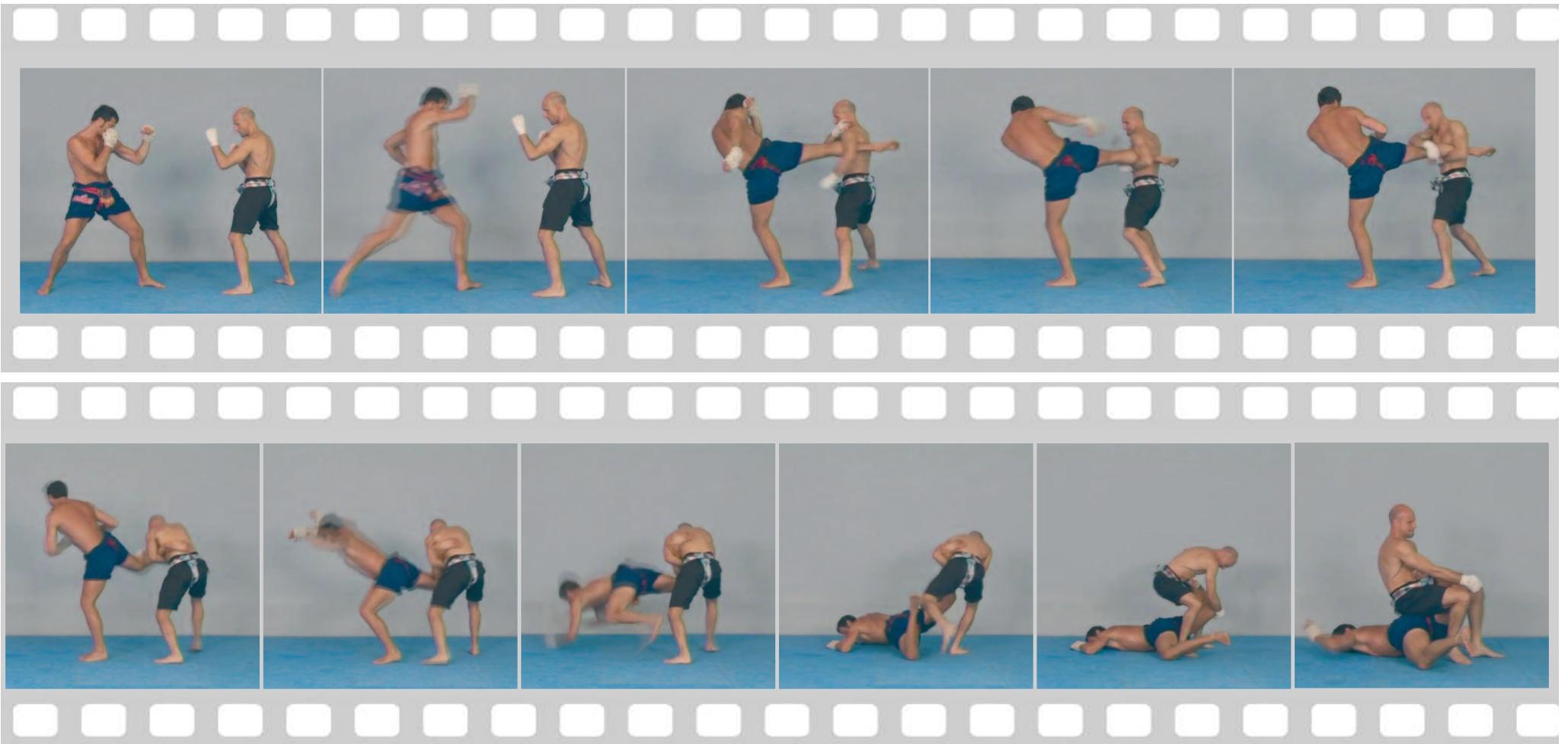
Cover up against a face punch and lean away. Spring back thrusting forward the tip of the elbow aiming at the opponent's throat or face.

**49. Pra Yaikae**

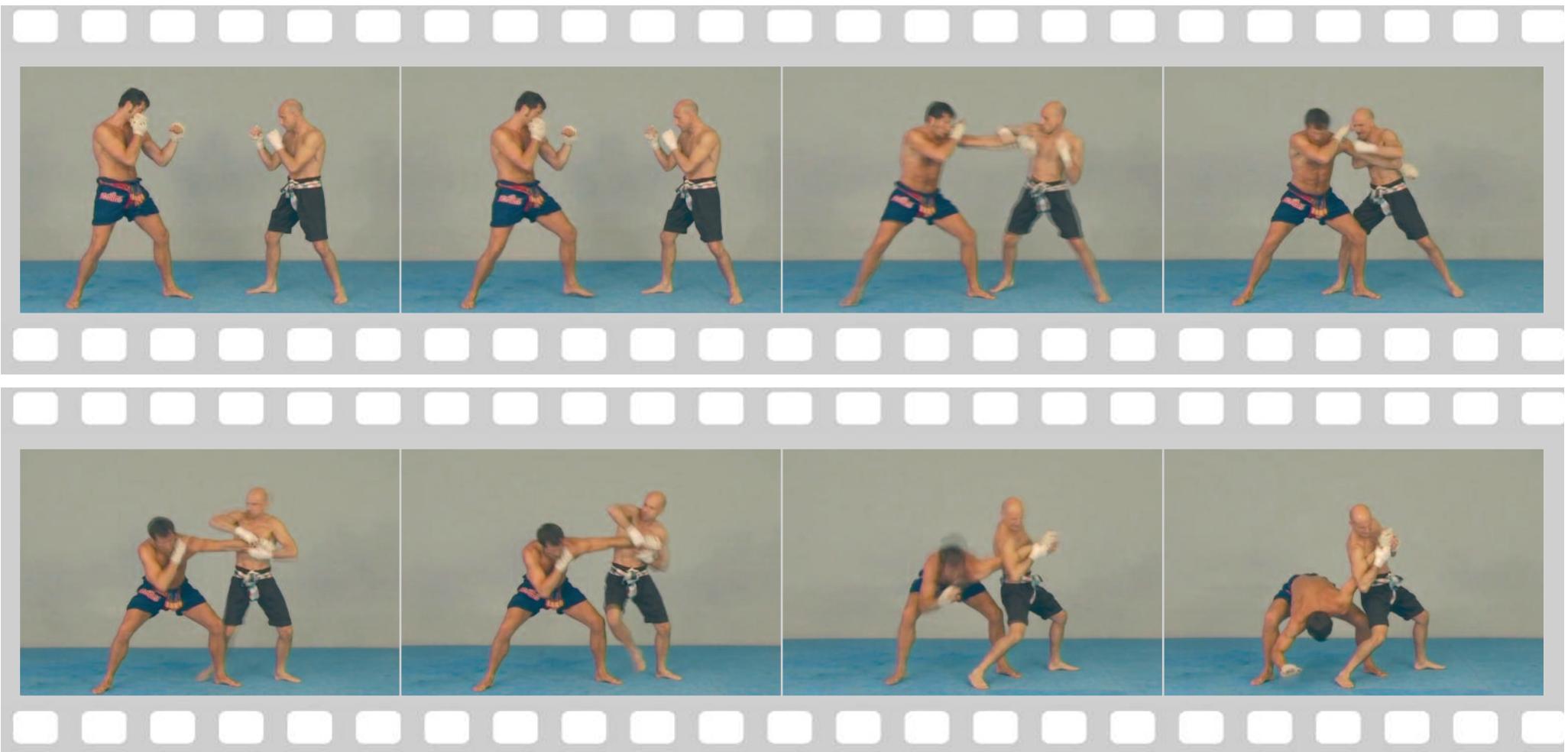
Parry the incoming swing punch and hit with a horizontal elbow strike at the opponent's face. This counter attack may target the bridge or base of the nose, the jaw or the temple, for best results.

**50. Prakarn Perd Lok**

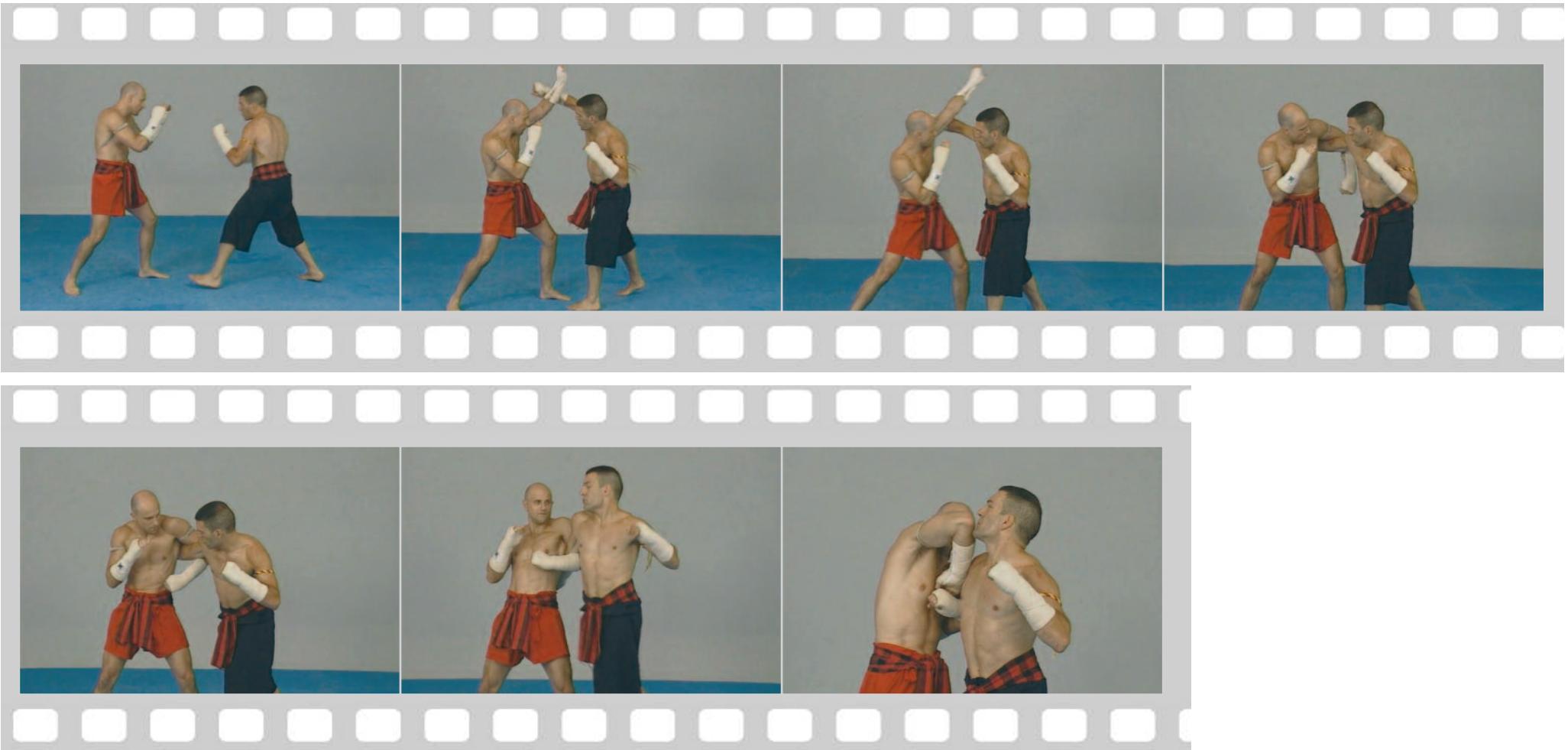
Parry the opponent's punch and quickly grasp his neck. Pull him forward and twist your hips to unleash a powerful uppercut punch to his face. Double up the strike for best results.

**51. Rad Nguang Erawan**

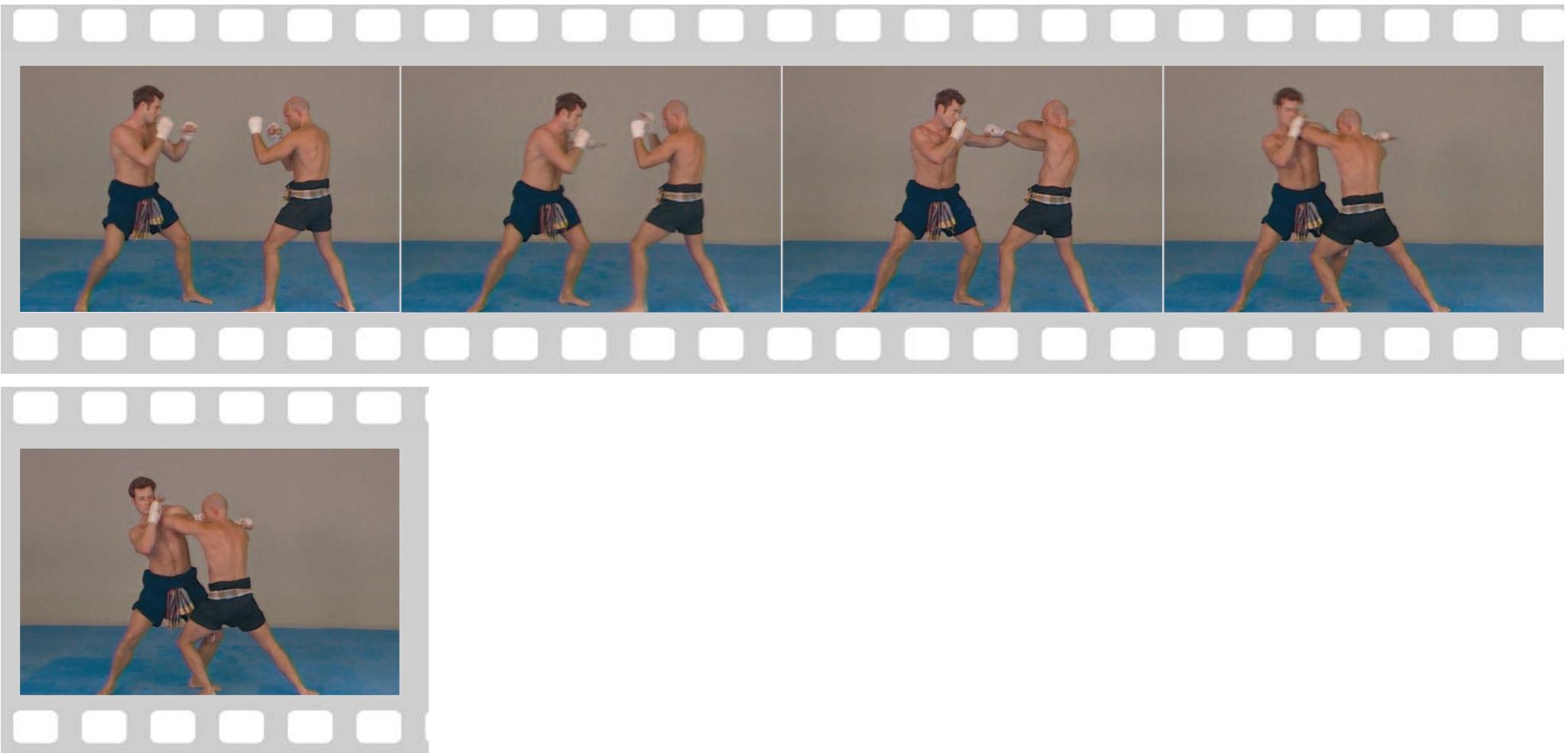
Grasp the opponent's leg as he is trying to attack your ribcage.  
As soon as the opponent's leg is trapped, twist it and floor him face first.  
A final leg lock may be executed to neutralize the opponent.

**52. Rakkrae Hak Kaen**

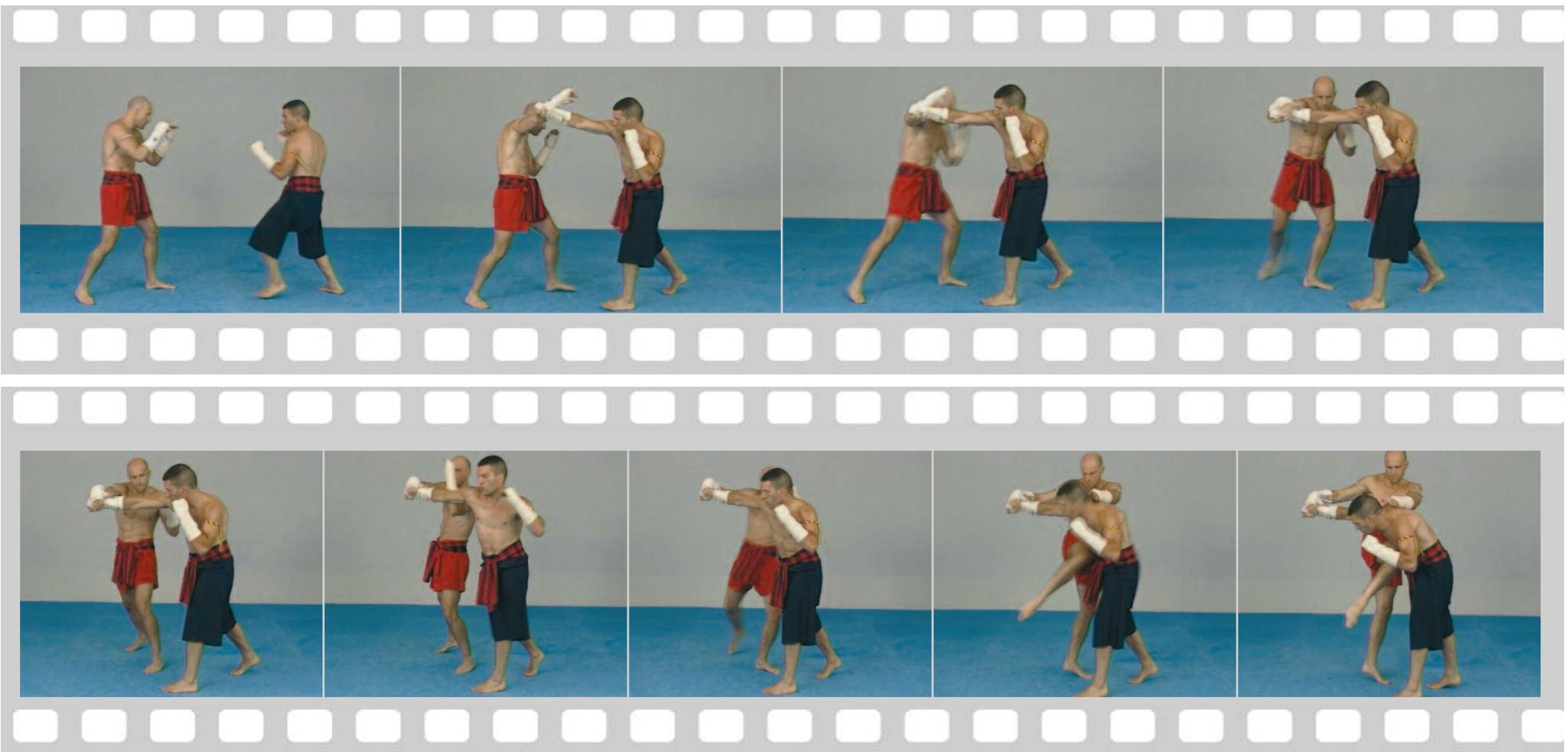
Chap Hak means catch and break. Catch the incoming punch, attack the face and, locking the opponent's elbow under your armpit, break the trapped limb.

**53. Sadayu Ching Nang**

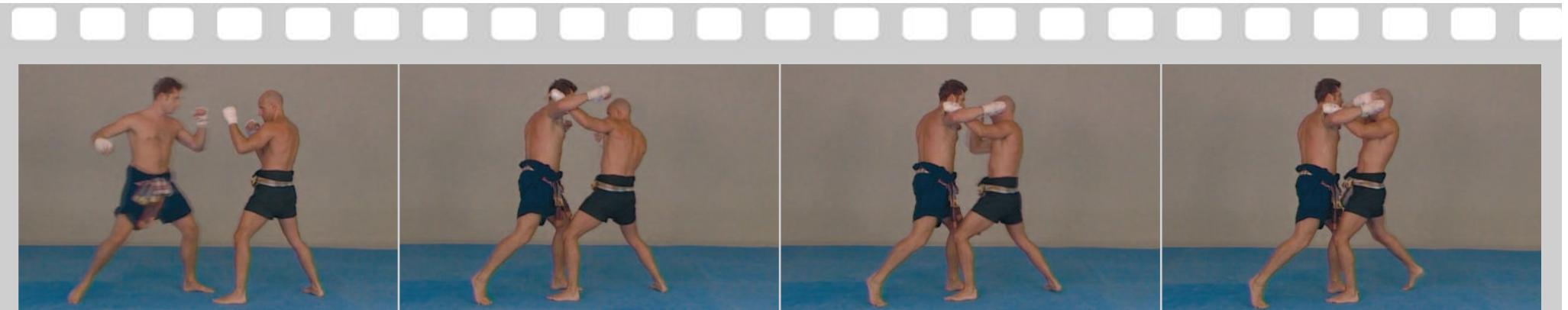
Deflect a punch and wrap the attacking arm.  
Squeeze the trapped arm and twist your hips explosively to break the elbow.  
A counter torsion will help you to strike powerfully with your elbow.

**54. Sak Puang Malai**

Pushing elbow counterattack against a head punch. Deflect to the outside the incoming punch and step forward aiming the point of your elbow at your opponent's throat or sternum.

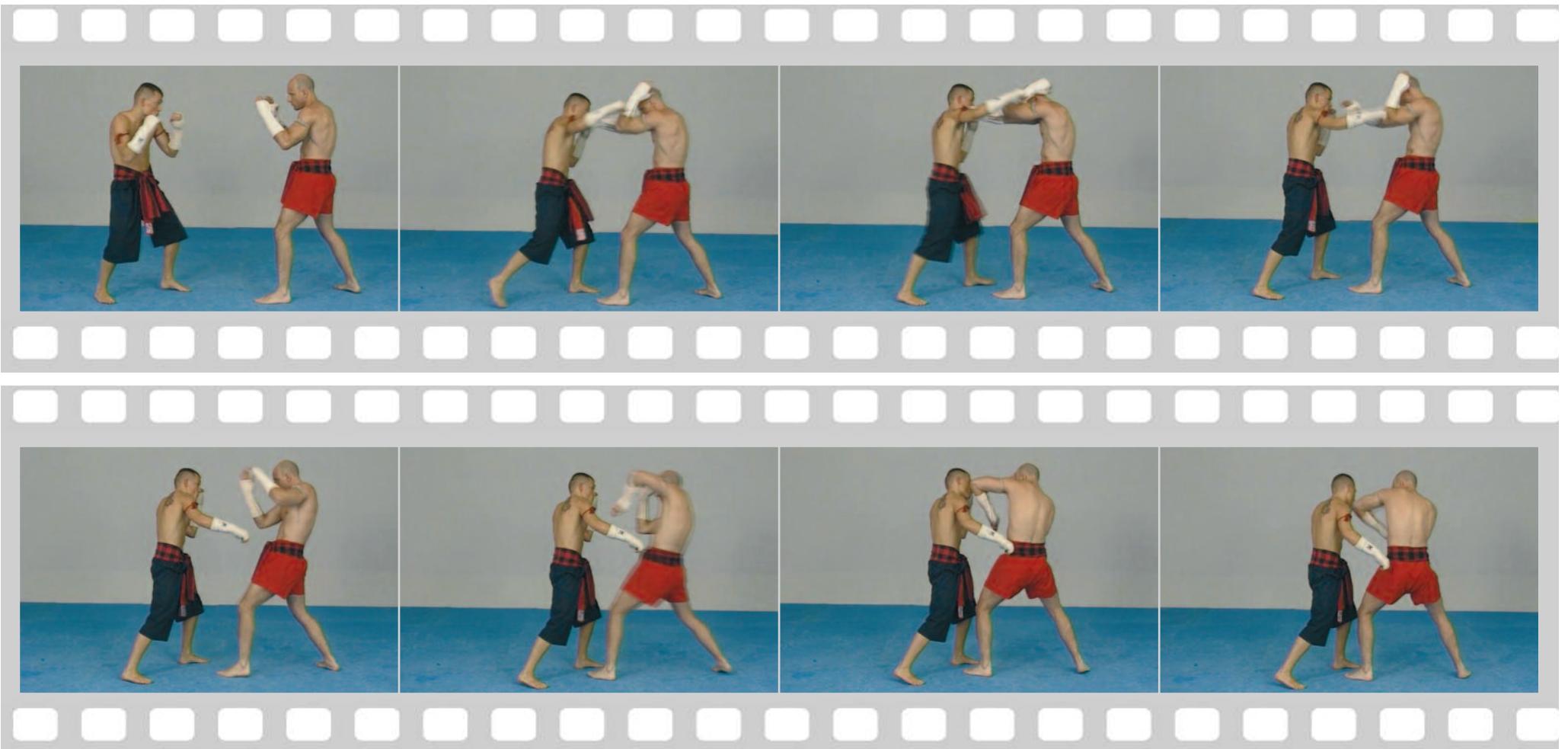
**55. Salab Fan Pla**

As the attacker throws a right straight punch, step out and catch his wrist. An elbow strike to the opponent's elbow and a knee strike to the midsection may complete the sequence of counterattacks.

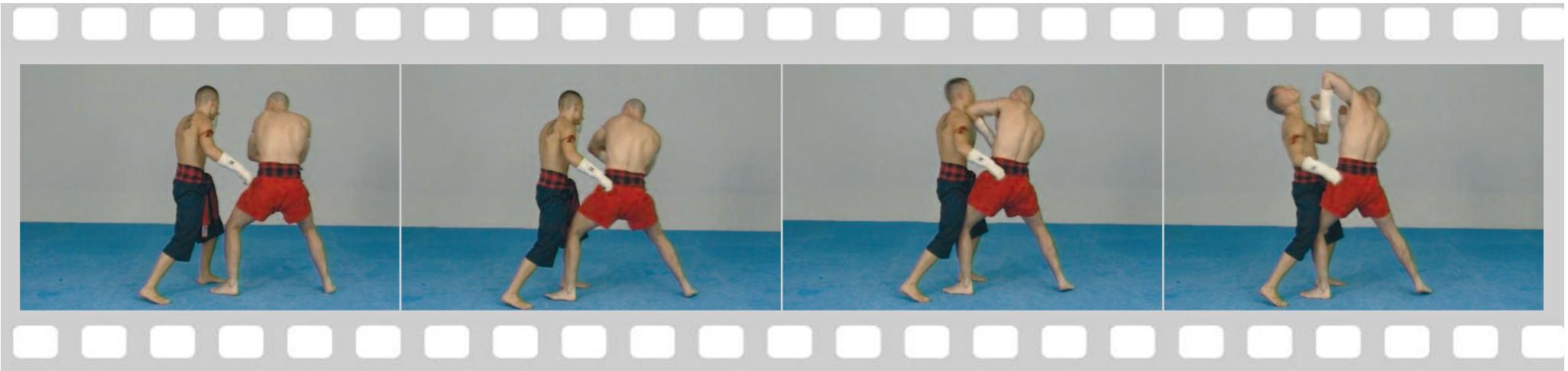
**56. Sok Fan Na**

Parry the incoming round punch and hit with a diagonal elbow strike at the opponent's face. The first counter attack may be doubled using the same kind of elbow slash, in rapid succession.

**57. Sok Phra Ram Tang Pa**

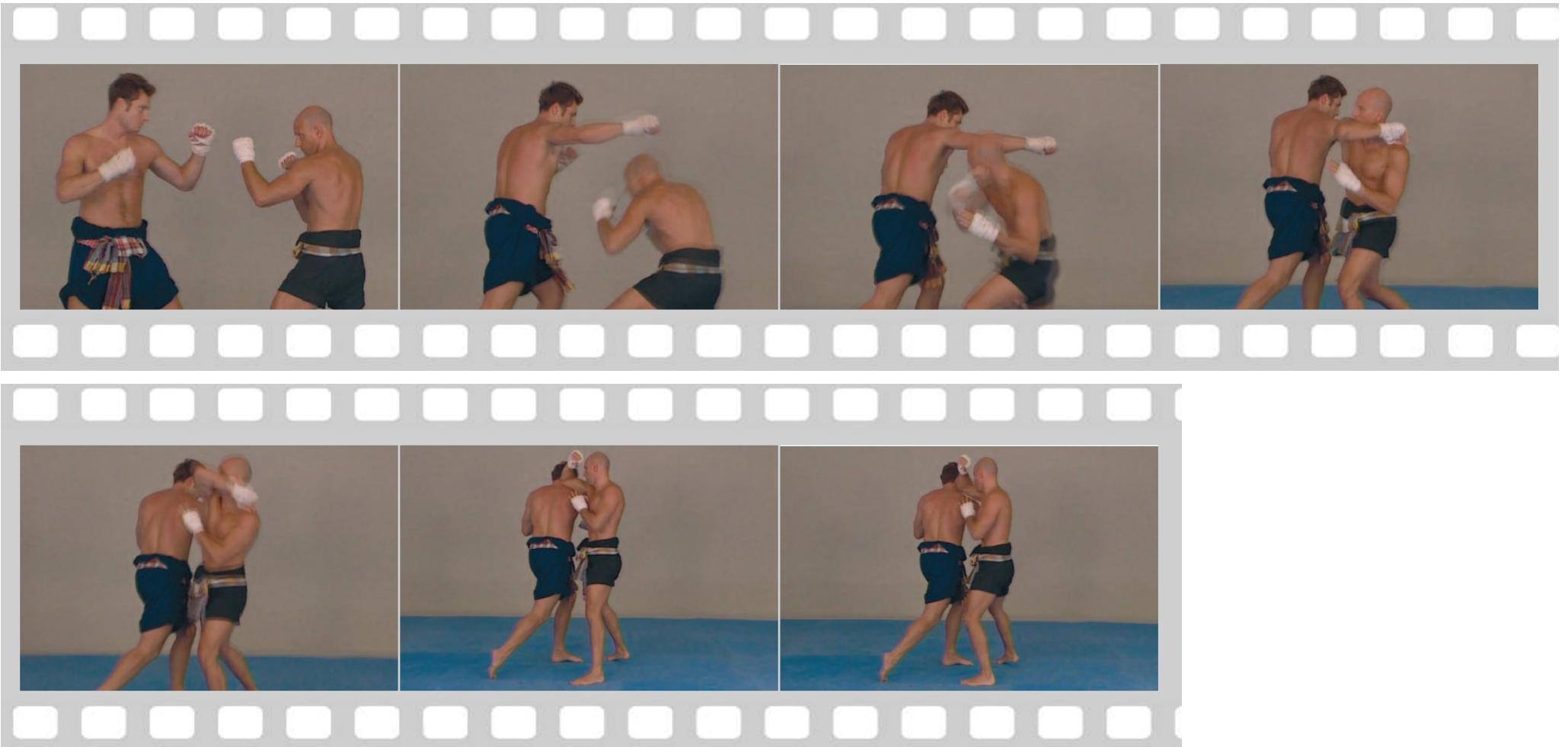


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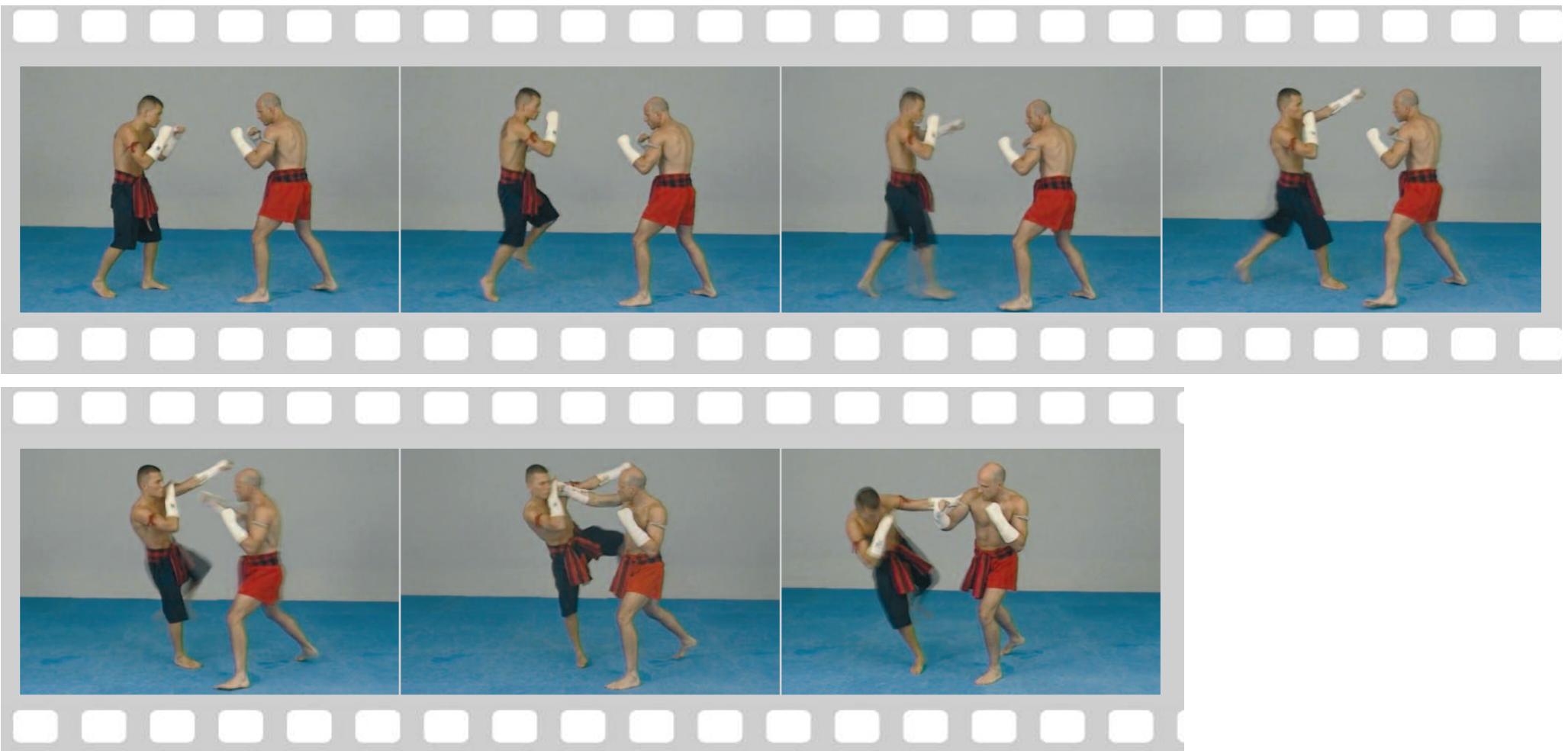
**57. Sok Phra Ram Tang Pa**

Cover up to block a swing punch (use your elbow and palm). Swiftly retaliate before the opponent can close his guard, hitting with a diagonal downward elbow.

Double up with the same arm, striking with an inverted upward elbow blow.

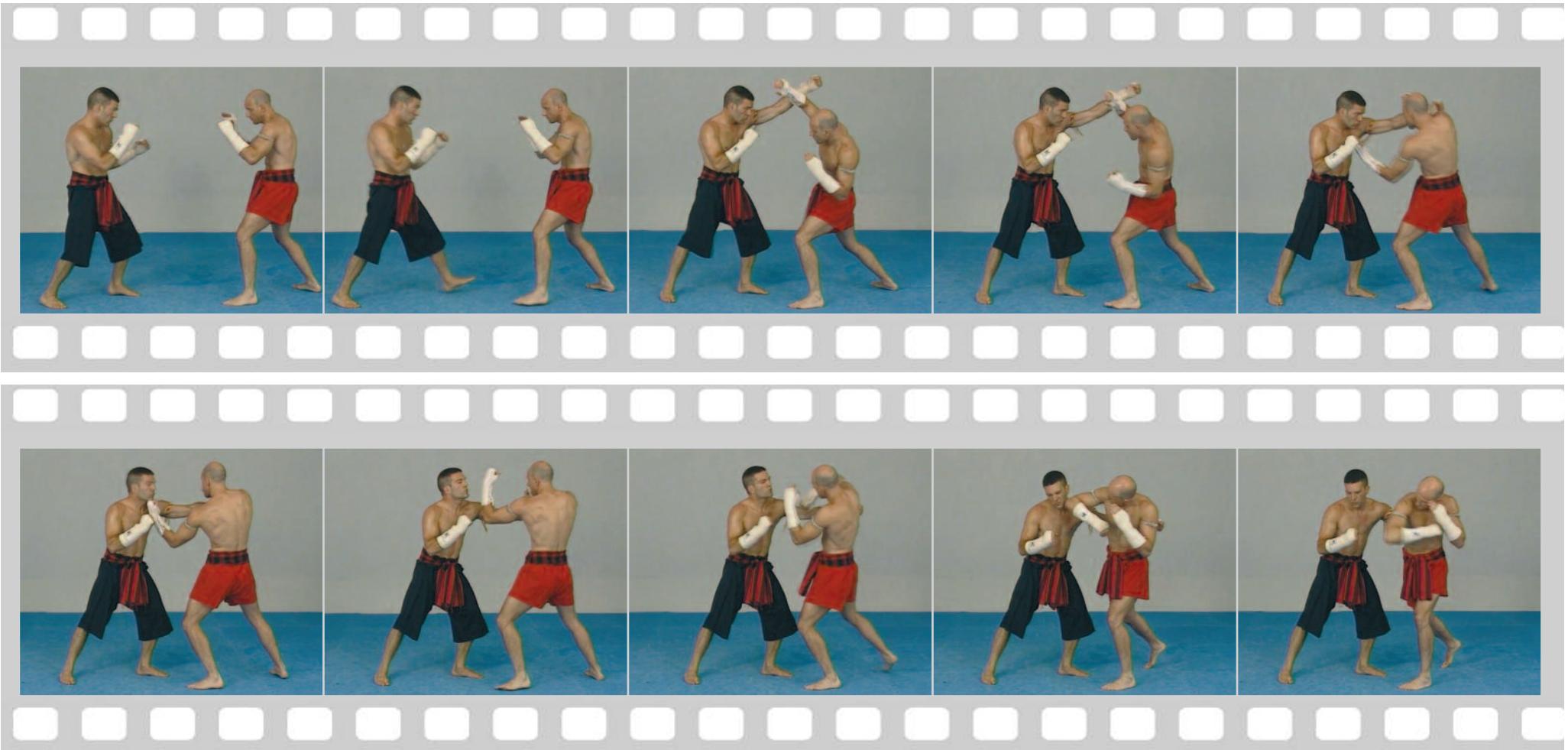
**58. Sok Tay Toy**

Duck and weave under a hook punch. Using the momentum of your swing, throw the point of your elbow at the nape of your opponent's neck.

**59. Suan Tuan**

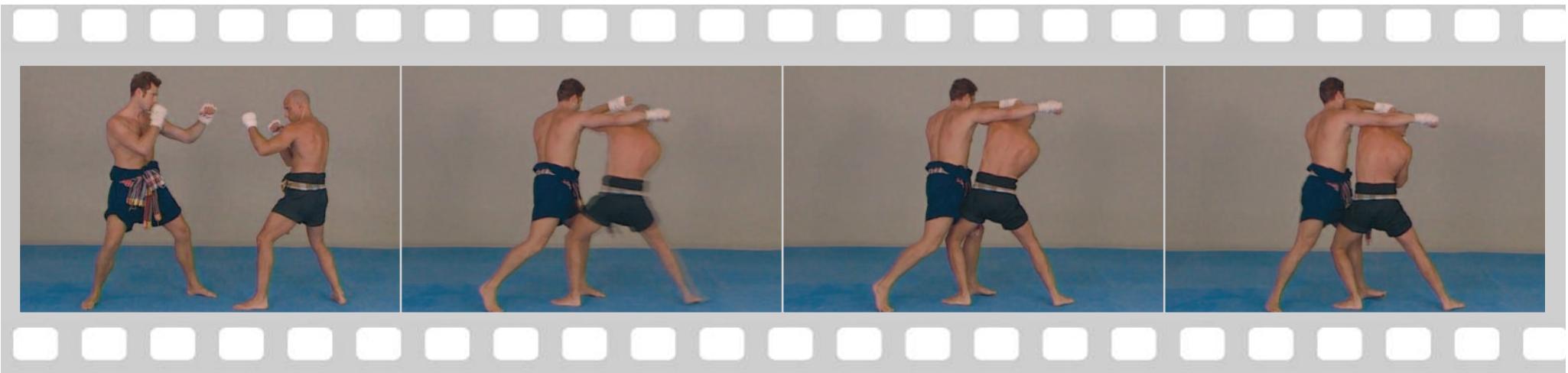
Dodging the attack (a round kick to the midsection) with a diagonal step, you will be in a perfect position to attack most of your opponent's vital points. Punch his jaw to quickly floor him.

## 60. Ta Thaen Kam Fak

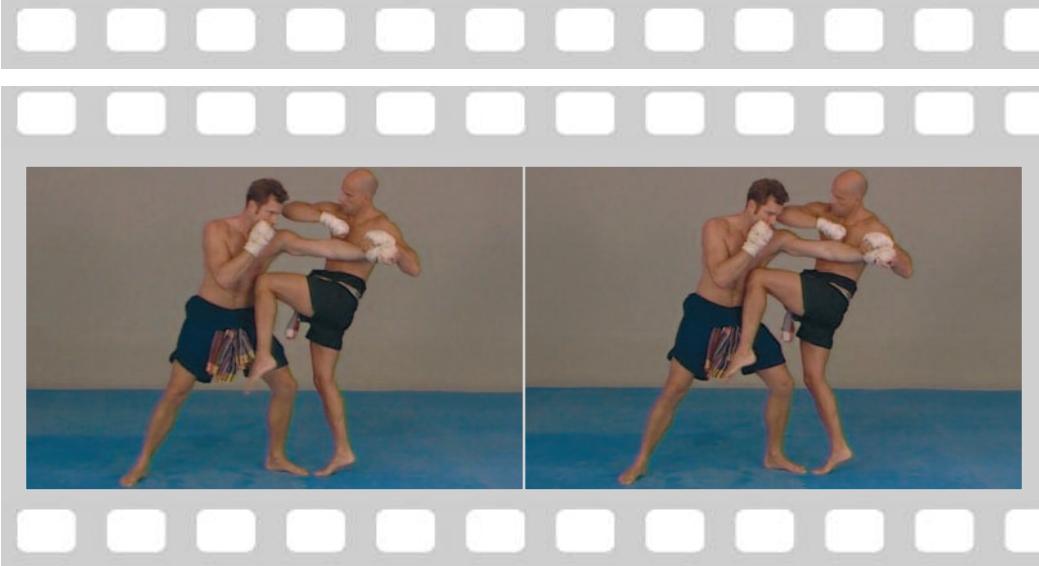


Parry upward the incoming straight punch, opening the way to your counter attack.  
In this scenario the first counter is an uppercut to the chin, followed by a diagonal elbow strike to the jaw.

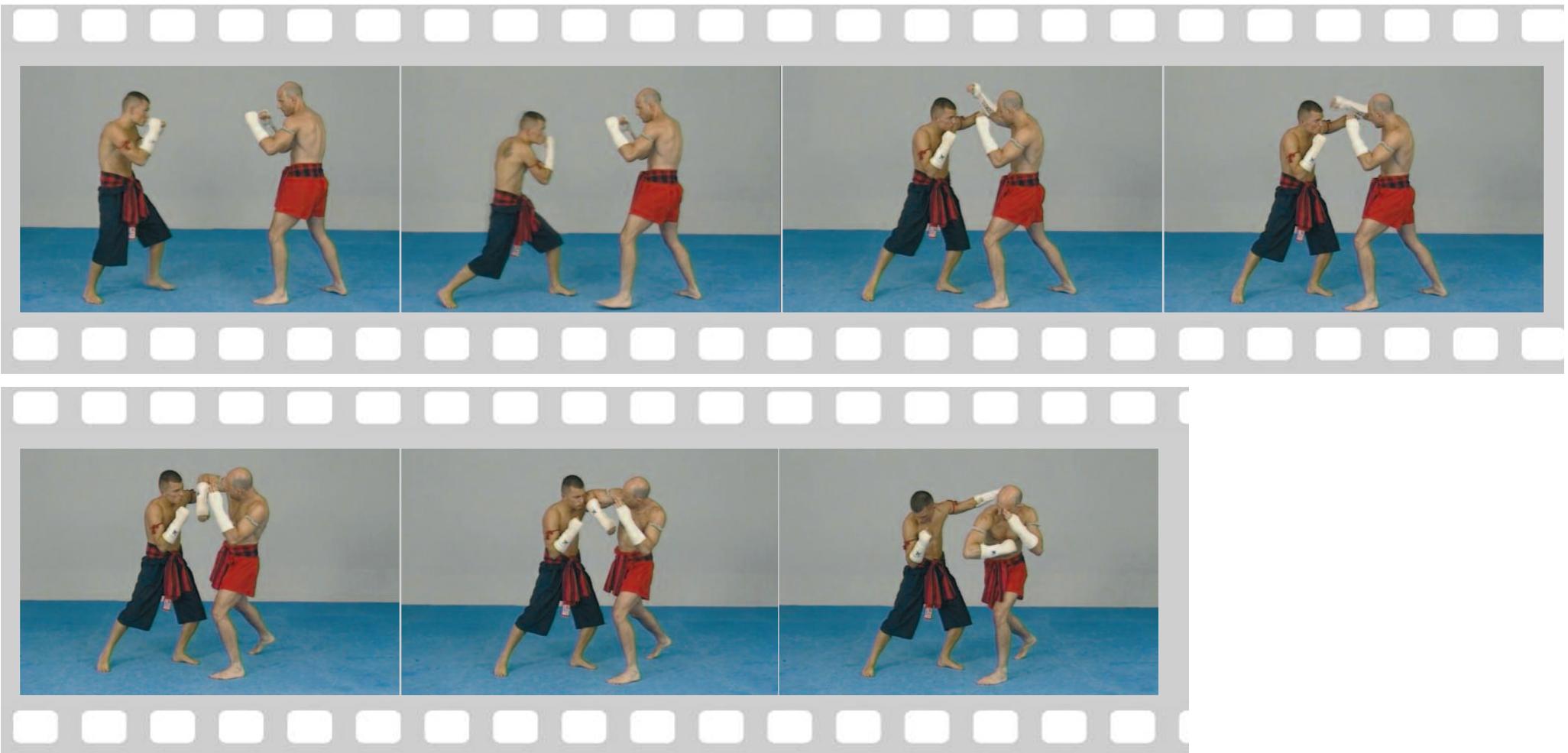
## 61. Tad Mala



Simultaneous defence and counter using the point of the elbow.  
This extremely efficient technique represents perfectly the Art of Defence and Counter  
of Muay Thai.

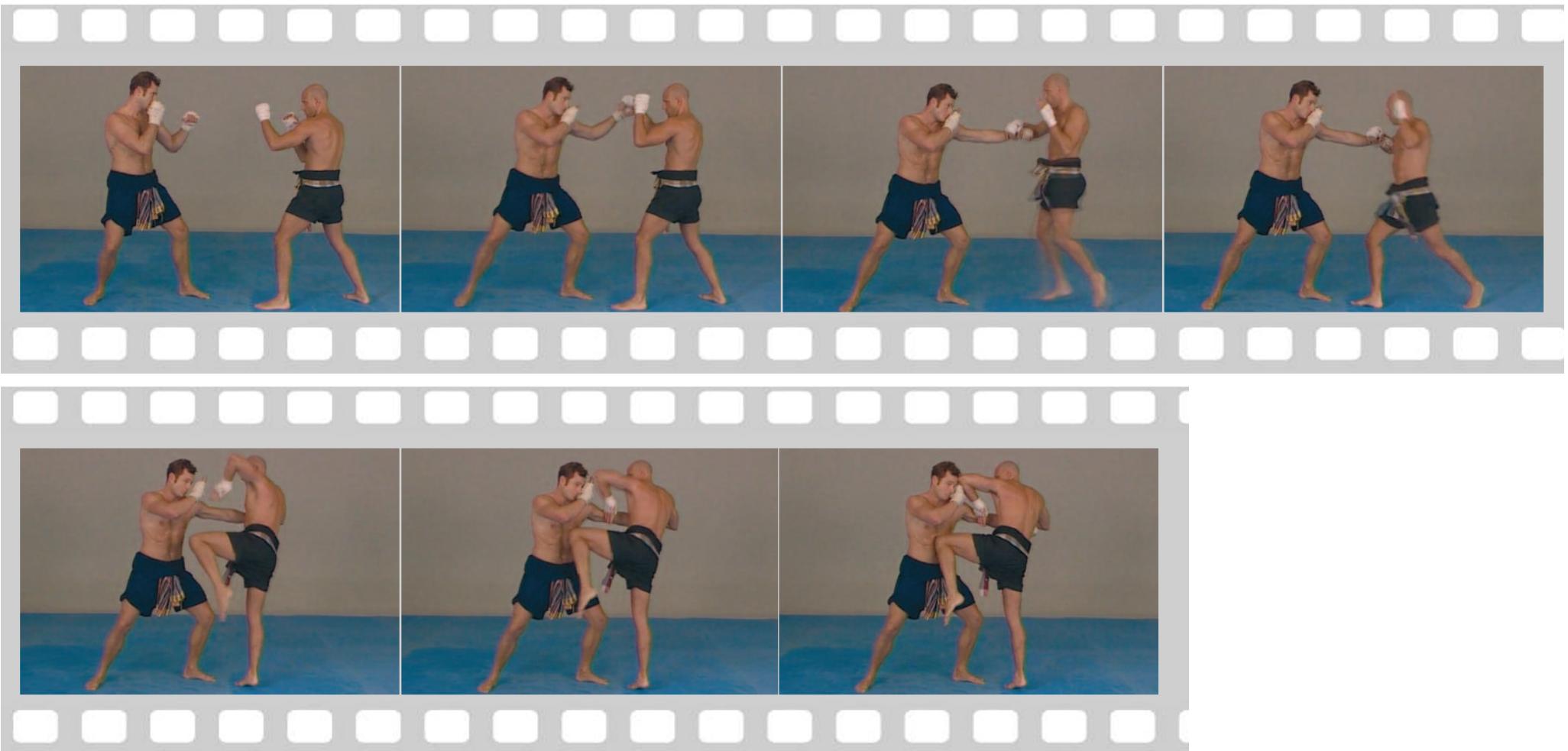
**62. Take Ti Chud**

Simultaneous elbow and knee counter attack against a punch to the head.  
Parry the attack, grab the opponent's wrist and step forward to strike the face and abdomen at the same time.

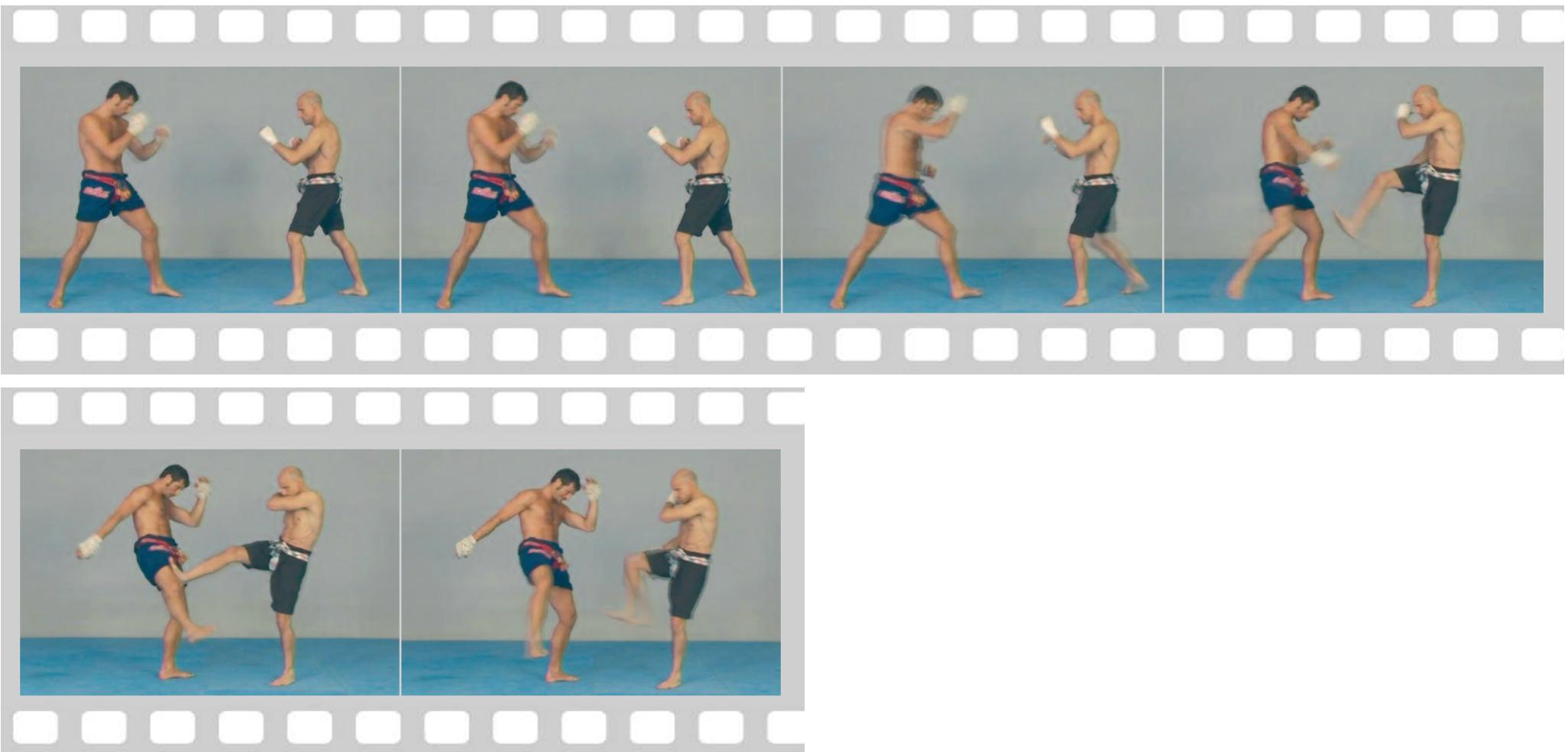
**63. Tang Pa**

Diagonal downward elbow slash. After parrying a hook or swing punch with your right arm, use that same arm to attack the opponent's exposed jaw or temple.

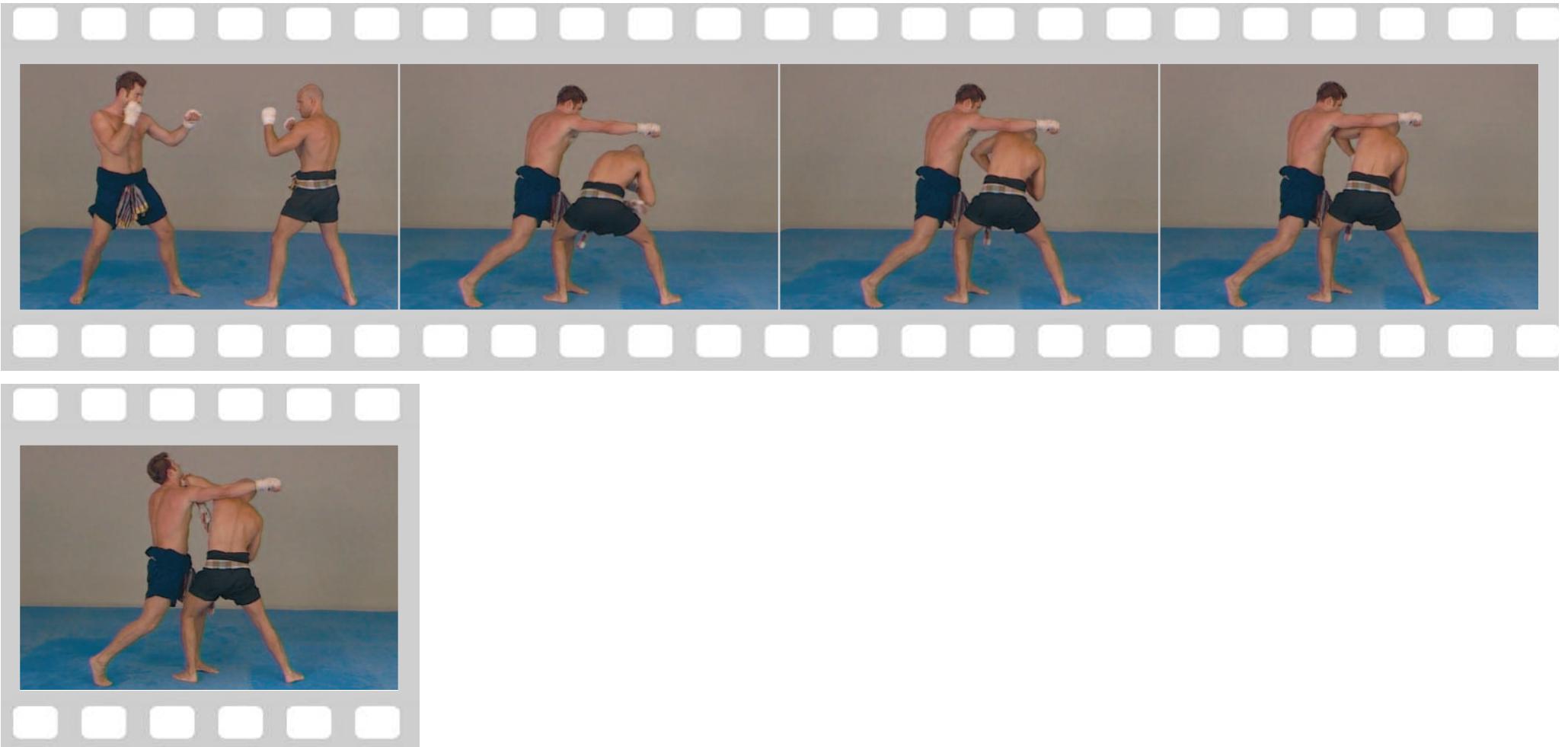
## 64. Tapien Feng Tor



Deflect the incoming punch and switch guard in order to attack with your elbow and knee at the same time. The elbow strike targets your opponent's face and the knee blow attacks his solar plexus.

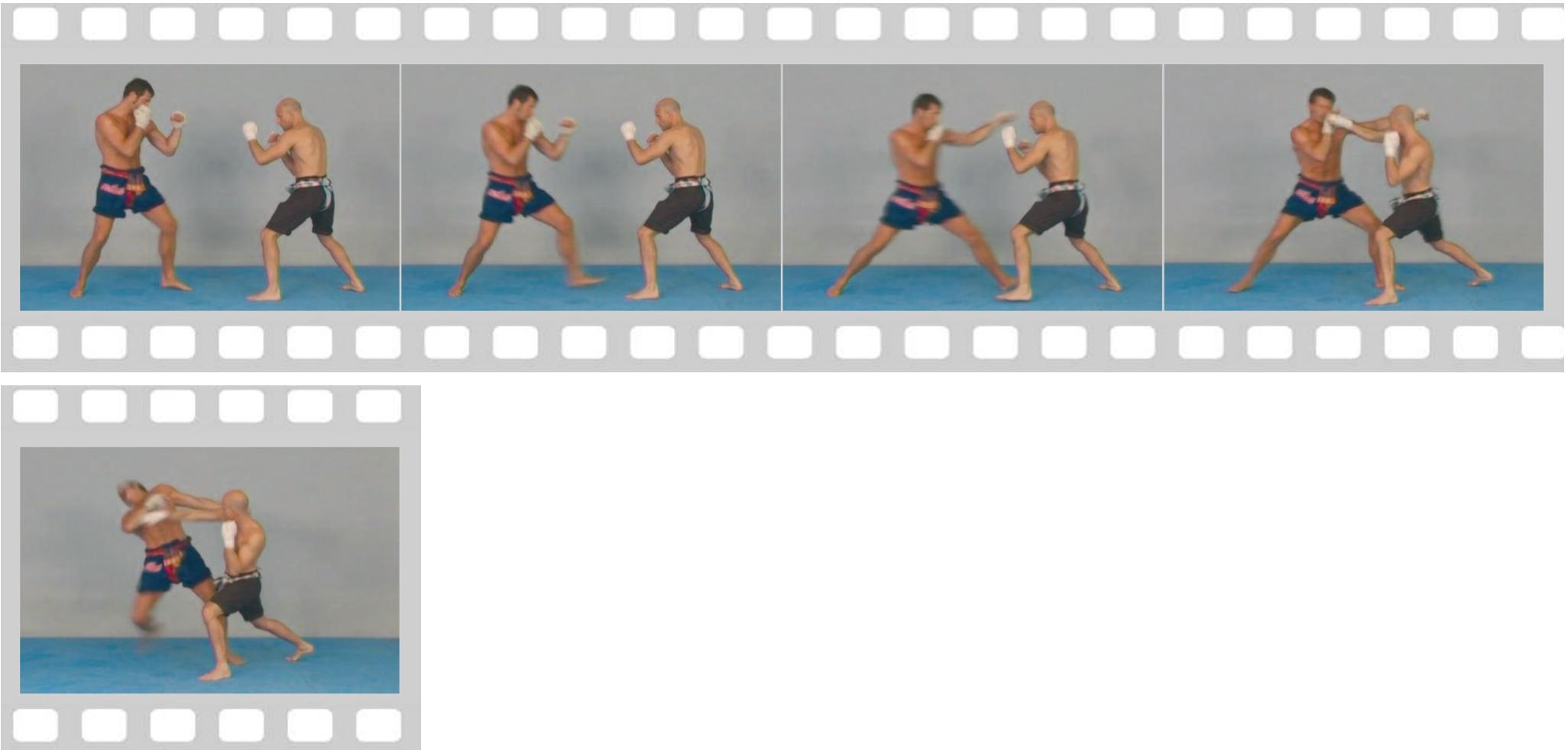
**65. Virunok Glab**

Hitting the opponent's leg (knee or thigh) with the heel as he is kicking, may severely damage the attacking limb, unbalancing the attacker.

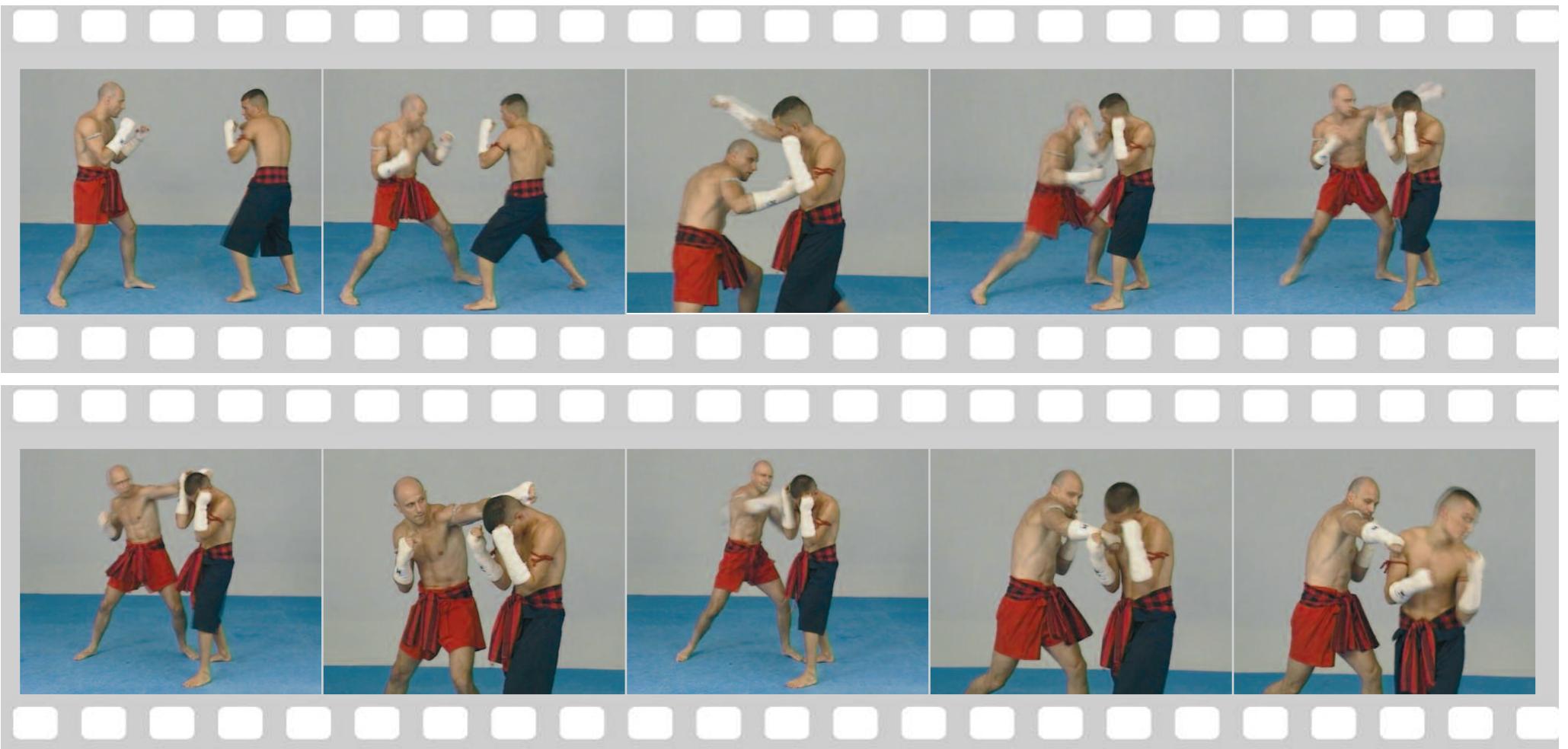
**66. Yak Ngiang Pla**

Vertical backwards elbow strike. Slip the punch and step forward in order to strike the opponent's unguarded chin from below.

## 67. Yo Kao Pra Sumeru



Slip the opponent's head punch on the inside and simultaneously throw your cross, aiming your uprising punch at his chin.

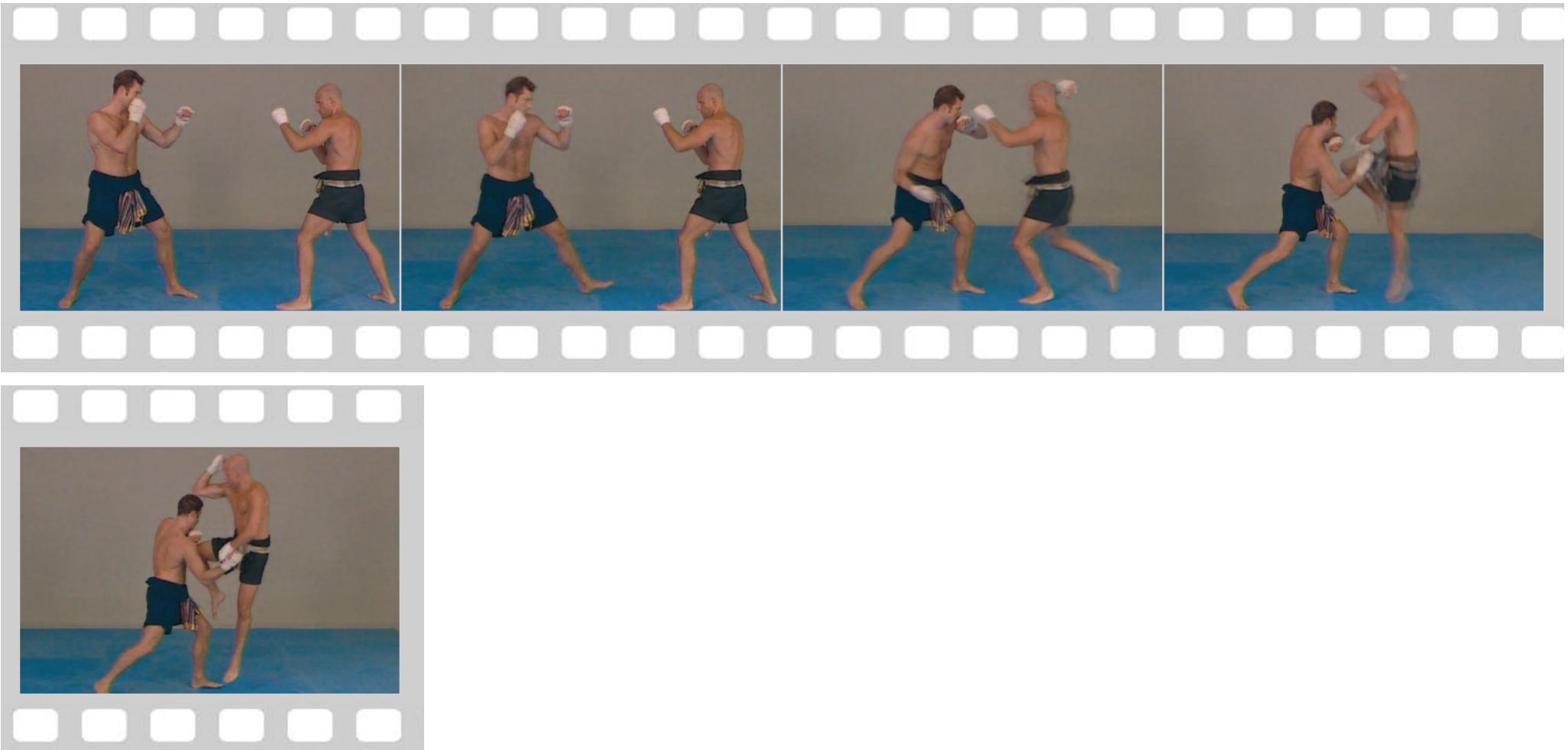
**68. Yok Dal Pratu**

Weave under the opponent's swing punch and throw an uppercut at his solar plexus or liver, at the same time.

Follow up with a swing to the nape of the neck and a straight punch to the jaw.

**69. Yotha Kleun Tap**

Single or double elbow counter against a head punch. Deflect the incoming punch and strike with an upwards elbow. Follow up with a horizontal elbow.

**70. Yud Yotha**

Defense and counter against an uppercut punch. Step forward and block the attack with the forearm. Jump and strike a downward elbow at the crown and a simultaneous knee at the chest.

# Key concept n. 6: GRAPPLING SKILLS



## GRAPPLING SKILLS (Locks and Throws)

Muay Pram is the traditional form of Siamese grappling.

Every syllabus of all traditional styles of Muay Boran includes some grappling techniques.

Any Nak Muay worth of his name must be at ease in wrestling range and must possess the skill to effectively strike when an opponent is holding him tight.

In order to dispatch an opponent in this extremely short range, a Nak Muay must know how to grab, lock, throw, break the joints while keeping on striking with elbow strikes, knee strikes, short punches, head-butts.

This key point will be the subject of volume 3 of this series.

# Key concept n. 7: TRAINING



## FIGHTING FITNESS TRAINING

Training for fighting is the specialized psychophysical conditioning of individuals aimed at preparing for intense interaction with an opponent. The mind and body of a Nak Muay must be trained to work at unison in order to give maximum effectiveness to his reactions under pressure. This key point will be the subject of volume 2 of this series.

# About the author



He has been a Muay Thai practitioner since 1978 and has been certified as a teacher of Muay by the Ministry of Education of Thailand (in 1991). During his career he was an athlete, coach of professional thai boxers, judge/referee, promoter and founder of the first Italian Muay Thai Federation. In 2012 in Thailand he was awarded the 15th Khan of Muay Thai Boran (Bramarjarn or Grand Master of the Art) and Gold Mongkon by the Governor of Ayuddhaya Province. He is the founder and technical director of the International Muay Boran Academy (IMBA), the worldwide organization devoted to the development and spread of Muay Boran in the world, since 1993.

## MASTER MARCO DE CESARIS

IMBA is currently present in 26 countries, Europe, North America, Latin America and Australia. Master De Cesaris since 2005 has developed a modern scientific version of Muay Boran, named Muay Boran IMBA, which is based on three technical pillars: Combat Muay Boran, the most combative interpretation of the original Thai martial art's fighting skills, Muay Lert Rit, a Siamese Military Close Combat style adapted to civilian use and Muay Pram, the traditional form of thai grappling.

[www.muaythai.it](http://www.muaythai.it)

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