

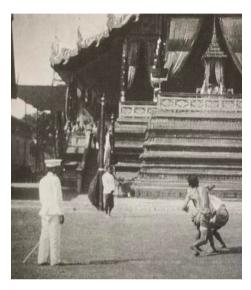




EXPERIENCE REAL MUAY THAI,
ONE OF THE MOST UNIQUE MARTIAL ARTS OF THE WORLD
THAT CAN ONLY REALLY BE EXPERIENCED IN THAILAND!

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philosophy MUAY THAI

Love x Respect x Believe

Muay Thai is the national martial art of Thailand that helps strengthen the body and mind to be fit and healthy. It also provides benefits as a form of exercise in one's free time. Besides this, practicing Muay Thai provides trainees to have more self-confidence and greater discipline. As such, in learning Muay Thai, trainees will study and learn about the defense mechanisms of this martial art: punch, kick, knee, elbow, and it can also be learned by both males, females and kids.

INTRODUCTION

THE ART OF MUAY THAI

Muay Thai is a form of close combat fighting with unique characteristics in the utilization of nine body parts as weapons called the "Nine Weapons", which comprise the use of the head, two hands, two elbows, two knees and two feet. There are 108 fighting methods for defense and offense divided into six methods for the head, 24 for the hands, 30 for both elbows, 12 for the knees and 36 for the feet. The striking of the nine weapons is based on the principles of physics from centrifugal force, momentum, flexibility, to angling as well as shielding and attacking with the toughest part of the body to absorb impact and to achieve the most vicious results, which may result in a fatal blow to the opponents.



Apart from being a vicious fighting principle, Muay Thai is also considered an art form, a martial art that combines grace and flow, accompanied by rhythmic music from musical instruments; namely, Javanese clarinets, double-headed drums, and cymbals.



The most distinct characteristic of Muay Thai is the Wai Khru ritual prior to a fight. This is considered a Thai identity, which is rarely found in martial arts of any other countries. This is performed to show gratitude to the Thai boxing masters while, on the other hand, it is an attempt to prevent the misuses of Thai boxing knowledge. This corresponds with the belief of Thai society from ancient times that the masters and students shared a special bond similar to the bond with parents. From the moment students requested to be taught, they must serve and remain humble until being accepted and follow the teaching of their masters while upholding the Buddhist virtues.



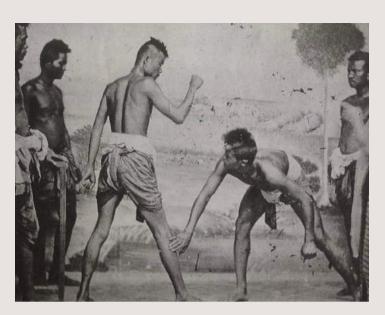
MUAY THAI, WARRIOR, BOXER

Muay Thai or Thai boxing is a cultural heritage of the Thais, which has been passed down over the centuries. It was supposedly prevalent in the land of Suvarnabhumi or the Southeast Asian region before the emergence of various kingdoms like Lavo, Ayothaya, Lanna to Sukhothai, as Thai boxing was one of the 18 social sciences learned by the kings and the ruling elite. Thai boxing, therefore, concurred with the establishment of a number of cities.





Written evidence addressing Thai boxing was found dating back to the 13th century. The historical annals of the North and the Mangrai Law, which are the oldest laws of Thailand, as well as the stone inscriptions from the Sukhothai period (1238-1438) not only mention about Muay Thai as training for warfare or self-defense skills, but also for its recreational aspect as a social activity in important festivals.

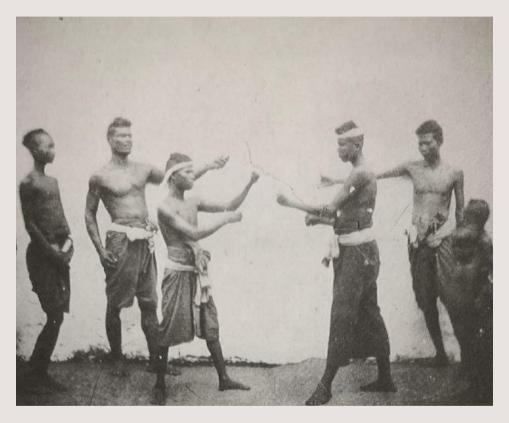




Throughout the Ayutthaya period (1350-1767), Muay Thai also played a major role. In the early Ayutthaya period, a recruitment unit called the Custodian Recruitment Division or Royal Boxer Department was established, which was responsible for recruiting people with potential and training them to become martial arts experts to protect the King, the Royal Family and high-ranking civil servants. The selection process involved matches in the palace on various occasions.



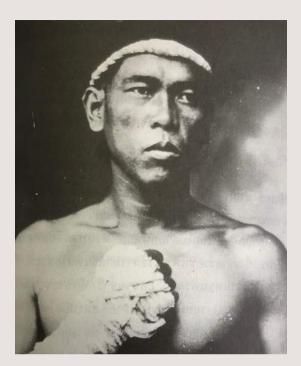
In terms of its contribution to the efficiency of the military, Thai boxing training was provided in sword fighting schools, as it supported sword fighting techniques. In the war for independence of King Naresuan the Great, a special force named wild Daboia siamensis, an intelligence force and guerrilla unit, was selected from people with good sword fighting skills as well as Thai boxing skills.



Some detailed records of Thai boxing have been found in the reign of King Narai the Great. Rope-binding boxing was the Thai boxing style of the period with matches held inside a circle roped ring on rammed earth. Powder coated unbleached cotton thread or tar were used to wrap the boxers' hands while a blessed headband or Mongkhon was worn and a blessed cloth or Phra Chiat wrapped over the upper arms, similar to soldiers going to war. It was believed that the items could provide strength and increase elusiveness for the boxers.

From the Burmese-Siamese War in 1767 until the Thon Buri period (1767-1782), Muay Thai was a skill of the warriors who fought alongside King Taksin the Great in the war of independence and the defeat of various factions. A Thai prisoner named Nai Khanom Tom is said to have defeated dozens of Burmese boxers in the presence of King Hsinbyushin of Burma (present-day Myanmar).

Thai boxing as a recreational activity shared popularity with kite flying and rowing in the Thon Buri period until the beginning of the Rattanakosin period (1782-present) due to its simplicity, entertainment and excitement, which was consistent with the state of the newly restored city after the war.





The importance of Thai boxing in national security continued in the early Rattanakosin period and received royal support from the Kings. The Custodian Recruitment Division or the Royal Boxer Department played a bigger role in providing Thai boxing lessons and recruiting skilled people. A boxing field was designated at the back of the Temple of the Emerald

Buddha. This was because the wars with Burma were still ongoing during the reigns of King Rama I and II as well as preparation for wars with Vietnam during the reign of King Rama III.

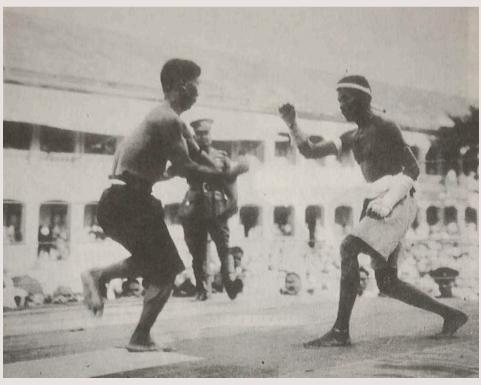


STANDARDIZATION OF MUAY THAI

Thai boxing matches were organized in the royal court for various royal ceremonies during the reign of King Rama IV, especially the royal cremation ceremony for which photo records by Westerners were found. It was also popular among the public to organize boxing matches for various festive celebrations throughout the country.

During the reign of King Rama V the Great, Thai boxing became even more accepted and was considered as a type of sport instead of a recreational activity. Properly structured boxing practices emerged as well as boxing for wins and climbing up the rankings with the biggest and most coveted events being royal events at Sanam Luang (Royal Ground). Also, during this reign, the Ministry of Public Instruction (present-day Ministry of Education) was established, and Thai boxing was registered as one of the subjects under physical education vocational schools and the Chulachomklao Royal Military Academy.



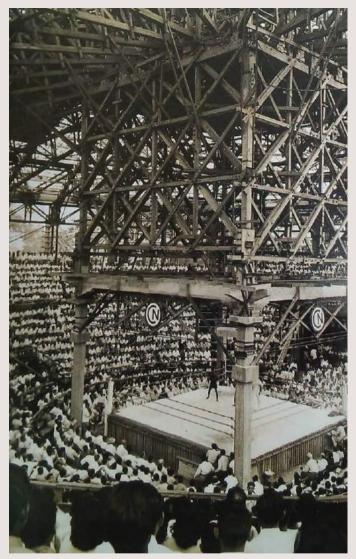






A standard for modern Muay Thai was later developed in the reign of King Rama VI during which a permanent boxing stadium where boxing matches were held regularly was founded for the first time in 1920. The boxing field was named the Suankularb Boxing Field and situated within the compound of Suankularb Wittayalai School. Matches were held on a courtyard or in a field with a post in four corners, forming a square shape. There were also large-scale events with sponsored prizes from the elite, wealthy, and sports lovers.

In the reign of King Rama VII, another new boxing stadium named Suan Sanook Boxing Stadium was established near Lumphini Park at the corner of Wireless Road. The Stadium featured a raised canvas ring with one post in each of the four corners and three tightly stretched ropes in accordance with the standard boxing ring size, as well as red and blue corners, a timing bell, a referee and scoring judges.



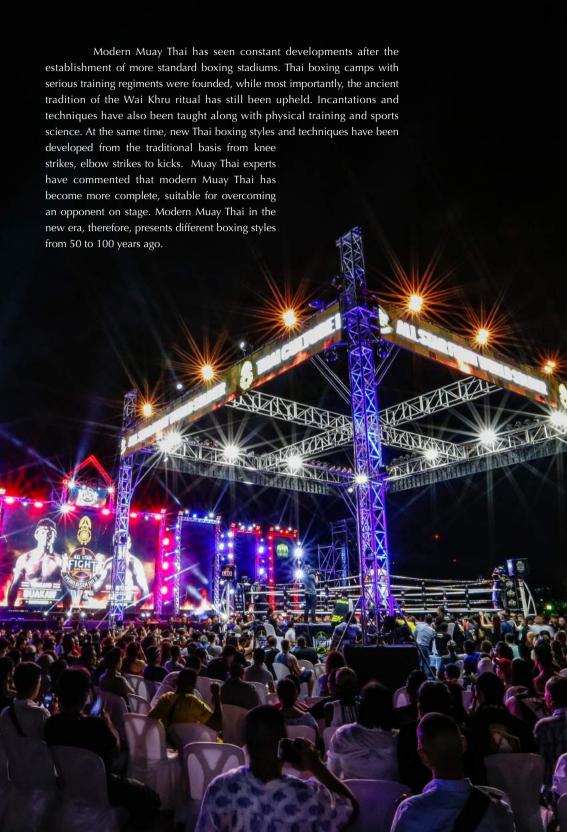


Ratchadamnoen Boxing Stadium hosted both Thai boxing and international boxing with dozens of legendary boxers and world boxing champions making their names in this stadium. Another well-known standard boxing stadium is Lumphini Stadium, which Boxing opened in 1956. The Stadium also featured Thai boxing and international boxing title fights. Title fights in weight classes similar to those at the Ratchadamnoen Boxing Stadium were regularly held.

With the extensive popularity of Thai boxing as a sport, in 1937, the Department of Physical Education set additional standards for Thai boxing with the requirement of four-ounce gloves, shorts, and jockstraps. Matches were required to feature five rounds, three minutes each, with two minutes of rest between rounds as well as one referee on the stage and two scoring judges. This was considered a new era where standard rules were set for Muay Thai.

At the end of World War 2, Prime Minister Field Marshal Plaek Phibunsongkhram initiated a plan to create a first-class standard boxing ring in Thailand to be located on Ratchadamnoen Nok Road under the patronage of the Crown Property Bureau. The ring was initially built outdoors with grandstands circling the ring with Wat Somanas Rajavaravihara as the background. Later, a building was constructed to cover the ring and air conditioners installed.









Additionally, live broadcasts of Thai boxing matches on television have propelled the popularity of Thai boxing throughout the country. This has enabled people to watch matches from home without traveling to boxing stadiums.

Muay Thai as a sport has also gained interest among foreigners. In terms of tourism, the Ratchadamnoen and Lumphini Boxing Stadiums are usually densely packed with tourists who come to watch Thai boxing matches. Organization of Muay Thai exhibition matches in tourist destination cities has also received a lot of interest.

Nowadays, thanks to the numerous Muay Thai gyms and camps, more and more foreigners have become interested in learning the techniques of this martial art for the purpose as a sport or just for general exercise.





MUAY THAI ONLY!!

Slowly over the decades, Muay Thai began to gain popularity in the Western world in small circles until the first decade of 2000 when there was the establishment of the World Boxing Council Muaythai (WBC) to regulate, supervise and oversee professional Muay Thai fights under standard rules. This led to the general adoption of professional Muay Thai and Muay Thai training among Westerners together with creating a new perspective to make Muay Thai become a world heritage and seriously take it to the international level.

Later, the International Federation of Muaythai Amateur (IFMA) attempted to enlist Muay Thai into one of the sports in the Olympic Games and in 2014 the United Nations certified Muay Thai as a "Sport of the Global Community".

The past perception of Muay Thai as a violent and dangerous sport has gradually faded away into a sport that promotes physical fitness through beautiful and fluid movements, yet strong and powerful at the same time which entice the new generation.

At the same time, Muay Thai in standard boxing rings has become a tourist attraction. A large number of tourists have bought tickets to experience the true Muay Thai atmosphere at the Ratchadamnoen or Lumphini Boxing Stadiums while numerous foreigners have serious interest in Muay Thai training, not simply to learn the martial art for exercise only, but rather to have an in-depth learning of the Muay Thai essence. Certain individuals also yearn for Muay Thai fights in standard boxing rings, if opportunities present. As a result, an increasing number of Muay Thai gyms can be found with Muay Thai training courses provided in Bangkok, Pattaya, Chiang Mai, Phuket and various major tourist cities in each region, both short- and long-term courses.









It can be said that over the past 10 years, Thailand has become a notable center of Muay Thai knowledge export and training. There are standard teaching curriculums and training regimens designed by various boxing camps open for the new generation from all over the world to experience. This has led to a Muay Thai craze around the world.

This phenomenon has led to the transformation of old-fashioned Muay Thai camps to modern gyms. It is considered one of the modern sports businesses with the highest growth rate. It is an opportunity not only for boxers to generate revenue outside of the boxing ring as a trainer or specialist, but it is rather linked to the growth of other related businesses and, more importantly, it is the new face of Thailand's tourism that focuses on the image and atmosphere of Muay Thai training in the most suitable environment for Muay Thai where Muay Thai was born.



The Fastest Way to Learn Muaythai

iMAES: iGLA Muaythai Animation Education System is the latest development and an extension of the Project Muaythai iGLA.

Muaythai iGLA" consists of 4 components:

i- stands for Intellectual Property

G- stands for Game

L- stands for Library

A- stands for Animation

IMAES curriculum is intended to complement Khru Muaythai (instructors) to teach and train their students in their facilitiesThe objective is to set the standard of learning Muaythai which all Muaythai camps, sport gyms, sporting schools can adopt and use it as a guide tool for training their students, with ease and simplicity.

Project Muaythai iGLA is the education project under the World Muaythai Council (WMC), determined to promote Muaythai by using digital media and multimedia such as animation or games to attract the young generation. These new media are easy to access, understand and remember. Moreover, it will help Muaythai to have a great impact on young people today. Also the interactive media will allow them to explore the fun of Muaythai and develop their body and brain skills at the same time. Using digital data and animation from the iGLA project, combined with sophisticated technology to capture the most accurate and precise movements from Khru Muaythai. The 172 movements were then selected and categorized into 9 khans (levels) from basic, intermediate, to advanced techniques. Qualification, standards guide and certificate system were added to complete the curriculum for on-line e-certificates with traceability. iMAES became the world first standard curriculum to teach Muaythai to the global community.

www.imaes.net







5 STYLES

There are 5 styles of Muay Thai that all share the same principles in the combinations of punches, kicks, elbowing, and using the head that have created hundreds of techniques. Each region has developed its own boxing variations and expertise, reflected in different tactics and techniques as most evident in the rope-binding boxing style. There is a phrase comparing each regional boxing style, which goes like: "Korat heavy hands, smart Lop Buri, beautiful Chaiya, faster Tha Sao, and complete Physical Education".

1

Muay Lop Buri

Originating in the Central Region of Thailand, it is recognized as a smart boxing style with speedy defensive and offensive movements and accurate straight punches. This is called Muay Kiao meaning a boxing style that emphasizes on luring and tricking the opponents with constant movements, fake jabs, ducking, good eyesight, and fast offensive and defensive punches, kicks, knees, and elbows.



Muay Korat

Originating from the Northeastern region, this boxing style features unique boxing gear and rope-binding process, which runs from the knuckles up to the elbows. Muay Korat is unique in its stance, training, boxing dance, and boxing style, especially heavy over-the-shoulder punches called a "Buffalo Throw Punch".





Muay Chaiya

This is the boxing style of Amphoe Chaiya, Surat Thani province, Southern Thailand. The style has been well-known since the reign of King Rama V the Great. Apart from the use of punches, kicks, knees, and elbows, the style also features other martial arts techniques; such as, "throwing, grappling, locking, and breaking". The teaching starts from the defensive scheme of "guarding, warding off, closing, and opening" to other techniques, so it is different from other boxing styles, which emphasize on offense.



Muay Tha Sao

- Phraya Phichai Dap Hak (Lord Phichai of the Broken Sword)

Originating from the Lower North, this boxing style is unique in its wide stance with the weight on the back foot and front foot gently touching the floor enabling long distance, fast and heavy strikes. The lead hand is positioned away from the face above the shoulder line and the back hand low. The Phraya Phichai Dap Hak boxing style is both offensive and defensive depending on the circumstances. Boxers must be aware of defense before offense, and how to handle situations before attacking as well as learning the strengths of oneself and the opponent.



Muay Physical Education

This is an accumulation of other boxing styles before being continued for learning boxing at the Physical Education Institution for additional tactics. The style is headlined by Achan Kimseng Taveesith, a renowned boxing master, who specialized in boxing learned from HSH Vibulsawasdiwong Sawasdikul who studied Thai boxing and is known as the father of Thai boxing. It not only focuses on the style of boxing, but also on speed and in and out agility. As a result, Muay Physical Education is considered a complete boxing style.





MONGKHON, SPELL, BOXING RING AND PRAJEAD

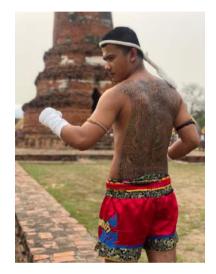
Mongkhon is a head band from the supernatural belief of the Thai people. It is considered as an auspicious amulet that can prevent danger. In the past, it was knitted from holy cotton and had a spell cast on it by the boxing instructors. Fighters must wear it throughout a fight. Teachers or seniors are the people who can put on or take off a Mongkhon from the boxers while those who take a Mongkhon off have to say the incantation every time.

At present, boxers only wear a Mongkhon in the ring during the Wai Khru ritual. A Mongkhon in the present day is knitted from nylon and worn by Muay Thai students, both Thais and foreigners. All are cultivated and provide information on the Mongkhon. When wearing a Mongkhon, boxers will not go through the boxing ring's ropes, but they have to jump over the ropes based on the belief that they will not bow to anyone.

Prajead is a piece of cloth with a yant or cast with a spell. It is strapped to the boxers' arms and believed that it will toughen the boxers' skin so that punching or elbowing will not cause any harm as well as prevent various other dangers.

Both the Mongkhon and Prajead must be cast with a spell through an attentive and unwavering mind; otherwise, the spell will not work. Both boxers and mentors have numerous spells and beliefs. Even though it is deemed superstition for Westerners, once the Westerners train in Muay Thai, they will have to embrace it in some way. It is to remind them of the boxing instructors and express

gratitude in accordance with the Thai custom.





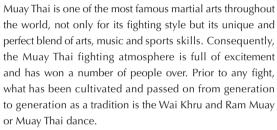


MUAY THAI Dance



MUAY THAI

WAI KHRU



"Muay Thai Wai Khru" has been with the Thai people for an extensive period of time and has constantly been practiced. It is considered a sacred ritual which pays homage to instructors, parents and teachers, which is auspicious for boxers before fights. At the moment, there are a high number of foreigners learning Muay Thai who also pay attention and study Wai Khru Ram Muay.

Unlike the Wai Khru tradition of Khon, a traditional dance drama of Thailand, which is performed behind a curtain, Muay Thai Wai Khru is performed in the ring. Boxers are required to perform clockwise circles called "Clockwise for Khru" in remembrance of past Muay Thai instructors. Afterwards, Thai traditional dance positions and movements will be performed; namely, Thep Phanom, Pathom, Prhmsiehnga followed by dance moves; such as, Peacock Tail Spreading and Rama Shooting an Arrow.

In addition, the Wai Khru Ram Muay ritual is also an opportunity to observe and gauge the opponent as well as stretch to relieve mental and physical stress prior to fights.







Dancing... Mystery of the Muay Thai Arts

Different boxing camps may have different Ram Muay or dance positions, movements and styles, but the basic principles of the traditional Muay Thai dance or Wai Khru Ram Muay can be divided into two parts: sitting position and standing position.

1st part: Sitting positions consist of four dance moves; namely, Thep Phanom, Pathom, Prom and Sot Sroi Mala.

2nd **part:** Standing and dancing positions; namely, Thep Nimit, Young Fon Haang, Narai Kwang Juck, Payuck Dom Gwang, Koom Cherng Kru, Doo Daskorn and Fon Long Cherng.

PI KLONG BAND

MUSICAL INSTRUMENTS OF MUAY THAI



What makes Muay Thai is the Pi Klong band. The musical instruments are thus the vital and necessary elements for Muay Thai dances and fights. The band consists of four musicians consisting of the following musical instruments: one Javanese clarinet, one low-toned drum, one high-toned two-faced drum, and one pair of small cymbals.

The Pi Klong band will play slow and fast melodies, varied in accordance with the periods within a fight. During Muay Thai Wai Khru, slow tempos will be played to accentuate the dancing styles to be fluid, beautiful and rhythmic. When the fight begins, on the other hand, the rhythm will become faster to let the audience know that the boxers are engaging in a tactical

fight. During the final round, the music will take on a more electrifying mood to incite boxers to finish the fight and excite the audience. Rhythm is, therefore, a key factor that can fascinatingly stimulate and keep both boxers attentive as well as the audience animated and excited with a fight.





15 MUAY THAI POSITIONS

Muay Thai is considered one of the cultural heritages of Thailand. The following 15 attractive and strong basic positions are considered important foundations of the art of Muay Thai. People who learn Muay Thai must know and practice the 15 positions for attacking and defending training as well as for striking fluidity.





Salubfunplaa

- Zigzag

To defend outside attacks, receive and avoid power attacks and punches of the opponent by ducking to the side.



Pucksaatalai Rung

– Bird Nest Break

To defend close attacks.



Chawasudhork

– Java Spears

To attack with the outside elbow.





Inao Tang Krij

– Inao Dagger Thrust

To attack with the inside elbow.



Yorkaoprasumaru

– Upon Mount Sumaru

Punching and guarding from a lower position by ducking to approximately 44 degrees.



Taenkumfuck

– Hatch Support

High punches to the chin by ducking approximately 66 degrees.



Mon Yun Luck

– Mon Leaning on Pillar

A defensive position by push kicks to keep the distance away from the opponent.



Dice PinTo counter-attack the opponent by elbowing the kick.

Puck Looktoy



Jorakay Fardhang
– Crocodile Tail Strike
To counter-attack the opponent's punch by turning the body and kicking high.



Huckguang Aiyara – Breaking Aiyara's Trunk To counter-attack by elbowing the

To counter-attack by elbowing the thigh of the leg that the opponent uses to kick.



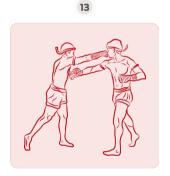
Naka Bidhaang - Twisted Naga Tail

Grabbing the opponent's kick and elbowing the calf.



Viruhokklub

- Viruhaka Return Push kicking when the opponent strikes a kick.



Dub Chawala – Lamp Extinguisher

Counterpunching to the face when the opponent punches.



Titan Captures Monkey

Import a Muay Thai defensive position before countering with punches-kicks-elbows.



Huck Korchaang Erawan

Breaking the Elephant's Neck

Closing the gap from the opponent, bringing the opponent's neck down and kneeing into the face.





SAK YANT

FROM THE MYSTICAL SYMBOLS AND FAITH TO INTERNATIONAL RECOGNITION

In the view of foreigners, Sak Yant or tattooing may merely be for esthetic purposes or personal preference. However, once studying Muay Thai in Thailand, they may look at tattoos in a different aspect as the essence of Sak Yant is the spells behind its tattooed design for superstitious results. It is the secret of the high-level magic of each expert tattooist.

Traditional Sak Yant is for a mental purpose caused by religious beliefs and supernaturalism under the belief that tattoos have a magical ability. It helps increase the prestige and invincibility of the owner.

Originally, tattoos or Sak Yant in Thailand were related to religion. Tattooists were usually monks or those who practiced magic and spells. Traditional tattooing was done by using a needle strapped at the end of a bamboo shoot. A special black ink and different incantation were used by each tattooist.

In the past, ancient Thai warriors often had tattoos to decorate the body as protection for safety. Even now, Sak Yant remains popular but has emphasized more on specific reasons; such as, Sak Yant for luck, safety and invincibility from various danger. Each type of tattoo has different magical properties.

At the same time, some people decide to have tattoos because of the artistic beauty of the pattern. The tattoo arts and the patterns have changed over time. The tattooing method has evolved from traditional tattooing by a bamboo shoot to an expert tattoo artist with a pointed metal rod or modern electric tattooing machine. The design can be chosen based on preference, colored or black and white. There is a variety of tattoo styles from Japanese, old school, new school, graphic, tribal tattoo, realistic tattoo to abstract tattoo.

Not only does Muay Thai pass on the art of fighting, it also passes on belief and faith transferred through various tattoos. Foreigners also learn and understand that Sak Yant is much more than a typical tattoo that they have or used to prefer. From the previous view of Thai tattoos as cool and unique among foreigners, it has become a pride of foreigners who are willing to have a tattoo on their body once knowing about the origin and meanings as well as the abilities to protect, heal and support.

THE

MOST FAMOUS

MUAY THAI TATTOOS - SAK YANT



Kao Yot

– 9 towers

This is a tattoo of Buddhist beliefs for invincibility. It was popular among ancient warriors and usually tattooed around the back of the neck. It is believed that those who have a Kao Yot tattoo will be invincible and cannot be struck down. The person with a Kao Yot tattoo has high morality and often makes merit.



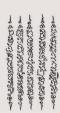
Hanuman

- Hindu monkey god
This is the Hindu god of the monkeys and the bearer of this tattoo is blessed with courage and bravery. Hanuman is worshipped by a high number of people as a symbol of strength, perseverance and devotion. With the Yant depicting Hanuman raising a flag, it will grant the wearer the power of winning.



Tiger Yant

The tiger is a symbol of power and strength. The person with a Tiger Yant is considered fearless. Precisely, these are the reasons why this tattoo is very popular, especially among Muay Thai fighters. A twin tiger or tiger king tattoo gives a person invulnerability during fights. It is usually tattooed in the middle of both sides of the back, divided by the spine for each tiger. It can be considered as one of the most beautiful tattoo designs due to its left-right balance.



Ha Taeo

- The 5 sacred lines

One of the most famous Sak Yant Thai tattoos is the Ha Taeo tattoo. It is designed to be tattooed on the left shoulder area. Each of the five lines has its own magic and sacred significance. Typically, they give the wearer protection against evil spirits, happiness and success



Ganesha

- Hindu elephant god

Ganesha is a Hindu god who enjoys great popularity in Thailand. It is said that he has the ability to eliminate obstacles. On the other hand, he is also able to place obstacles in the way of humans who do not pay homage to him. In addition, he is regarded as the god of dances and good lovers. This tattoo is worn by many people as a symbol of protection.











GET A REAL SAK YANT TATTOO WITH A MAGICAL BLESSING BY MONKS AND MASTERS.

SAK YANT BY A MONK

1 Sak Yant by a Monk
Wat Pomramon / Phra Achan Daeng
Tambon Suan Plik, Amphoe Mueang,
Phra Nakhon Si Ayutthaya 13000
Tel.: +66 (0) 3579 6656

2 Samnak Sak Yant, Wat Bang Phra (Luangpho Poen) Mu 3, Wat Lamut-Nara Phirom Road, Tambon Bang Kaeo Fa, Bang Phra, Nakhon Chai Si, Nakhon Pathom 73120 Tel.: +66 (0) 3438 9333

3 Samnak Sak Yant, Wat Pai Lom
Amphoe Mueang, Nakhon Pathom 73000
Tel.: +66 (0) 8 5415 6464

4 Wat Sawang Arom / Phra Achan Pornsit 86 Tambon Thung Satok, Amphoe San Pa Tong, Chiang Mai 50120 Tel.: +66 (0) 8 5030 3549





1 Achan Fu Sak Yant

Khubon Soi 6, Ram Intra, Khannayao, Bangkok 12030

Tel.: +66 (0) 8 5736 9784 www.ajarnfu.com

2 Sak Yant Achan Neng

288/296 Phueng Mi Soi 50/24, Bang Chak, Phra Khanong, Bangkok 10260

Tel.: +66 (0) 8 5075 9061 www.thaisakyant.com

3 Sak Yant Embassy - Traditional Thai Tattoo

2 Sukhumvit Soi 85, Bang Chak, Phra Khanong, Bangkok 10260 **Tel.: +66 (0) 9 5413 4756**

Line: sakyantembassy www.sakyantembassy.com

4 Achan Noo Kanpai

95/5 Mu 1, Muban Phun Si, Pathum Thani Road, Bang Khayaeng, Amphoe Mueang, Pathum Thani 12000

Tel.: & WhatsApp: +66 (0) 6229 28799

Line: ajarnnoo WeChat: ajarnnoo www.ajannookanpai-eng.com

5 Sak Yant Thai Achan Ohr

28/4 Mu 2, Khu Khwang, Lat Lum Kaeo, Pathum Thani 12140

Tel.: +66 (0) 8 6101 0905, +66 (0) 8 6500 7246

Line: janaor007 wechat: janaor007 www.sakyantthaiarjanohr.com

6 Sak Yant Achan Fluke

369 Muban Pattara Niwet, Soi Samakkhi 28, Amphoe Mueang, Nonthaburi 11000

Tel.: +66 (0) 8 8629 0355 FB: Sakyant Ariarn Fluke

7 Samnak Sak Yant Achan Somchat Nakjan

Wat Saeng Siritham, Soi Tha It, Nonthaburi **Tel.: +66 (0) 8 1807 3303, +66 (0) 6 3495 4619**

8 Sak Yant Achan Watt

1/2 Ban Khlong Chao Ban Nong Phrao Ngai, Sai Noi, Nonthaburi 11150 info@sakyant-ajarnwatt.com Tel.: & WhatsApp: +66 (0) 9 7015 2952 www.sakyant-ajarnwatt.com

9 Samnak Sak Yant Achan Pui Bangphra

Wat Bang Phra, Tambon Bang Rakam, Amphoe Bang Len, Nakhon Pathom 73130

Tel.: +66 (0) 8 5704 1669

FB @sakyan

10 Samnak Sak Yant Achan Boo Bang Phra

62/5 Mu 1, Tambon Kaeo Fa, Amphoe Nakhon Chai Si, Nakhon Pathom 73120

Tel.: +66 (0) 9 5664 4669 WeChat: boo0924834282 IG: sakyant_arjarnboo FB: Sakyant Arjarnboo Bangphra

11 Samnak Sak Yant Achan Kob

4 Khlong Sa Bua, Phra Nakhon Si Ayutthaya District, Phra Nakhon Si Ayutthaya 13000 **Tel.:+66 (0) 8 1557 7958**

12 Achan Suea Khem Thewada / Thai Sak Yant Preservation Group

61/6 Muban Pornthep Garden Ville 1, Pattaya, Chon Buri 20260 (next to the Crocodile Farm)

Tel.: +66 (0) 8 9448 8422 www.importancetattoo.com

13 Achan Mee Sak Yant

Soi Bun Oep Kathu, Phuket 83120

Tel.:+ 66 (0) 6 2995 4156

Line. 0629954156

IG:@aj mee sakvant thai tattoo

14 Achan Kaidet Sak Yant Thai

Traditional Thai bamboo tattoo in Railay, Krabi 81000

www.kaidetsakyant.com

MUAY THAI GEAR

If you plan on training in Muay Thai, it is important to choose the right training equipment. If you are just starting out, you only need to show up to training with a few essential items. However, if you plan on getting the full Muay Thai experience, it is important to have the right Muay Thai gear. Muay Thai gear is very different from other traditional martial arts gear available. Since Muay Thai is known as the art of eight limbs, there are more weapons to learn how to use.

Mongkhol





- Mini flyweight: Not more than 104 pounds (47.727 Kg).
- Junior Flyweight: Not more than 108 pounds (48.988 Kg).
- Flyweight: Not more than 112 pounds (50.802 Kg).
- Junior Bantamweight: Not more than 115 pounds (52.163 Kg).
- Bantamweight: Not more than 118 pounds (53.524 Kg).
- Junior Featherweight: Not more than 122 pounds (55.338 Kg).
- Featherweight: Not more than 126 pounds (57.153 Kg).
- Junior lightweight: Not more than 130 pounds (58.967 Kg).
- Lightweight: Not more than 135 pounds (61.235 Kg).

Professional Muay Thai

- Junior Welterweight: Not more than 140 pounds (63.503 Kg).
- Welterweight: Not more than 147 pounds (66.638 Kg).
- Junior middleweight: Not more than 154 pounds (69.843 Kg).
- Middleweight: Not more than 160 pounds (71.575 Kg).
- Light Heavyweight: Not more than 175 pounds (79.379 Kg).
- Cruiserweight: Not more than 190 pounds (86.183 Kg).
- Heavyweight: More than 190 pounds (86.183 Kg above).





MUAY THAI STADIUMS IN THAILAND

When you visit Thailand and get an opportunity to learn Muay Thai, a ring-side Muay Thai fight experience for all the excitement and atmosphere is a must.

Nonetheless, for tourists who prefer Muay Thai experiences in major and historic Muay Thai stadiums in Bangkok that meet the standards which are widely known across the world, the Lumphini and Ratchadamnoen Boxing Stadiums are the two major stadiums in the heart of the city where tourists can purchase tickets to have this experience.

In addition, in Thailand, there are numerous standard boxing stadiums that have popped up in the main tourist destinations; such as, Pattaya, Chiang Mai, Phuket, Phang Nga, Samui, etc., all with constant organization of boxing matches. The matches range from competitions arranged by and among various boxing camps to open opportunities for foreigners who undergo Muay Thai courses and train at a Muay Thai gym or boxing camp and want to experience a real Muay Thai fight against Thai boxers.

Moreover, dozens of television programs broadcast live Muay Thai competitions to other countries around the world; such as, Channel 7 Muay Thai (Channel 7), Jao Muay Thai (Channel 3), as well as other digital television channels that organize Muay Thai competitions in the form of modern boxing shows, full of light and sound systems to excite the audience with boxing matches under novel concepts. For instance, Thai boxers are matched up with foreign boxers and fight under the adjusted rules of three rounds of fighting only. The examples of the channels are Spring 26 with the Max Muay Thai program, The Champion Muay Thai program and Muay Thai Folder program or Channel ONE with the Max Muay Xtreme, etc. These provide alternative options for Muay Thai viewing online or through television.



HERE ARE THE BEST PLACES TO EXPERIENCE THRILLING MUAY THAI FIGHTS.

BANGKOK-

Ratchadamnoen Stadium

Ratchadamnoen Nok Road, Pom Prap Sattru Phai, Bangkok 10200 4 days a week on every Monday, Wednesday,

Thursday and Sunday. **Open:** 6.00-10.00 p.m.

The seating is provided in 3 classes: Ringside Class, 2nd Class and 3rd Class.

Ticket price: 1,000-2,000 Baht Tel.: +66 (0) 2281 4205, +66 (0) 2280 1084

www.rajadamnern.com

Lumphini Boxing Stadium

6 Ram Intra Road, Bang Khen, Bangkok 10220 3 days a week on every Tuesday, Friday and Saturday

Open: 6.00-10.00 p.m.

Ticket price: 200-2,000 Baht

Tel.: +66 (0) 2251 4303, +66 (0) 2252 8765

www.muaythailumpinee.net.

Channel 7 Stadium Bangkok

998/1 Phahonyothin 18/1, Chomphon, Chatuchak, Bangkok 10900

Open: Every Sunday from 1.45 p.m. and every 3rd Wednesday of the month from 12:00 p.m.

Ticket price: Free standing

VIP seats: 300 Baht Tel.: +66 (0) 2495 7777 www. webmaster@ch7.com

Imperial World Stadium

Imperial World Shopping Center, Latphrao Soi 83, Bang Kapi, Bangkok 10240 **Open:** Saturday from 2.05 - 4.00 p.m.

Ticket price: Free Tel.: +66 (0) 8 7589 8080

Cmnoi Stadium

74 Mu 12, Soi Phetkasem Soi 87, Om Noi, Samut Sakhon 74130 **Open:** Every Sunday 11.00 a.m.

Ticket price: 101-500 Baht

Tel.: +66 (0) 2420 8688, +66 (0) 2420 8691, +66 (0) 8 6998 8331, +66 (0) 8 1318 7377

Rangsit Boxing Stadium

323 Phahonyothin Road, Prachatipat, Thanyaburi, Pathum Thani 12130

Open: Every Friday 6.00 - 8.00 p.m.

Ticket price: 500 Baht
Tel.: +66 (0) 8 2985 1115
www.muaythai-institute.com

Blue Arena Stadium

566 Mu 8, Praksa Road, Taiban Mai, Mueang, Samut Prakan 10280

Open: Every Sunday 12.00 – 3.00 p.m.

Ticket price: 500 Baht Tel.: +66 (0) 8 0044 6350



PATTAYA

Pattaya Boxing World

387 Mu 6, Sukhumvit Road, Na Kluea, Bang Lamung, Chon Buri 20150

Open: 5.00 – 5.40 / 7.30 – 8.10 p.m.

Ticket price: 1,000 Baht

Tel.: +66 (0) 9 9232 6611, +66 (0) 9 9232 8484

Handler Thepprasit Boxing Stadium

193/15 Thepprasit Road Soi 2, Chomtien, Chon Buri 20250 **Open:** Wednesday, Thursday and Saturday 8 p.m. – midnight **Ticket price: 1,200 – 1,500 Baht**

Tel.: +66 (0) 8 6139 7510

Max Muay Thai Stadium Pattaya

42/108 Sukhumvit Road, Mu 9, Nong Prue, Bang Lamung, Chon Buri 20150

Open:

Monday - Thursday: 7.30 – 8.30 p.m. (3 fights) Friday: 6.00 – 7.45 p.m. (7 fights) Saturday and Sunday: 7.30 – 8.30 p.m. (Ultmate tournament and MAX World Champions 7 fights)

Ticket price:

Monday - Thursday: 1,500 Baht

Friday: 2,000 Baht

Saturday and Sunday: 2,000 Baht Children under 100 cm.: Free

Tel.: +66 (0) 3 8416 999, +66 (0) 8 2495 5549

www.maxmuaythai.com

CHIANG MAI

Thapae Boxing Stadium

319 Moon Mueang Road, Mueang, Chiang Mai 50100

Open: Monday – Saturday: 8.00 – 11.20 p.m.

Ticket price:

Standard seat + roundtrip transfer:

500 Baht

Ringside seat + roundtrip transfer:

800 Baht

VIP seat + roundtrip transfer:

1,500 Baht

Tel.: +66 (0) 8 9434 5553

Facebook: Thaphae Boxing Stadium

Loi Kroh Boxing Stadium

96 98 Loi Kroh Soi 3, Chang Khlan, Mueang, Chiang Mai 50100

Open: Tuesday – Saturday:

9:00 p.m. - midnight

Ticket price: 400 - 600 Baht

Tel.: +66 (0) 8 9755 9884

Facebook: LOI KROH Thai Boxing Stadium

Chiang Mai Boxing Stadium

177 Chang Phuak Road, Siphum, Mueang, Chiang Mai 50200 **Open:** 8.30 a.m. – 11.30 p.m.

Ticket price:

Grandstand: 600 Baht Ringside: 1,000 Baht VIP Extra: 1,500 Baht

Tel.: +66 (0) 8 2416 5959,

+66 (0) 8 9565 4693, +66 (0) 6 2745 2478 www.chiangmaiboxingstadium.com

PHANG NGA =

🔼 🛮 Khaolak Boxing Stadium

Ticket price:

Khuekkhak, Takua Pa, Phang Nga 82190

Open: Friday: 9.00 p.m.

VIP.: 1,500 Baht Ringside: 1,300 Baht Stadium: 1,000 Baht

Tel.: + 66 (0) 8 9589 3108, +66 (0) 9 3661 1854

Facebook: Khaolak Boxing Stadium

HUAHIN

Grand Thai Boxing Stadium

222/2 Grand Hotel, Hua Hin, Prachuap Khiri Khan 77110

Open: Friday 9.00 p.m. – midnight Ticket price: 1,000 Baht

Tel.: +66 (0) 8 0391 9394



PHUKET

Bangkla Boxing Stadium

150 55 Phangmueangsai Road, Patong, Kathu, Phuket 83150

Open:

Saturday: 10.00 a.m. – 10.00 p.m. Sunday, Wednesday & Friday:

10.00 a.m. - 11.45 p.m.

Monday & Tuesday: 11.00 a.m. – 10.00 p.m.

Thursday: 11.00 a.m. - 10.00 p.m.

Ticket price:

VIP.: 2,500 Baht Ringside: 2,000 Baht Stadium: 1,700 Baht Tel.: + 66 (0) 6 4061 5050

www.banglaboxingstadiumpatong.com

Patong Boxing Stadium & World BungyJump

2/59 Sainamyen Road, Patong, Kathu. Phuket 83150

Open:

Saturday: 9 .00 a.m. – 11.00 p.m.

Monday & Thursday: 9 .00 a.m. – 11.30 p.m.

Tuesday, Wednesday & Friday:

9 .00 a.m. – 5.00 p.m.

Ticket price:

VIP.: 1,800 Baht (free T-shirt)

Ringside: 1,500 Baht Regular: 1,300 Baht Tel.: +66 (0) 8 1737 7193 www.boxingstadiumpatong.com

KRABI -

📇 Krabi

Ao Nang Krabi Stadium 00 Mu 3, Ao Nang, Meuang, Krabi 81000

Open:

Monday – Friday: 9.00 p.m. - until finish

Ticket price: 1,200 - 1,500 Baht

Tel.: +66 (0) 8 3692 6262 Facebook: Ao Nang Krabi Stadium www.aonangmuaythaigym.com

SURAT THANI - KO SAMUI

Phetch Buncha Samui Stadium

Chaweng-Choengmon Road, Ko Samui, Surat Thani 84320

Open: Wednesday & Saturday: 9.00 p.m.

Ticket price:

V.I.P.: 2,500 Baht Ringside: 2,000 Baht Normal: 1,500 Baht

Tel.: +66 (0) 8 4772 6739, +66 (0) 7741 3011 Facebook: Phetchbuncha Samui Stadium www.phetchbunchastadium.com

Chaweng Muay Thai Boxing Stadium

166/16, Mu 2 Chaweng, Bophut, Ko Samui Surat Thani 84320 **Open:** Tuesday & Friday: 9.00 p.m.

Ticket price: V.I.P.: 2,000 Baht Normal: 1,500 Baht

Tel.: +66 (0) 9 5574 3193, +66 (0) 7733 0514 Facebook: Chaweng Muay Thai Boxing Stadium www.chawengstadium.com

Samui International Muay Thai Stadium Box Office

3/2 Laem-din Road, Chaweng Beach, Ko Samui, Surat Thani 84320

Open: Sunday & Thursday: 9.00 p.m.

Ticket price:

V.I.P.: 2,500 Baht Ringside: 2,000 Baht Stadium: 1,500 Baht Tel.: +66 (0) 6 2645 1245

Facebook: Samui International Muay Thai

Stadium Box Office www.samuithaiboxing.com www.samuimuaythaigym.com

Lamai Boxing Stadium

124/62 Hat Lamai Road, Maret, Ko Samui, Surat Thani 84310 **Open:** Saturday: 10.00 p.m. **Ticket price: 100 Baht**







9 SATRA

BREATHTAKING... EXECU

KICKBOXER

The Vengeance

MUAY THAI

POP CULTURE Movies and Shows

The popularity of Muay Thai in the past decade has made "Muay Thai" become a recognized sport worldwide, especially in America and Europe. There have been various matches organized with weekly TV broadcasts. Muay Thai is similar to a lifestyle, which has resulted in a new era of fitness centers and gyms that include Muay Thai courses. This is because it's a form of exercise that burns the most calories, or even the sales of Muay Thai boxer shorts and Thai-style tattoos that's like a new trend

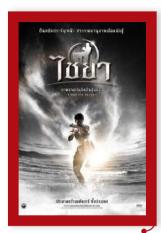
among various groups of fans.

"The Art of Eight Limbs" has been used as a plot for numerous movies, both Hollywood and Thai, which has resulted in an integration of Eastern culture which Westerners have understood that Muay Thai is a Thai martial art, as it has kick-boxing. The 5 Muay Thai movies that critics have commented as being the best are Ong-Bak: Muay Thai Warrior of 2003. The Thai director, Prachya Pinkaew was the first who brought the excitement of intense fast fighting to show to people worldwide on the big screen. This made Tony Jaa an icon among Thai martial art fighters, and he also appeared in Fast & Furious 7.

Jean-Claude Van Damme first used Muay Thai as a martial art in the 1989 movie Kickboxer and practiced boxing in Thailand. This made Americans know that Muay Thai wasn't only kick-boxing. The movie was a great success and in 2016, had a follow-up Kickboxer: The Vengeance.

The Legend of Muay Thai: 9 Satra – a 3D Thai animation conveyed the legend of Muay Thai in a Hollywood action style. It referred to Thai culture in a Buddhist society.

Muay Thai Chaiya, a movie of 2007, had the slogan "Every part of the body can be a weapon", and was publicized worldwide. Even though the actor was not Tony Jaa, it had Samart Payakaroon, a renowned former world champion boxer appearing on the screen with the scene of fighting with rope. This made Muay Boran be another branch of Muay Thai that foreigners began to take interest.



MUAY THAI CHAIYA

Chok-Dee, a French film of 2005, told about the story of Dida Diafat, a French/Algerian Muay Thai fighter who came to practice Muay Thai in Thailand, and faced intense training like real Muay Thai till the time that he fought. The film starred Dida Diafat, himself. It was another story that created the inspiration for many French people to like the martial art of Muay Thai and gain increased interest in wanting to learn the science of Muay Thai.

Besides this, there is a movie that presents the dimly-lit scene of Bangkok and the vengeance of a foreigner through Muay Thai. Only God Forgives, a movie of 2013, even though it has violent content, it was the Thai way in the perspective of a foreigner. Also, this made Muay Thai be seen that it wasn't only kick-boxing.

There's also the movie that received quite good reviews about a male Muay Thai fighter who had the heart of a female. This was **Nong Toom** - **Parinya Charoenphol** in **Beautiful Boxer**. Even though this was a drama, it had the authentic Muay Thai camp training atmosphere.

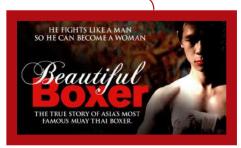


CHOK DEE

ED WITH PURE FORMAL BE

ONLY GOD FORGIVE •

BEAUTIFUL BOXER



Besides this, another style of Muay Thai and Thai martial arts is the Muay Thai Live: The Legend Lives, which has been running for 6 years at The Stage, Asiatique the Riverfront. It conveys the story of the legend of fighting from King Sanphet VIII, Phraya Phichai Dap Hak to Nai Khanom Tom in a spectacular way that foreigners will be excited. It has received a lot of praise from various media.





Many characters that are dark, strong, have a sense of humor combined with skills and tact in various levels in boxing rings have made Muay Thai be created into more than a 100 online games. These include forms of training, fighting plans, ability, and outstanding characters that dream of fighting through an application to practice real Muay Thai.

Top Muay Thai games that are worth mentioning and often downloaded include Muay Thai Fighting Origins Pro. It is a game that has been recognized for its great graphics and arrangement of boxing matches that have come from studying the real thing resulting in lots of fun. In the Pro version, there are special fighters like Saenchai, a renowned Muay Thai fighter. It has updated information, and there's also an offline version, too.

Street Fighter Series: Is a classic fighting game that has been known worldwide for some time. In the series, there's Sagat, a towering Thai fighter who has outstanding Muay Thai tactics, so it was named after Sagat Porntavee, a champion of Lumphini for 3 consecutive times and one of the best Muay Thai fighters. Street Fighter is a legendary 2D game that doesn't have its boxers beaten. The game has its original loyal fans as well as the new generation of fans that want to test their skills.

Muay Thai - Fighting Origins is another fun game and when mentioning about online games, you can choose to fight from 60 top-level fighters and make them fight in a designated ring. It has received reviews that the game is fun, and you can continually develop your skills with your fighting experience.

When stepping into 3D Muay Thai training games, one of the best is Muay Thai Box Fighting 3D. This is a Muay Thai training simulation for fighting against a champion opponent in various rings. Besides Muay Thai, there's also Taekwondo and Kung Fu.

Muay Thai Fighting Martial Arts Combat is a violent Muay Thai game from the App Store that puts you in a Thai arena. You can choose the fighter, as well as the style of fighting and training in the camp by using tactics to become a champion yourself.



the App Store that lets you practice Muay Thai in a fun game. No matter if you're a novice fighter, amateur, a professional, or even a trainer, this app will help you

For You is another application in

Muay Thai -Thai Boxing

amateur, a professional, or even a trainer, this app will help you learn the art of Muay Thai with a renowned professional trainer that you can choose yourself.

Muay Thai V3 is a complex 3D game that can be played simply in a retro style. It can be downloaded for free, but has an atmosphere like authentic Muay Thai. Also, the music is like real Muay Thai on a flash game with easy buttons for kicking, punching, and other moves that can be used interchangeably.

Muay Thai to enter this martial art through more than 30 million gamers worldwide. Examples include:

Brad Burns, who used to be a fighter in the Virtua Fighter 4 Evolution series on PS2 is now a Muay Thai boxer in Virtua Fighter. He's not only strong, but also good with using his knees, elbows, and other skills that has created a skilled character and cooler than Bruce Irwin from the Tekken series.

Joe Higashi in Fatal Fury and the King of Fighters are martial arts games of the Japanese fighter, Higashi, who won a Muay Thai fight. This development of martial arts in games was initially launched in 1991 in Fatal Fury: The King of Fighters on SNES and Sega Genesis/Mega Drive to the King of Fighters XIV that was launched in 2016.

Muay Thai in games is a reflection of the expansion of two aspects that has made Muay Thai become more known. When people play games, they become really interested in Muay Thai and come to train, or for those who already practice Muay Thai will have increased fun when they play a game because they already know and understand this sport.

Not only this, Muay Thai in games has successfully created harmonious integration that has made the nation's culture spread to contemporary pop culture. Muay Thai does not only tell about the source that has roots in Thailand and is an effective martial art, but also informs about the culture under Buddhist philosophy; e.g., Wai Khru, paying respect to elders, dedication to masters, and auspiciousness that is difficult to publicise to people of different cultures to understand and accept.







GYMS & CAMPS IN BANGKOK





GET DIRECTIONS

easy to go



SCAN THIS



Tel: +66 (0) 2673 3297, +66 (0) 6 4721 0173

Facebook: P.K.saenchaimuaythaigym E-mail: pkseanchaimuaythaigym@gmail.com

HART-YAUN





ATTACHAI MUAY THAI GYM

1

Type: Gym / Camp
BANGKOK

Attachai Muay Thai Gym is managed by Pornsak Boonrat or Attachai Por Somranchai, the famous boxer nicknamed as the "Left Hand from God".

The owner of this camp has experience of more than 200 professional boxing matches with 180 wins and has been a 108 lbs. World Boxing Council Muaythai champion as well as a 122 lbs. Lumphini Boxing Stadium champion. After retiring from his professional boxing career, Attachai became a boxing instructor and has had the opportunity to provide boxing lessons in various countries. With extensive experience, he eventually decided to open his own boxing camp.



Immediately after the establishment of Attachai Muay Thai Gym, it gained attention from foreign customers whom Attachai had taught. They flew in for lessons in Thailand making it the starting point for the boxing camp to consistently have foreign students all the time. At present, the notable boxer of the camp is Chalawan Attachai Muay Thai Gym who won the 118 lbs. division from the Ratchadamnoen Boxing Stadium and Omnoi Stadium.



COURSE

1 SESSION 450 B

4.000 B

11,500 B

10 SESSIONS

(within 1 month)

10 SESSIONS

(within 2 months)

Shared room: 1,000 Baht / day Double room: 1,400 Baht / day Single room: 1,800 Baht / day

(prices include 2 Muay Thai sessions / day)

The highlight of the camp is Muay Thai training by the championship pedigree instructor of Attachai. All the students of the camp will be taken care of by the "Left Hand from God" in person, who will focus mainly on the fighting techniques.

ADDRESS

900 Soi On Nut 36, Suan Luang, Bangkok 10250

Tel.: +66 (0) 2102 6452, +66 (0) 9 7116 8590

www.attachaimuaythaigym.com Facebook: attachaimuaythaigym



2

FITFAC MUAYTHAI ACADEMY (PLOENCHIT BRANCH)

Type: Gym
BANGKOK

Located in the middle of a prosperous business road in Bangkok, easily accessible through public transportation from public buses to the BTS Skytrain, Fitfac has gained popularity only in a short span of time for its standard and modern gym under the management of a new generation.







Fitfac is the first gym in Thailand that incorporates sports science with Muay Thai teaching. There are more than 150 championship-level boxing instructors; such as, champions from Lumphini and Ratchadamnoen Boxing Stadiums, WBO champions, and winners of the SEA Games, Asian Games and the Olympics who have teaching experiences in over 50 countries around the world



The trainers at the gym are experts with more than 1,000 hours of customer training experiences and direct expertise in sports science. Therefore, they able to provide excellent advice to customers both on exercise and diet programs. Customers can receive consultation free of charge, as the gym is "aiming for customers' success that is more valuable than sales numbers".



Fitfac is like a fitness factory with more than 10 branches available at the present time. Each branch prioritizes on the teaching quality and ease of access. The interior's ambiance is designed in a modern style with a yellow tone for students to feel fresh while teaching is conducted in air-conditioned rooms with shower rooms and lockers, as well as standard fitness center equipment available for customers.

COURSE

1 MONTH 4,890 B

4 MONTHS 11,560 B

6 MONTHS 14,940 B

ADDRESS

888/36-39 Mahathun Plaza Building, Lumphini, Pathumwan, Bangkok 10330

Tel.: +66 (0) 9 6990 4790

www.fitfacmuaythai.com



3

JAROENTHONG MUAY THAI

Type: Gym BANGKOK

The transformation from a boxing camp to this current boxing gym is the beginning of the development of Muay Thai as a sport according to Khun Jaroen Chummanee or Khru Pet who is widely known among boxing fans as Jaroenthong Kiatbanchong. Khru Pet is an elite boxer of Thailand who won multiple championships at the Lumphini Boxing Stadium.

After his retirement, Khru Pet wished to preserve the arts of Muay Thai and, as a result, opened up a Muay Thai boxing gym. It is considered another good exercise option, especially for increasing the body strength, as a form of martial arts and for weight loss. Jaroenthong Muay Thai has been established and expanded into numerous branches including in Khao San and Ratchadaphisek Roads, which are considered parts of the major business districts.

COURSE

1 SESSION 600 B

7 SESSIONS 2,500 **B**

1 MONTH 4,500 B

Private class (1.5 hr.) 1,200 Baht / class Private class with Khru Pet 3,000 Baht / class









In addition to teaching conducted by selected professional boxers to ensure accurate punches, heavy kicks and precise knees, the brand is known for its numerous branches. At the Meng Jai branch, a private session with Khru Pet is offered while another branch can be reached conveniently by the MRT and the last class offered at the Ratchadaphisek branch is at 21.00 Hrs. for those who go to bed late and the location is also convenient for traveling. For those who do not want to learn Muay Thai, there is a fitness center and yoga classes provided inside as well as a comprehensive fitness facility.



ADDRESS

Meng Jai branch:

581 Soi Ramkhamhaeng 39, Pracha Uthit Road, Wangthonglang Bangkok 10310

Tel.: +66 (0) 2539 3867, +66 (0) 6 3642 9395

Facebook: JaroenthongGymMengJai

Ratchadaphisek branch:

205/27-28 Ratchadaphisek Road, Din Daeng, Bangkok 10400

Tel.: +66 (0) 2276 5016

Facebook: jaroenthongmuaythairatchada



KAEWSAMRIT GYM

Type: Gym / Camp

BANGKOK

Kaewsamrit Gym, a long-standing boxing camp that has created numerous top Muay Thai boxers in Thailand, is managed by the famous Mr. Anan Chantip, known as Srimuang Singsuanngern, who received an award for the outstanding boxing camp owner from the boxing instructor ceremony.







Notable boxers who have made a name for the camp; for example, are Anuwat Kaewsamrit, aka Phetchakat Kon Tagon, the holder of 13 championship belts and Kong Mueang Trang, a rising star boxer who is known for his complete striking arsenal from knee to elbow strikes while there are many more boxers who have created a good reputation for the camp in the industry.

In addition to being the meeting point of champions, in

2002, the camp also won the Best Boxing Camp of Thailand and multiple awards, making this camp recognized by the professional boxing circle as well as the general public interested in the sport of Muay Thai.











People interested in Muay Thai can practice and develop their skills at the camp while those who want to be professional boxers can embark on long-term lessons. The instructors at the camp can communicate both in Chinese and English to facilitate Muay Thai learning of foreigners. In addition, long-term single and shared accommodation is provided.

COURSE

1 SESSION 400 B

1 MONTH 15,000 B

PACKAGE STARTING FROM 24,000 B

Included 1 month accommodation with 2 meals / day

ADDRESS

104/50 (115) Burapha Villa 3, Soi 5 Thungmangkon Road, Chimphli, Talingchan, Bangkok 10170

Tel.: +66 (0) 2448 8079, +66 (0) 8 7821 6866

www.kaewsamritgym.com Facebook: kaewsamritboxinggym





5

KEATKHAMTORN GYM

Type: Gym / Camp

BANGKOK

Keatkhamtorn Gym is renowned for the kneeing techniques. While upon entering the gym, you will find young boxers from 13 to 20 years of age vigorously practicing Muay Thai strikes from punching, kicking, kneeing to throwing elbows. The Gym is also known for being a traditional boxing camp recognized by people in the boxing industry. Keatkhamtorn Gym was established 20 years ago under the management of Pol. Capt. Thirawat Chukorn or Captain Kae who has had a keen interest in Muay Thai since college until having the opportunity to open his own boxing camp in 1999. The Gym has produced a number of champions; such as, Ole Dong, the World Boxing Council champion, and Nopparat Keatkhamtorn and Saipetchnoi Keatkhamtorn, the Gym's star boxers who hold championship titles. Yodpetch who won the 106 lbs. division of Thailand's boxing championship and Tsapmanee who is fostered by Captain Kae to compete at the national level are the Gym's rising stars at present.





All 4 instructors at the Gym can speak English whereas the lineup consists of runner-ups from the Ratchadamnoen Stadium boxing championship; such as, Khru Mono Singha Kao Saen or Janevas Keatkhamtorn who has won the famous Max Muay Thai.

The Gym offers an open-air boxing atmosphere with equipment that meets the required standards. Despite being a professional boxing camp, it also welcomes the general public, both Thai and foreigners. For people who prefer a longer training period and want to truly experience the life of a boxer, accommodation can be provided both within the camp and at nearby apartments for privacy and convenience.

COURSE

1 SESSION 400 B

3 hours

2 SESSIONS / DAY 700 B

1-DAY STAY 1,500 🕏

Morning and evening practice inclusive of accommodation and 2 meals

ACCOMMODATION PACKAGE

9,000 B / WEEK 2 sessions / day

30,000 **₿** / MONTH

ADDRESS

25 Ram Inthra Road Soi 58 Yaek 3, Khannayao, Bangkok 10230

Tel.: +66 (0) 8 5800 8708, +66 (0) 8 6780 8730

www.keatkhamtorngym.com Facebook: keatkhamtorngym IG: keatkhamtorngym











Type: Gym
BANGKOK

"We want to be a good host in welcoming tourists who love and enjoy Muay Thai, cherish good health and exercise to keep the body and mind healthy" - Khongsittha Muay Thai.





In 2013, Khongsittha Muay Thai was therefore founded under the creative concept and combined knowledge in Muay Thai as martial arts with exercise for new experiences. It promotes the value of traditional Muay Thai arts as a sport easier to access and be studied by everyone.





With unique teaching techniques and training styles, students will practice how to kick, knee and elbow through a combination of both old and new training methods. This is to increase the Muay Thai skills and knowledge for students to be strong and effective while having fun. The training is practical even among students with no prior Muay Thai knowledge. The teaching starts from the basics to professional boxer level with expert trainers providing advice and taking care of students in every step.

Khongsittha Muay Thai is located in the busy Latphrao district with all the department stores, community malls and other tourist attractions, restaurants or spas nearby. Students are able to train while relaxing at the same time. Traveling in Bangkok from the gym is convenient, or if students require accommodation, Khongsittha Muay Thai can also

provide standard accommodation rooms.

23 Sukhonthasawat Road, Latphrao,

COURSE

3 DAYS / 2 NIGHTS accommodation included

.

3,300 B

7 DAYS

10,500 串

(within 1 month)

1 MONTH

29,000 串

28 nights accommodation included training 6 days a week

Tel.: +66 (0) 2932 9911

Bangkok 10230

ADDRESS

Group training available (max. 120 persons)

www.kstmuaythai.com Facebook: khongsittha

Closed every Monday



KRUDAM MUAY THAI GYM

Type: Gym / Camp

BANGKOK



People who want to exercise in order to increase their body strength and learn self-defense skills to be used when in need will benefit from the superior teaching techniques of Khru Dam if they have the opportunity to try Muay Thai sessions at Krudam Gym. The Muay Thai skills gym's owner, Khru Dam, is second to none as he is the only athlete who has won medals in 7 different sports in international sporting events from Muay Thai, boxing, amateur Muay Thai, amateur boxing, karate, taekwondo and kickboxing, as well as being a guest speaker for the Thailand Boxing Association. With the extensive experiences of being a national athlete and champion of Thailand's amateur Muay Thai, combined with his passion for fighting sports, after retiring from the national team, Khru Dam decided to open a Muay Thai school with the intention of teaching foreigners Muay Thai and the art of fighting through the Muay Thai sport. At present, the branch at Sukhumvit Soi 36 has a high number of both Thai and foreign students.







The pros of this gym, besides being spacious, are that it meets the standard and emphasizes teaching correct Muay Thai techniques, striking and postures. For foreigners who want to obtain a certificate after the completion of the courses, the gym will also issue these that are accredited by the Ministry of Education.

In terms of lessons, multiple options are available be it Muay Thai for weight loss, for increasing physical fitness, or for developing Muay Thai skills from the beginning to the advanced levels. The training programs are divided according to the level of the students with close supervision by the boxing

instructors at all time.

COURSE	
1 SESSION	599 В
10 SESSIONS	5,299 ₿
1 SESSION Private session	1,499 ₿
10 SESSIONS Private session	12,999 段

3,499 \$ /1 CLASS 29,999 \$ /10 CLASSES

KRUDAM PRIVATE

ADDRESS

Sukhumvit Soi 36, Sukhumvit Road, Khlong Toei, Bangkok, 10110

Tel.: +66 (0) 8 4108 6652

www.krudamgym.com Facebook: krudamgym

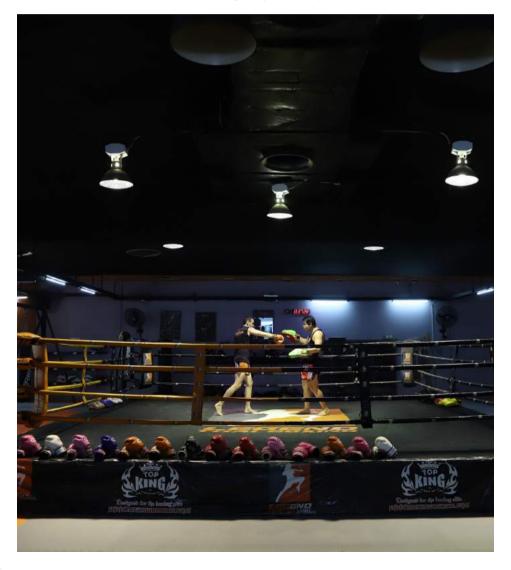


8

LEGEND THAI BOXING

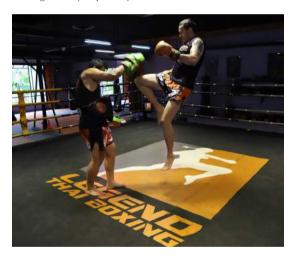
Type: Gym
BANGKOK

"Find The Legend in Your Perfect Body", this is the slogan of Legend Thai Boxing that opened a gym according to the concept of a Muay Thai master so that everyone could have the opportunity to learn Muay Thai with a renowned legendary Muay Thai instructor. This is conducted in the format of using the sport of Muay Thai as the key.





Legend Thai Boxing is not a boxing camp for people who want to be a professional boxer; this is a fitness centre in the Muay Thai format so people can have a fit, firm, and strong body and endurance. Most importantly, it helps to reduce weight, which has made this place have many women coming to study, especially office workers in the Sathon area.



COURSE

90 minutes per session

1 SESSION
Group up to 25 persons
1 SESSION
Group up to 3 persons
1 SESSION
1,800 B
Private session



The training focuses on fun and simplicity, so that everyone understands all about Muay Thai easily. This will result in exercising with greater efficiency, and even though it is a gym, all the training is standardized Muay Thai. At present, the legendary Muay Thai instructor is old, so he may not teach every day. However, there are other trainers who have passed the training in the sport of Muay Thai. As such, anyone who wants to train to become a professional fighter can come to learn the basics.

This airy atmosphere and splendid place does not make you feel uncomfortable. (It has air-conditioning that is turned on only for customers and there may be some added cost.) There are both male and female shower rooms and towel services available.

ADDRESS

66 Soi Sathon 6, North Sathon Road, Silom, Bang Rak, Bangkok 10500

Tel.: +66 (0) 2632 1881-2, +66 (0) 8 9795 2288

Facebook: legendthaiboxingth



LUKTUPFAH MUAY THAI

Type: Gym / Camp
BANGKOK

Luktupfah Muay Thai was set up in 1987, by Mr. Chinawut Sirisompan, who is the $2^{\rm nd}$ generation manager and also the President of the Khru (Master) MuayThai Association. This camp is similar to a first-class Muay Thai training center of Thailand.







On February 16, 2015, Luktupfah Muay Thai changed its status from being a boxing camp to a Muay Thai training school under the Office of Private Education, Ministry of Education of Thailand. Also, Luktupfah Muay Thai uses the same venue as the Khru Muaythai Association, which is under the supervision and certification of the Ministry of Culture of Thailand.

The highlight of the camp is the training courses as well as the special techniques of Muay Thai, various forms of Muay Boran, and the Wai Khru ritual and teaching of Thai martial arts. The camp is a center for those people, both Thais and foreigners, who are interested in Muay Thai and Muay Boran, as well as a testing center for the Khru Muay thai Association as well.

COURSE

1 SESSION 400 B

1 SESSION 1,000 B

Muay Thai Boran, private course

1 SESSION / NIGHT 1,200 ₿

Includes 2 meals and I night's accommodation

Open 2 times / day

Morning: 7.30 – 9.00 a.m. Afternoon: 4.00 – 6.00 p.m. Here is like a home for Muay Thai lovers. The atmosphere is typically Thai, but hidden by various cultures. It is located near Suvarnabhumi Airport, and has air-conditioned rooms with hot water heater, as well as a shared laundry.



ADDRESS

15 On Nut Soi 65, Yaek 8, Prawet, Bangkok 10250

Tel.: +66 (0) 8 1302 4622

www.luktupfah.com www.facebook.com/Luktupfah



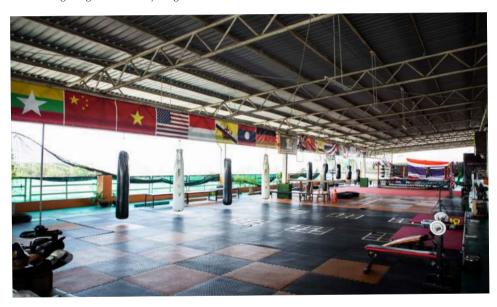
10

LUMPINEE ACADEMY M-1

Type: Gym / Camp / Academy

BANGKOK

Lumpinee Academy Grand Muay Thai by M-ONE (Lumpinee Academy M-1) provides Muay Thai lessons for people and children from 4 years old up from the basics to professional lessons. Seeing young boxers practicing vigorously at the camp has become the identity of the boxing camp. Super Fung, a 10-year-old junior boxer who has multiple experiences in professional matches will be responsible for new entrants at his similar age. His understanding of youth is another reason why the camp is successful in attracting a high number of young students.



As a result, the range of customers who frequent this academy cover people from all generations, ages and nationalities from European to Asian. After 5 years of establishment, the Academy has built a reputation among Thai and foreign students from the administration of Pratan Woramanin, Director of Lumpinee Academy. The Academy is fully-equipped with modern and comprehensive boxing equipment. It is also situated on the rooftop of the Lumphini Boxing Stadium allowing cooling breezes throughout the day even during summertime. The gym is therefore able to provide a spacious and comfortable atmosphere that can further attract the general public to the Academy.





In addition to offering Muay Thai courses from the basics to professional boxing, Muay Chaiya and Muay Thai strike classes for amateur and professional boxers are also provided along with a variety of exercise classes; such as, muscle building and strength and conditioning classes led by trainers with certificates from the SAT (Boxing Sports Committee, Sports Authority of Thailand). The classes are suitable for students of all ages while upon completion of a course, students will be granted a certificate from Lumpinee Academy Grand Muay Thai for future use.

COURSE 1 DAY Muay Thai session: 4 hrs. / day + 3 meals with a shuttle service

ADDRESS

Parking Building, 5th Floor, Lumphini Boxing Stadium, 495 Ram Inthra Road, Anusawaree, Bang Khen, Bangkok 10220

Tel.: +66 (0) 8 1657 7654, +66 (0) 8 9796 9888

www.muaythailumpinee.net Facebook: Lumpinee academy muaythai





MASTER TODDY'S MUAY THAI ACADEMY

Type: Gym / Camp **BANGKOK**

Master Toddy's Muay Thai Academy provides courses under the Ministry of Education and can provide an education visa for foreign students. It is also the founder of the Muay Thai International Association (MTIA) that has built more than 500 gyms and boxing schools around the world.



Master Toddy combines psychological concepts in teaching, providing teaching courses for body strength building coupled with the concept of strengthening the mind. This will improve the students' efficiency in education, work and lifestyle.



First-time learners will have to enroll in a private training first for the fundamentals in order to join the groups. The instructors will teach all 11 punching style skills, how to protect the face and head, how to approach the opponent, how to place the feet, close-combat striking, especially four short-elbow types for precision, three types of knees and four types of push kicks, including breathing, how to gauge and use all weapons in defense.

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1 SESSION 500 B

1 WEEK 3,000 B

Price does not include accommodation

1 MONTH 8,000 B

Price does not include accommodation

1 MONTH 22,000 B

Price includes accommodation

First-time learners must take a private lesson first / price is subject to student's preferences.





In addition, there is also a children's course specifically designed by Master Toddy's Muay Thai Academy to be suitable for children and youth in which the teaching is fun, simple and does not easily cause injuries. There will be a pre-test for proper allocation of the teaching course, and for parents to consider all courses before deciding to let their child apply.

ADDRESS

55/103-109 Sukhumvit 107 Road, Soi Bearing 22, Bearing, Bangkok 10270

Tel.: +66 (0) 2743 3372

www.mastertoddy.com Facebook: MasterToddys



MEENAYOTHIN GYM

Type: Gym / Camp
BANGKOK

Meenayothin Gym, a conservative boxing camp with a Thai atmosphere, was established in 1975 and is currently under the management of Mr. Chaiyasit Kongkiatkong or Heng Sakchaiyasit.



The Gym is known for being a hardcore Muay Thai camp with intensive training and strict discipline, which has resulted in numerous famous boxers; such as, Wanheng Meenayothin or the Thailand Dwarf Giant who was a minimum weight class champion from the World Boxing Council (WBC) with a record of 51 consecutive wins.



The boxing instructors at the camp have championship pedigree; for example, Coach Laem, Lt. Col. Suphap Bunrot, a former Thai national boxer and amateur boxing coach who won the outstanding professional sports coach award from the Siam Keela Awards.





This boxing camp has a long established reputation and in addition to being a Muay Thai camp for professional boxers, it also offers Muay Thai lessons to the general public who want to develop their Muay Thai skills for exercise, weight loss and self-defense. All the students will be put through an intensive training and a proper body strength development program.

COURSE

1 SESSION

500 B

Muay Thai Boran, private course

PACKAGE

1,500 串

2 days / 1 night:

Inclusive of accommodation and 2 meals

ADDRESS

Phahonyothin Soi 45, Phahonyothin Road, Lat Yao, Chatuchak, Bangkok 10900

Tel.: +66 (0) 8 9993 6488, +66 (0) 8 1259 8584

Facebook: meenayothingym

E-mail: pakpao@meenayothingym.com



13

MONGKON ACADEMY

Type: : Gym / Academy

BANGKOK

Mongkon Academy was established to promote the sport of Muay Thai under the World Muaythai Council (under Royal patronage), officially overseen by IFMA with the slogan - Feel Good Do Good and in partnership with United through Sport, a non-profit organization registered in the United Kingdom. It is not merely a gym for Muay Thai training, but an institution that promotes education. Money from the membership fees will be used to develop underprivileged children within the project who are from the major cities' streets and form remote communities in order for them to have opportunities for education, good friends, sports skills and opportunities in life.





Not only is the gym modern, brand new, equipped with excellent training equipment and standard training programs in the morning and afternoon, six days a week with days-off on Sunday, famous boxers from Muay Thai TV programs; such as, The Biggest Loser, Contender Asia, or even the Emmy nominated realty show, Challenger Muay Thai drop by to provide training and advice free of charge in accordance with the Feel Good Do Good campaign.

Located in the heart of Bangkok at

the Ambassador Hotel Sukhumvit Soi 11, Janice Lyn is the Managing Director of the gym. She is a professional Canadian Muay Thai athlete, a celebrity in Muay Thai circles, and a member of the IFMA Athletes Commission Chair.







Whether you are a beginner or a professional, physically fit or not, young or old, Mongkon Academy is open to everyone with Muay Thai as a medium. Everyone can be a champion inside

or outside of the boxing ring – a champion from within.

COURSE 1 SESSION 500 B 2 SESSIONS / DAY 700 B 1 WEEK 8,000 B 2 WEEKS 7,800 B 1 MONTH 15,000 B

ADDRESS

3rd Floor, Tower Wing, Ambassador Hotel 171 Sukhumvit Soi 11, Sukhumvit Road, Khlong Toei Nuea, Wattana, Bangkok 10110

Tel.: +66 (0) 8 2091 1038

www.mongkonacademy.com Email: info@mongkonacademy.com Facebook: Mongkon Academy



MTM ACADEMY - MUAY THAI

Type::Gym BANGKOK

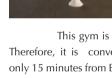
"FIGHT FOR IT" this word arises from the "Belief and inspiration in creating the MTM Academy - Muay Thai" of Khun Mu Supot Leelapisut whose life was changed by Muay Thai from being a drug addict for more than six years to regain his fitness and strength. He was transformed from having a weak body, weighing less than 39 kg. while smoking not less than 2 packs of cigarettes per day along with doing drugs.



After leaving rehabilitation, Khun Mu gained weight but remained weak. He then went to see a doctor and received a suggestion that "There is no medicine in the world to heal the body except exercise". This made Khun Mu interested in exercise, and he tried various types of exercise. It did not work until he found a Muay Thai school that finally strengthened his body and lost up to 7 kg within a few months. This led to Khun Mu's decision to open the MTM Academy - Muay Thai.

MTM's teaching is known for a combination of Muay Thai strikes invented by MTM and is exclusively offered in this place only. The instructors focus on fun teaching by varying the training routines to solve the problem of monotonous boxing. This can help the development of Muay Thai skills, including the eyesight, hands, and feet of the students. Apart from positive results from exercise, the students will also be equipped with the correct boxing skills.









This gym is located in the city. Therefore, it is convenient to travel by only 15 minutes from BTS Thong Lo while there are 20 parking spaces also available. The interior space is spacious, fully equipped with a variety of equipment and can accommodate up to 30 students at the same time.



COURSE

1 SESSION 850 B

General fitness: 90 minutes per session

1 MONTH 4.990 B

General fitness: 90 minutes per session

MANIA VIP 25,900 B

30 sessions: 60 minutes per session

For those who want to learn to become a professional boxer, please inform in advance.

ADDRESS

3247 Rama IV Road, Khlong Tan, Khlong Toei, Bangkok 10110

Tel.: +66 (0) 2262 0089

www.mtm-academy.com Facebook: mtmacademy.muaythai



MUAY THAI FA GROUP

Type: : Gym / Camp
BANGKOK

Muay Thai FA Group is notable for its specialty in knee strikes and legendary boxers with more than 14 championship titles in total.



The camp has provided Muay Thai lessons and produced quality professional boxers since 1996 in Nong Khai province. In 2006, the camp was expanded and relocated to Bangkok while at present, the camp offers a gym in the same compound for the general public who want to practice Muay Thai for exercise, for weight loss and to enjoy it as a sport. A variety of weight training and free weight equipment are also provided for both Thais and foreigners to experience Muay Thai in the proper way.

The strengths of the Muay Thai FA Group lie in kneeing, clenching and close combat striking techniques, as they are essential tools and important for Muay Thai. Most of the foreign boxers are familiar with punching and kicking according to the boxing principles while kneeing, clenching and close combat striking techniques have not been properly taught when compared to other Muay Thai schools in Thailand. The Muay Thai FA Group, therefore, is suitable for and can successfully attract those who are interested in Muay Thai from around the world.







The camp is divided into 2 areas; the first is a professional Muay Thai camp. The facility is a 2-story wooden house in a traditional Thai style with no air-conditioner. The house features a boxing ring in a limited space. As a result, it can accommodate not more than 18-20 students and boxing instructors at the same time. This area exudes simplicity but is filled with valuable knowledge.

The second part of the camp is a boxing camp for fitness purposes with an area of approximately 300 square meters and can accommodate more than 50 students. A coffee shop, clothing shop and the camp's office can be found in this area, which is fully-equipped with new and clean weight training and fitness equipment. The fitness area is large with air-conditioners in certain parts and features an air-conditioned living room area with free Wi-Fi.



As for the accommodation, the camp offers affordable services for boxers with 3 single rooms with a shared bathroom,

2 shared rooms with 2 beds per room, and 1 3-bedroom with a shared bathroom.

The Muay Thai FA Group has received various accreditations, as testament to the quality of the boxing instructors. For instance, Petchboonchu is a 5-division multiple-time world champion, multiple time Muay Thai Lumphini world champion, Ratchadamnoen Muay Thai World Champion, WBC Muay Thai world champion, Thailand Muay Thai world champion and more, or Khru Diesel with his Trainer of the Year award.

COURSE

Shared bathroom

Fighter Class	
DAILY • 1 SESSION	500 B
DAILY • 2 SESSIONS	800 B
WEEKLY • 1 SESSION	3,000 ₿
WEEKLY • 2 SESSIONS	4,000 B
MONTHLY • 1 SESSION	9,000 串
MONTHLY • 2 SESSIONS	10,000 ₿
Accomodation	
SHARED ROOM / DAY Shared bathroom	250 ₿
SINGLE ROOM / DAY	400 B

ADDRESS

319 Soi Vibhavadi Rangsit 5 Yaek 6, Vibhavadi Rangsit Road, Chom Phon, Chatuchak, Bangkok 10900

Tel.: +66 (0) 9 8285 3264

www.muaythaifagroup.com Facebook: muaythaifagroup



16

P.K. SAENCHAI MUAY THAI GYM

Type: : Gym / Camp BANGKOK

P.K. Saenchai Muay Thai Gym was founded in 2010. It is a boxing camp that has created numerous professional boxers for the boxing industry. This gym also provides Muay Thai lessons for the general public who want to learn Muay Thai from instructors who are professional boxers.



This is a camp with high-paid boxers of Thailand. Mr. Somchai Thetrungrueng is the owner of this camp and a boxing promoter of Lumphini Boxing Stadium where P.K. Saenchai matches are organized. Famous boxers of the camp, for example, are Phetchakart Na-Yok, Tawanchai PK Saenchai, champion at 126 lbs, and Koonsok Peedib Muang Thai, P.K. Saenchai, lightweight champion of Thailand.











This camp houses many professional boxers due to its highly experienced trainers and their close instruction. All the instructors have received awards for their outstanding instruction. Therefore, the instructors have the ability to create and improve the skills of the boxers.

The camp is notable on its focus on learning the correct Muay Thai skills. This is guaranteed by the high number of professional boxers who come to practice at this gym. The training offered at the gym is intensive and taught by real Muay Thai instructors. The gym also supports students to participate in boxing competitions as the camp's owner is a boxing promoter.

COURSE

1 SESSION

400 B

1 MONTH

STARTING FROM 24,000 B

Inclusive of accommodation

ADDRESS

1184/311 Soi Wat Phai Ngoen, Bang Khlo, Bang Kho Laem, Bangkok 10120

Tel.: +66 (0) 2673 3297, +66 (0) 6 4721 0173

Facebook: P.K.saenchaimuaythaigym E-mail: pkseanchaimuaythaigym@gmail.com

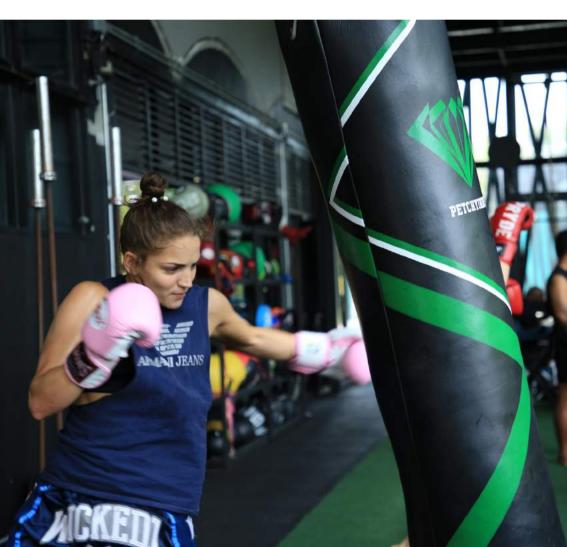


PETCHYINDEE MUAY THAI ACADEMY (PETCHYINDEE KINGDOM)

Type: Gym / Camp / Academy

BANGKOK

Petchyindee Muay Thai Academy is not just a legendary boxing camp that has created champion boxers with award money of over 100,000 Baht or just a Muay Thai camp that is only open to professional Muay Thai boxers, but it is rather a professional Muay Thai kingdom where Muay Thai boxing promoters at the international level can introduce and match their boxers from different Muay Thai promotions with another for thrilling matches.





Petchyindee Muay
Thai Academy offers
a boxing camp for
professional boxers,
an academy to cultivate
new generations of
Muay Thai boxers and

Petchyindee Kingdom, a large sports complex for people passionate about Muay Thai to experience boxing as exercise under the training of true traditional Muay Thai experts. The sports complex is fully-equipped and has the air of luxury and modernity. It is under the management of Boat Nattadech Wachirattanawong, the second generation of Petchyindee Muay Thai Academy and a legendary promoter in the Muay Thai industry since 1976.

The second-generation management has displayed a new concept in managing Petchyindee Muay Thai Academy with Sam-a Gaiyanghadao as its number 1 boxer who rose to the list of top Muay Thai fighters in a short period of time. Sam-a won





the Best Muay Thai Boxer of the Year 2011, making Petchyindee Muay Thai Academy widely known. The camp has also produced other top Muay Thai boxers for the industry; such as, Nong Oh Gaiyanghadao, Prakaisaeng Gaiyanghadao, Phetmorakot Vor. Sangkhaprapai, Chamuaktong Fightermuaythai, Superlek Mor Rattanabundit as well as the two notable stars, Praewprow Muayded 789 and Diesellek Vor. Wanchai. All these boxers have made a name for the camp that is now recognized both at the national and international levels.

Therefore, the camp is suitable for both those who want to practice Muay Thai as exercise in a proper and correct manner, as well as those who want to become a professional boxer. Muay Thai is different from other sports, as it requires power and physical conditioning, good diet and proper physical recovery. The owner of the camp also has 3 principles in designing Muay

4.800 B

GROUP CLASS
Beginner

PRIVATE GROUP CLASS

PERSONAL TRAINING

PROFESSIONAL TRAINING

500 B

PACKAGE

3 days / 2 nights

Thai courses; namely, sufficient nutrients, quality sleep, and proper challenging training.

ADDRESS

36/36 Charansanitwong Soi 34 Road, Charansanitwong Arun Amarin, Bangkok Noi, Bangkok 10700

Tel.: +66 (0) 2886 1116, +66 (0) 9 4659 5642

Facebook: petchyindeekingdom



18

RSM STADIUM ONE

Type: : Gym

BANGKOK

RSM Stadium One is one of the standard Muay Thai gyms set in the lifestyle areas of Central Bangkok of RSM Academy or Rajadamnern Singha Muay Thai Academy. This is managed by the Singha Corporation, the beverage, real estate, and motor sports entrepreneur, and is quite well-known throughout Thailand. RSM Stadium One is located in the Stadium One Building, a sports community in the center of the city near the National Stadium or only 10 minutes from Ratchaprasong.





Even though it is a modern gym, it focuses on the foundations of Muay Thai training in accordance with the correct standards. It has received certification from the Ratchadamnoen Boxing Stadium as well as has many experienced former champions of Ratchadamnoen who are trainers. As such, the instructors are Muay Thai experts starting with the basics of preparing the body to be fit by stretching, skipping rope, standing, and foot movements according to the principles of Muay Thai. After this, students will learn various foRSM of defence; e.g., punch, foot, elbow, and basic defence postures to enhance the body's capacity and strength till developing to an advanced level. After passing the training, students will receive a certificate of Muay Thai training by the Ratchadamnoen Boxing Stadium.



RSM Stadium One does not only focus on cardio and burning fat from

various kinds of exercise, but also emphasises Muay Thai in every way. This includes reducing injuries from practicing

1 WEEK
Unlimited with equipment

1 MONTH
Unlimited with equipment

3 MONTHS
Unlimited with equipment

5 MONTHS
14,994 B

There is a daily schedule of a 1.5 hrs. session.

Weekdays: 1.00 – 9.30 p.m.

Weekends: 9.00 a.m.– 9.30 p.m.

Unlimited with equipment

includes reducing injuries from practicing to being able to do footwork, kick, punch, knee, and elbow naturally according to the concept of this martial art by using all eight weapons.

ADDRESS

721 Banthat Thong Road, Wang Mai, Pathum Wan, Bangkok 10330

Tel.: +66 (0) 9 5898 6620

www.rsm-academy.com Facebook: RSM Stadiumone



19

SAMART PAYAKAROON GYM

Type: Gym / Camp
BANGKOK

The Samart Payakaroon Gym is a standard Muay Thai camp managed by a Muay Thai champion caliber boxing instructor as in Samart Payakaroon, former WBC 4-division Muay Thai champion who won the 'Best Athlete of the Year 1982' award.







People in the Muay Thai industry, both in Thailand and abroad, have revered Samart Payakaroon as the all-time ultimate legend of Muay Thai. The Gym's reputation, therefore, has become well-known, as it is where the professional boxing champion is an instructor.

Apart from the cool and clean atmosphere, the courses are also well liked by students. Each instructor has a good teaching technique while their courses are fun and friendly. The Gym can provide various types of courses from how to exercise properly, martial arts, basic Muay Thai to professional Muay Thai boxing.









COURSE

1 SESSION

600 **B**

2 hours

1 WEEK

STARTING FROM 11,880 B

1 MONTH

STARTING FROM 39,880 B

4 weeks

For packages with accommodation, breakfast and dinner are provided along with morning and evening sessions.

Students will learn various techniques from instructors with real professional boxing starting from the basics, punching, kicking, kneeing, elbowing as well as self-defense by Muay Thai. There is sandbag kicking and target kicking with the instructors. Wai Khru will be taught to all students every Thursday after the boxing session.

The Samart Payakaroon Gym provides 8 accommodation units, shared and single rooms. All rooms are air-conditioned with in-room bathroom, TV, closet and cleaning service provided regularly as well as local Thai food.



ADDRESS

44/9 Mu 4 Soi Saimai 31, Saimai Road, Bangkok 10220

Tel.: +66 (0) 6 5585 0678

www.samartpayakaroon.com Facebook: samartpayakaroongym





20

SATHIAN MUAYTHAI GYM

Type: Gym / Camp
BANGKOK

Sathian Muaythai Gym was founded in 2016 on a spacious area of over 1 rai in Soi Ramkhamhaeng 88 and offers Muay Thai classes from the basic to competitive level. The owner of the camp, Sathian or previously known as Phlai Chumphon Luk Chao Por Phraya is well-known in the Muay Thai industry as a former boxer who has become even more celebrated from being the trainer of the world-renowned Muay Thai fighter, Buakaw Banchamek. As a result, the Gym is full of Chinese tourists in groups who come for Muay Thai lessons at the gym since Buakaw is immensely famous among the Chinese people.

The camp is recognized as a famous boxing camp that has nourished numerous champions. Notable boxers from this camp, for example, are Sangmanee Sathian Muaythai Gym or "the Student's Favorite" and Dejrit Sathian Muaythai Gym, two young boxers and Thai boxing champions of the national stage as in the Lumphini and Ratchadamnoen Boxing Stadiums. In addition to Thai boxers, Khru Sathien has his foreign students compete in multiple leading boxing competitions; such as, Max Muay Thai, the famous Muay Thai competition in Pattaya where boxers from all over the world take part. The Italian boxer, Alexandro Sathian Muaythai Gym and Chinese boxers Jo Yong Sathian Muaythai Gym and Yang Ching Pan Sathian Muaythai Gym have had numerous victories from being trained and fostered by Khru Sathien who has various followers around the world.







All the 7 boxing trainers at this camp can communicate both in English and Chinese, as the goal of this gym is to make Muay Thai known around the world and produce people who can pass Muay Thai onto future generations. Consequently, a 5-year-old student, "Nong Kumpun" can be seen kicking sandbags with the determination, curiosity and desire to become a famous boxer in the future. At present, the Gym is open for the general public who is interested in boxing and



generations. Consequently, a 5-year-old student, "Nong Ku seen kicking sandbags with the determination, curio become a famous boxer in the future. At present, the Gym is open for the general public who is interested in boxing and yearns to study Muay Thai. The Gym also attracts beautiful women with beautiful bodies who learn Muay Thai for exercise and self-defense through intensive courses, focusing on body strength training.

COURSE

1 WEEK

7,000 串

6 days a week with Sunday as the day off Inclusive of accommodation and 1 meal / day (dinner).

ADDRESS

18 Soi Ramkhamhaeng 88, Ramkhamhaeng Road, Saphan Sung, Bangkok 10240

Tel.: +66 (0) 9 4845 5556

Facebook: Sathian muaythai gym IG: @sathianmuaythai



SITSONGPEENONG MUAY THAI GYM

Type: Gym / Camp
BANGKOK

Sitsongpeenong is a standardized Muay Thai camp of Khru Thim, Timothy Dharmajiva, which has only taken a few years to become a leading boxing camp. It was established by a famous new generation international champion boxer, Khem Sitsongpeenong or Sitthichai Sitsongpeenong who is said to be the new Buakaeo who has fought in boxing rings in France, China, and America with various forms of Muay Thai, especially the Khao Loi (flying knee) and Te Sai Phimat (left kick destroyer) .

The Gym is located near Rama IX Park only 20 minutes from Suvarnabhumi Airport, or 30 minutes from downtown Bangkok. It has a strict training system with a standardized program similar to a professional boxer. The Gym's motto is "move forward, retreat is not an option", and it limits the number of students with a trainer to be 3:1.

The practice area is 180 sq. m with 2 standardized rings, modern training equipment, as well as an area for weight training that is divided into rooms for games and relaxation while waiting to practice.





Sitsongpeenong Muay Thai has been recognized for having one of the best teams of trainers in Thailand, and trainers who have taught boxing

COURSE

1 SESSION / DAY 500 B
Morning or afternoon

2 SESSIONS / DAY 900 B

Morning and afternoon

10 SESSIONS 4,500 ₿

Prepaid

Training classes with instructors and fighters plus 50 – 100 USD.

superstars and rising stars. The Gym will help develop your Muay Thai skills and have good health.

ADDRESS

83 Chaloem Phrakiat Ratchakan Thi 9 Road Soi 34, Nong Bon, Prawet, Bangkok 10250

Tel.: +66 (0) 2726 5700, +66 (0) 9 1778 9746

www.sitsongpeenong.com Email: sitsongpeenong@hotmail.com



SOR VORAPIN GYM

Type: Gym / Camp BANGKOK

The basic principles of Muay Thai are kicking, punching, elbowing and kneeing, all of which Sor Vorapin Gym is known for. Sor Vorapin Gym is a world-renowned and long-standing Thai boxing camp that has been established for more than 40 years and has produced a number of IBF and WBO Muay Thai champions.

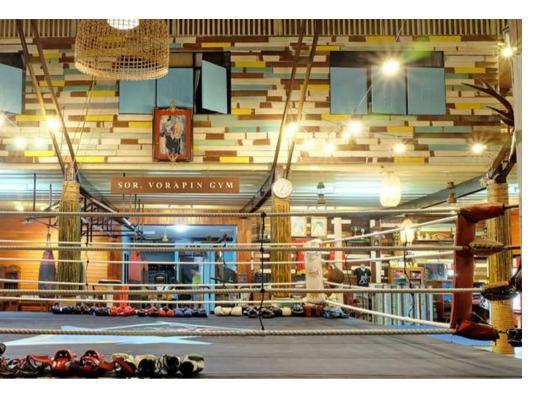
Sor Vorapin Gym was born from the love and passion for Muay Thai of Vorapin and Surapol Rattanapan. With mutual love in the sport, one day they came across the idea of opening a boxing camp and bringing in boxers to train. It turns out that the boxers from Sor Vorapin Gym have repeated success in the boxing ring. The Gym has gained immense reputation in a short period of time despite having a woman running the boxing camp. The personality of Khun Vorapin is brave and true to her words as well as loves the team, loves the boxers, and taking care of her boxers contributes to the success.





After successfully producing Muay Thai champions, she has now opened a traditional and open-air Muay Thai school with a natural cool breeze and abundance of various trees. The place truly reflects the Thai way of life while there is homestay accommodation provided, both shared and private. Students do not need to search for accommodation and can therefore fully focus on learning.





The Gym is fully equipped with Muay Thai equipment as well as instructors who are former top boxers in Thailand with more than 15 years of experience. They, therefore, have the knowledge and good understanding of Muay Thai in order to provide students the most correct and complete information based Muay Thai principles as well as safety.



COURSE

1 SESSION

500 **B**

Accommodation excluded

7 SESSIONS

2,500 串

Accommodation excluded

1 MONTH

31,000 **B**

Accommodation and food included

Group sessions are available.

Please contact the Gym in advance.



ADDRESS

37/15 Soi Suan Phak 1, Suan Phak Road, Mu 10, Taling Chan, Bangkok 10170

Tel.: +66 (0) 8 1649 5704, +66 (0) 2433 9768

www.thaiboxings.com Facebook: sorvorapinmuaythaigym.gym

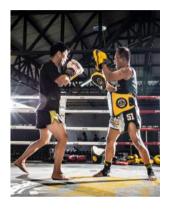


T.C. MUAY THAI GYM

Type: Gym / Camp / Academy BANGKOK

At present, a comprehensive and dynamic sports zone can be found

at Nawamin Soi 74 Yaek 3-7-3 where a large football pitch and T.C. Muay Thai Gym standard boxing school can be found. Apart from being a modern and fully equipped boxing gym, the camp also accommodates foreigners with aspiration to learn both the Muay Thai basics and techniques under private instruction by a boxing instructor. The owner of the camp is the Chinese WBC Muay Thai champion, Mr. Chen Weichao, who began practicing Muay Thai since the age of 15 years. With his passion for Muay Thai and discipline, he became a professional Muay Thai boxer under the leading Muay Thai camps; such as, Por Pramuk, Sasiprapha, and his last camp as in Banchamek, which are recognized among Thais and foreigners.









With a convenient location and spacious and airy practice to accommodate students and enable them to unleash their power to the fullest, the camp is also noted for bi-lingual trainers who are fluent in English and Chinese. The camp's instructor lineup consists of veteran boxing instructors and former professional boxers Phanom Thuan Sor Prantalay and Danchai Fairtex as well as a new generation of boxing instructors who have studied sports science. The boxing instructors at T.C. Muay Thai Gym have passed boxing instruction training that meet the international standard. They have designed teaching courses for students on every level from the correct foundation; such as, warm-up, various striking techniques, sandbag kicking and target punching with the instructors to all the advance Muay Thai ______ techniques in punching, kicking, kneeing and throwing elbows. T.C. Muay

collings in p	unching, kickir
COURSE	
GROUP CLASS / session	450 B
PRIVATE CLASS / session 1.5 hrs / session	1,500 ₿
PRIVATE CLASS / month	3,990 ₿
Package inclusive of accommodation	
SINGLE ROOMS / person 1 person / 1 night	1,740 ₿
DOUBLE ROOMS / person 1 person / 1 night (air-conditioned room)	1,440 B
Open Monday - Saturday	

Thai Gym is considered a new breed of Muay Thai gym with all the modern facilities. It invites the general public for exercises while providing specialized boxing instructors and sports scientist trainers. Anyone yearning to become a professional Muay Thai boxer is suggested to visit the camp.

ADDRESS

5/1 Nawamin Soi 74 Yaek 3-7-3, Ram Inthra, Khannayao, Bangkok 10240

Tel.: +66 (0) 6 5535 2488, +66 (0) 9 8285 3264

Facebook: T.C.MuayThai Email: tontrakooltc@gmail.com



TOONGTONG MUAY THAI GYM (TOP FIGHT)

Type: Gym / Camp

BANGKOK

Toongtong Muay Thai Gym was established from the love of Muay Thai of Mr. Pairoj Toongtong, who spent his childhood in the provinces. He had the opportunity to learn about Muay Thai from his father, who was a boxing organizer of various temple fairs. This made Muay Thai become part of his life.

The Gym was initiated from the intention to establish a 5-star international standard boxing camp of Thailand, to be a Muay Thai center of the country, as well as make Muay Thai be a World Cultural Heritage. The Gym has professional staff, up-to-date equipment, and has both a boxing camp and boxing ring.



COURSE

1 GROUP SESSION 500 B

1 PRIVATE SESSION 800 B

1 MONTH 4,000 B

1 MONTH 38,000 B

Price included accommodation

Children accepted; prices start from 250 Baht / session Open during 2.00 – 11.00 p.m.



On the 8th Floor. The Bazaar Ratchadaphisek at Ratchadaphisek-Latphrao Intersection, it is like a semi outdoor gym decorated in a modern style covering an area of 4,000 square meters. It has a classroom that can accommodate up to 80 people. There are 2 training camps that have 2 standard boxing rings 6x6 meters and a boxing ring 7x7 meters / live broadcast or complete boxing program can be arranged to accommodate up to 430 spectators. Most importantly, this gym has world and national renowned boxers who teach on a rotational basis. These include Somrak Khamsing, the Olympic Gold medalist boxer. Khaosai Galaxy, former super flyweight boxing champion, and Saiyok Pumpanmuang, a Muay Thai kickboxer.









Besides the regular schedule, courses can be arranged according to customers' needs for tour groups or as a camp to learn Muay Thai skills, practice like a professional, sparring, practice judging, to be a Muay Thai trainer, and take the examination for the WMF certification.

Accolades that this gym have received include being featured in the Sports Authority of Thailand's 2018-2019 official "Muay Thai Guide" magazine in the top 10 of the "50 Best Thailand Muay Thai Gyms", featured in "Chok! Magazine", a German-based magazine on Muay Thai fights, people, and lifestyle distributed all throughout Europe, and is the World Muay Thai Federation's (WMF) only official gym in Thailand and the world.



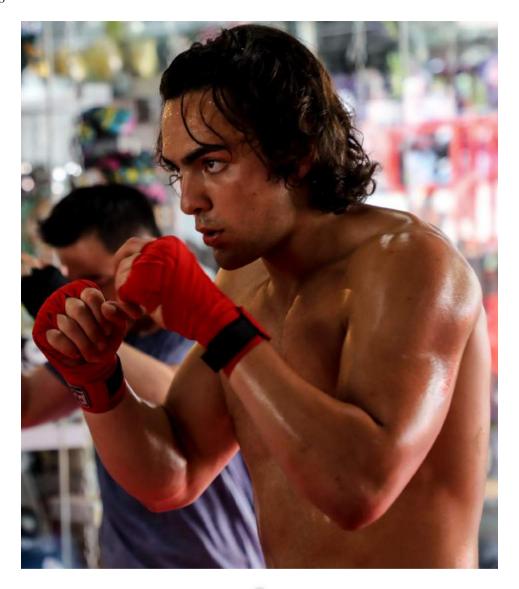
ADDRESS

8th Floor, The Bazaar Ratchadaphisek 5 Ratchadaphisek Road, Chomphon, Chatuchak, Bangkok 10900

Tel.: +66 (0) 8 6700 0005

www.topfightmuaythai.com





25

YOKKAOSAENCHAI GYM

Type: Camp

BANGKOK

Yokkaosaenchai Gym is located in the heart of the Sukhumvit area where traveling is convenient and fast. It is situated near shopping areas and various important areas of Bangkok and is considered as one of the complete boxing camps.





The camp is a result of the partnership between Saenchai, aka Sarakham Boxing Descent, and Yokkao, Saenchai's friend. Both uphold the same

idea of preserving Muay Thai and promoting it to foreigners to learn the sport, a Thai identity, in order to preserve traditional Muay Thai for people around the world to know.

Yokkaosaenchai Gym opened in 2015. In a short period of time, this camp quickly grew and became known due to the reputation of the famous professional boxer, Saenchai, who is well-known among Thais and foreigners. As a result, the place can attract numerous customers who want to learn Muay Thai.





The prominent boxers of the camp include Manat Chai Yok Kao Saenchai Gym, WBC Muay Thai champion and Yodchai Yok Kao Saenchai, a rising star boxer. In addition to professional boxers, the camp also provides Muay Thai lessons for exercise, weight loss and self-defense for Thai and foreigners who are interested. Every class is closely monitored by professional Muay Thai trainers.

COURSE

1 SESSION

500 B

20 SESSIONS

8,000 B

ADDRESS

190-190/1 Sukhumvit Soi 16, Khlong Toei, Bangkok 10110

Tel.: +66 (0) 2708 1767

www.yokkao.com Facebook: yokkao



13 COINS MUAY THAI GYM

Type: Gym / Camp

BANGKOK

13 Coins Muay Thai Gym is a professional boxing gym that teaches Muay Thai owned by Somchai Nitiwanakun or Mr. Coke, an American-style food and hotel entrepreneur. He is passionate about Muay Thai and has sent professional fighters to contest in international standard rings. As such, it is a gym that has excellent Muay Thai boxers who have fought in the international arena like Saenchai Sor Kingstar, who is a trainer or Sangmanee Sittidech, a phenomenal top fighter of the Muay Thai circle. At the age of 15, he was the youngest champion and trained here.





COURSE

Training only

1 SESSION 300 B

1 DAY 500 B

2 sessions

1 WEEK 2,500 **B**

1 MONTH 9,000 B

1 PRIVATE SESSION 600 B

Package with room & breakfast

Daily: 1,300 Baht Week: 8,000 Baht Month: 30,000 Baht



The atmosphere in the Gym is different from other boxing camps, as it's decorated in the good old American way with various old photos. Besides practicing like a true Muay Thai boxer, the interior of the Gym is quite spacious and has 3 standard boxing rings and an MMA ring, which has Brandon Kesler, an American pro MMA fighter as the MMA trainer.

Pad training, sandbag, and modern standard equipment as well as trainers that will help students practice to meet their individual goals from beginner to advanced level. The intensive program includes hotel-like accommodation under the 13 Coins Group plus breakfast and sauna for rejuvenation after the heavy training.

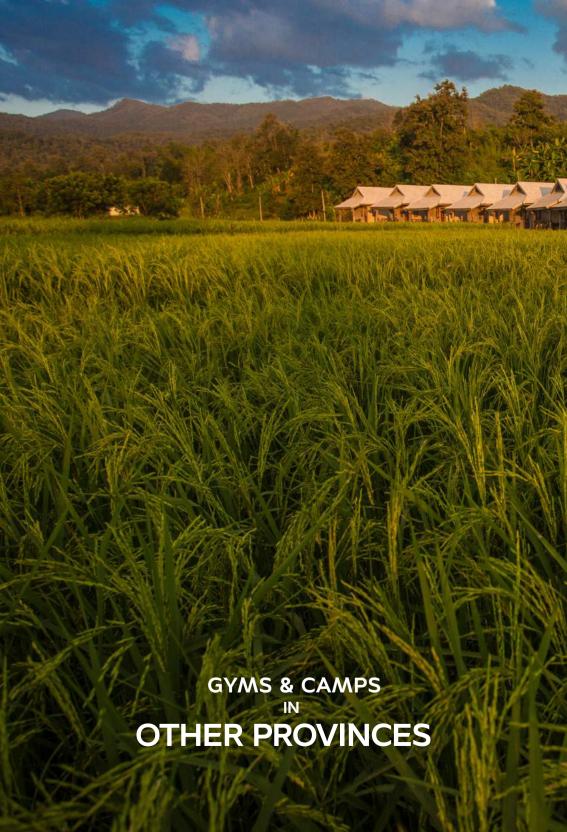
ADDRESS

37 Rama 9 Soi 57, Suan Luang, Bangkok 10250

Tel.: +66 (0) 2374 2703

www.13coinsgym.com Facebook: 13 Coins Gym









AYOTHAYA FIGHT GYM

Type: Gym / Camp



Ayothaya Fight Gym is a new boxing gym in Ayutthaya old town, located not far from downtown and tourist attractions. The gym boasts a spacious compound with areas for boxing lessons and an open-air fitness center overlooking rice fields for a relaxing countryside atmosphere. The Gym also offers a modern hostel accommodation, single and double rooms for tourists interested in long-term boxing lessons.

In addition, the Gym houses a group of experienced trainers and former professional boxers with championship pedigree from the Ratchadamnoen and Lumphini Boxing Stadium; such as, Kaew Weerasakreck, Suriya Prasathinphimai and Suwitlek Kor Sapaothong. Moreover, the lessons are designed in collaboration with Khru Dam Srichan, a famous Muay Thai instructor.





400 B

3.200 B

Apart from housing the boxing gym, the Buddhaisawan Sword Fighting Institute is also located in the area. The Institute has been operating for more than 60 years by Khru Samai Masamarn in the Thon Buri side of Bangkok. It has received wide recognition in Thailand and relocated to Phukhao Thong Subdistrict, Phra Nakhon Si Ayutthaya. Currently, the place is managed by Achan Sila Masamarn, a son of Khru Samarn who specializes in ancient weapons. There are also courses for those interested in traditional Ayutthaya sword fighting and ancient weapons provided.

COURSE

1 SESSION
Group course

10 SESSIONS
Group course

1 MONTH
Group course

6,000 B

1 SESSION

10 SESSIONS

Group course

Group course

The Ayothaya Fight Gym is noted for its combination of Muay Boran, rope binding boxing and weapon strike movements together with a unique flowing style yet powerful inside the ring. The Gym has continuously sent their boxers to major boxing rings for experiences.

The Gym thus provides intensive training inside its spacious area that meets the standard with the atmosphere of an ancient sword fighting institute, near the fields in the east of Ayutthaya city along the Chao Phraya River. More than 500 years ago, the place was once used for weapon training of Ayutthaya's warriors. It is as if the students are returning to the roots of Ayutthaya's warriors.

ADDRESS

109 Mu 1, Phu Khao Thong, Phra Nakhon Si Ayutthaya 13000

Tel.: +66 (0) 6 4972 7988

https://ayothayafight.com Facebook: Ayothaya Fight Gym





301 MUAY THAI CAMP

Type: Gym / Camp
PRACHUAP KHIRI KHAN - Hua Hin

Only 3 hours away from Bangkok or 40 minutes south of Hua Hin, 301 Muay Thai Camp is situated on the long stretching tranquil beach of Sam Roi Yot. The Camp is well-equipped with a variety of outdoor activities; such as, kayaking, jet skiing, golf, cave exploration, fishing, boat day trips and Muay Thai.







Shared	l Room
Normal roo	m

2 WEEKS 17,000 B

3 WEEKS 23.000 B

1 MONTH 26,000 B

2 MONTHS 52,000 B

3 MONTHS 78,000 B

Shared Room

Air-conditioned room

1 MONTH 45,000 B

2 MONTHS 90,000 B

3 MONTHS 135,000 B

Standard training package with accommodation.



The connection with nature has been the focus for the training atmosphere. The Camp is spacious and open to the wind with warm up sessions including shadow boxing in the middle of a coconut grove next to the beach for a refreshing and different atmosphere. It is equipped with standard equipment from boxing rings, sandbags, punching targets, fitness equipment to a swimming pool as well as accommodation, which provides guests with privacy.

301 Muay Thai Camp was initiated from the aspiration of a French Muay Thai boxer, Yoann Gouaida, who has more than 18 years of boxing experience in Thailand and won the World Professional Muay Thai Federation Championship from Lumphini Boxing Stadium in the 175-pound division in 2004. In 2010, Gouaida partnered with a Canadian Muay Thai boxer, Dustin Graber to open the 301 Muay Thai Camp, taking into account the conveniences boxers will receive from the Camp in terms of equipment and trainers, selected from boxers with experience of more than 100 fights to help boxers reach their full potential.

Sam Roi Yot Beach is a serene and toxic-free haven. Running along the beach in the morning then training in the courtyard next to the tropical seashore will be a special and memorable experience for a Thai boxing journey.

ADDRESS

282 Mu 3, Soi Sam Roi Yot, Sam Roi Yot, Prachuap Khiri Khan 77120

www.301gym.com









THAI BOXING GARDEN

Type: Gym

PRACHUAP KHIRI KHAN - Hua Hin



Thai Boxing Garden is a mixture of Muay Thai and entertainment, especially on Tuesday and Saturday night when a pair of boxing matches are organized in the gym's standard boxing rings. It is the only place where foreign tourists fascinated in Muay Thai will gather.

Thai Boxing Garden is the first Muay Thai gym in the middle of Hua Hin. Operating for over 25 years, the gym is situated not far from Wat Hua Hin and is opposite Pone Kingpetch Park, which is named after the first Muay Thai champion, 60 years ago, from Hua Hin.

Despite not being adjacent to the sea, the place is suitable for training with all the standard equipment necessary under a family atmosphere. Thai Boxing Garden offers training programs for beginners, or people who love exercise and want to challenge themselves for maximum calorie burning in order to lose weight or to be fit and firm. For experienced Muay Thai boxers, close attention will be paid by the trainers with training program customization for each individual's appropriate improvement of skills based on each individual's ability and specialization.

COURSE

Standard Training

1 DAY 400 B

Gym

1 HOUR 100 B

Open everyday



ADDRESS

20/23, Poonsuk Road, Hua Hin, Prachuap Khiri Khan 77110

Tel.: +66 (0) 8 5180 0065, +66 (0) 8 6347 7219

www.thaiboxinghuahin.com

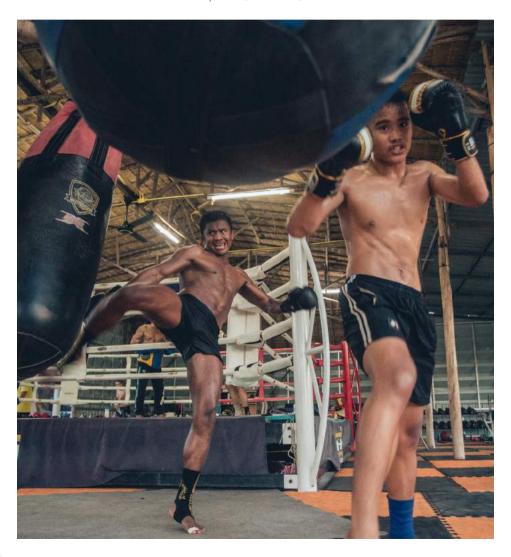




BANCHAMEK VILLAGE

Type: Gym / Camp
CHIANG MAI

This a boxing camp resort in the heart of the nature owned by the famous boxer, Buakhao Banchamek, under the name "Buakhao Village" that covers more than 100 rai at Mae Taeng district, Chiang Mai. Just 50 km from Chiang Mai International Airport, it is a boxing camp and resort surrounded by nature, mountains, rice fields and fresh air.







The camp is open to those interested in the art of Muay Thai. Both Thais and foreigners have come to stay and learn the legendary Muay Thai arts from beginning to advance level training with instructors; such as, Buakhao Banchamek. It is a Muay Thai training camp that provides boxing techniques to elevate students' boxing skills. Their quality can be guaranteed

by having an elite boxer and a former Glory Kickboxing champion from Canada, Simon Marcus, flying in for training with Buakhao as the instructor.

The training offered by the camp is unique, as students can escape from the monotony of typical training routines through outdoor training; such as, off-site running to see the local lifestyle, atmosphere and attractive simplicity of the countryside in nearby communities including attractions; such as, Mae Ngat Somboon Chon Dam. In addition, within the area, there is a resort that offers accommodation for long-term students, both weekly and monthly, as well as rice fields, farming and activities related to the villagers' lifestyle. Students can also participate in transplanting rice seedlings, harvesting, fishing, and raising animals in addition to training.

For those who want to visit the camp for exercising and training with a legendary Muay Thai fighter of the era, this is an alternative boxing camp that offers unforgettable experiences that are much more than merely Muay Thai training.



COURSE

1 DAY

1.500 由

2 sessions with 2 meals and stay

• Open Tuesday - Sunday •

ADDRESS

5/1 Mu 3, Ban Phao, Mae Taeng, Chiang Mai 50150

Tel.: +66 (0) 9 6627 5499

www.banchamekgym.com Facebook: BanchamekGym







BANGARANG MUAY THAI AND FITNESS CAMP CHIANG MAI

Type: Gym / Camp
CHIANG MAI

A fully-equipped modern boxing camp under the cooling and peaceful atmosphere of rice fields and mountains in Mae Rim district, Bangarang Muay Thai and Fitness Camp Chiang Mai is the starting point for the best possible transformation for those who want to know Muay Thai.

The camp houses many instructors who are former champions from various boxing promotions in Thailand; such as, Ratchadamnoen Boxing Stadium, Max Muay Thai and Chiang Mai Stadium Champions, overseeing the teaching in English and Thai. Courses range from beginner to professional classes, including boxing lessons for weight loss. The courses offer contemporary teaching by combining ancient Muay Thai techniques with cardio workouts, testing body strength with compound training movements covering all body parts. The movements are necessary to



increase the body's fitness in order to improve students' Muay Thai skills from the beginner level to the advanced level. The training programs are divided in accordance with the level of the students with close monitoring by the instructors.



COURSE

1 MONTH

COO1132	
1 SESSION / DAY	300 ₿
2 SESSIONS / DAY	500 B
SENIOR TRAINER Private lesson per hour	700 B
ENGLISH SPEAKING TRAINER	1,000 串
Private lesson per hour	

Muay Thai course / Person Accommodation and food included

3 DAYS 8,000 B 1 WEEK 18,000 B

• Morning 10.30-12.00 a.m. •

48,500 B

• Afternoon 3.00-4.30 p.m. •

At present, there are foreigners from all over the world who come to learn Muay Thai at the camp; such as, Australia, the UK, USA, Singapore, Hong Kong, Denmark, Sweden, Norway, Germany, the Netherlands, New Zealand, UAE and many other countries. Bangarang provides 12 spacious villas right next to the gym and an on-site restaurant serving a balanced diet rich in vitamins, minerals and antioxidants with quality lean proteins, complex carbohydrates and moderate amounts of good fats. Only fresh local ingredients are used and additives or processed foods are avoided.

ADDRESS

22 2 Mu 1, Rim Nuea, Mae Rim, Chiang Mai 50180

Tel.: +66 (0) 8 3564 5383

www.gymbangarang.com Facebook: gymbangarang





CHIANGMAI MUAY THAI GYM

Type: Gym

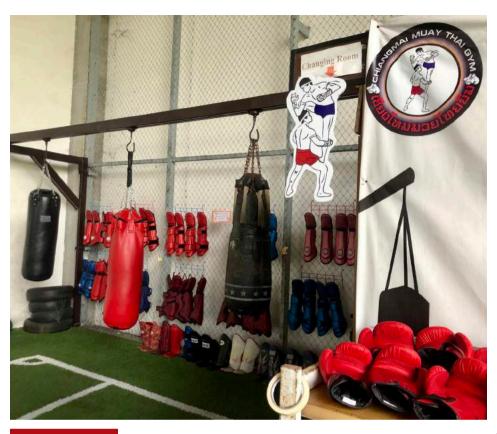
A long-standing boxing camp of Chiang Mai, located in the heart of the city, it was founded in 1985 by the owner's love of Muay Thai arts. The owner is a former bounty boxer who sought prize money from the boxing promotions in the outer rim of Chiang Mai.



Currently, this gym provides Muay Thai courses for foreigners by developing courses and providing equipment that meet the standard until receiving permission from the Ministry of Education to open a Muay Thai school under the name of Chiang Mai Muay Thai Gym. It is also a center for the promotion and conservation of Muay Thai certified by the Sports Authority of Thailand. This gym can provide student visas for Muay Thai students who have a long-term stay for Muay Thai study.

Not only is the gym located in the heart of the city with ease of access and close to tourist attractions of Chiang Mai's old town, the Gym is also spacious with open-air ambiance that allows students to experience Muay Thai training in the old-school Muay Thai training conditions.





COURSE

1 SESSION 390 B

5 SESSIONS / MONTH 1,800 ₿

10 SESSIONS / MONTH 3,300 B

PRIVATE TRAINING / TIME 1,000 B
Please make an appointment

Monthly Training

1 SESSION / DAY 8,000 B

2 SESSIONS / DAY 10,000 B

1.5-2 Hrs per session

• Open every day 8.00-10.00 a.m. and 2.00-8.00 p.m. •

In addition, each boxing instructor has a lot of experiences and ability to teach. Some instructors are still in professional competitions allowing students to see the actual practices of professional boxers. This gym can also accept a group tour interested in experiencing Muay Thai boxing classes up to 30-50 people per session.

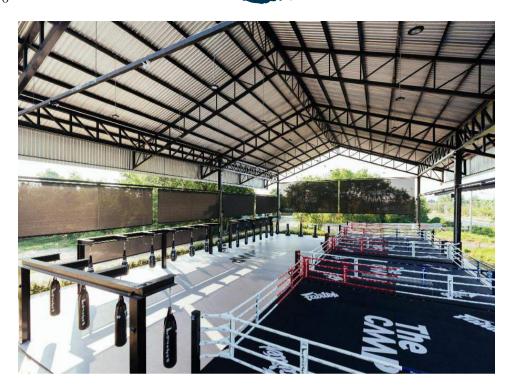
ADDRESS

76 Vieng Kaew Road, Si Phum, Mueang, Chiang Mai 50200

Tel.: +66 (0) 9 5915 7488

www.chiangmai-muay-thai-gym.business.site Facebook: Chiangmai.Muay.Thai.Gym









THE CAMP MUAY THAI RESORT

Type: Gym / Camp
CHIANG MAI

The Camp Muay Thai Resort is the largest Muay Thai gym in the North with the training area of up to about 2,744 square meters, four large 8x8 meter boxing rings that can make students enjoy learning Muay Thai. Full sets of exercise equipment are available with up to 22 types of sandbags with a variety of sandbag training programs. There are instructors guaranteed by their professional boxing career and have taken a special training program to become instructors in this camp.

In terms of teaching, the Camp's instructors will focus on teaching various techniques depending on the skill level of the students. The general class will feature training, starting from jumping rope training, shadow boxing, stretching and body balance training in order to strengthen the muscles and protect the body from the danger from training.

The essence of Muay Thai teaching techniques focuses on agility training for offence and defense, protection and trick by using Muay Thai movements; such as, kicking, punching, kneeing and other combined movements. Each movement is trained relative to the situation.

After the end of each session, there will be muscle stretching and cooling down, which helps increase body flexibility and prevent injury from intense training. After muscle stretching, a meditation session will be held with each step guided by the instructors.

The Camp also provides 12 VIP rooms and 24 beds in the dormitory near the Camp for those who want to have lengthy trainings suitable for professional boxers or group training. Small shops selling Muay Thai gear and healthy food and beverages are also available.



COURSE

Walk-in

1 CLASS 5 CLASSES **700** B

3,200 ₿

Kids Muay Thai Drop-in

1 CLASS

700 B

1 MONTH
Unlimited class access

10,000 B

ADDRESS

417 Mu 12, Nong Kwai, Hang Dong, Chiang Mai 50230

Tel.: +66 (0) 6 4558 4560

www.thecamp-chiangmai.com Facebook: thecampmuaythai IG: thecampmuaythai

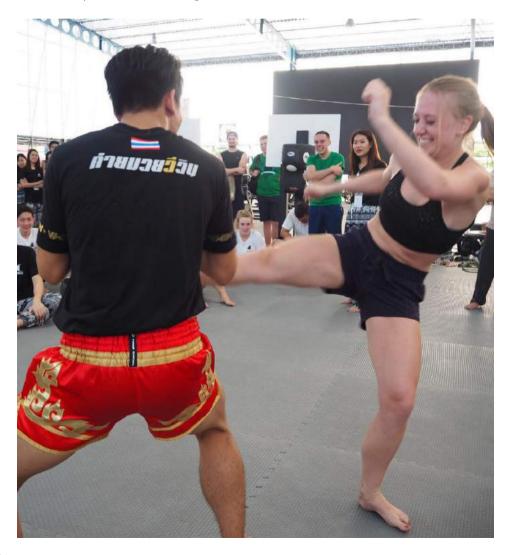


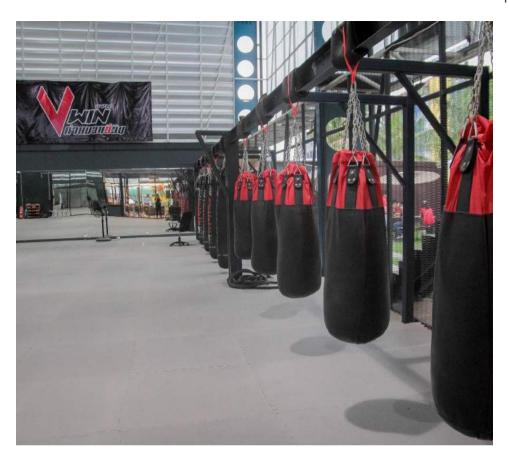


VWIN MUAYTHAI GYM

Type: Gym

Vwin MuayThai Gym is the new and spacious Muay Thai camp next to the Super Highway Road close to the Nimmanhaeminda area. The owner "Ying" Walaithip Poptheeratham, has experiences in running the Poptheeratham Gym with Samart Payakaroon, Muay Thai champion from multiple boxing promotions the 122-pound professional boxing champion of the World Boxing Council.





Vwin Muay Thai Gym, not only provides a spacious, clean and airy gym with multiple standard boxing rings, but also up to 20 sandbags and is filled with mats that can accommodate a large number of students at a time. The Gym has a fitness room, restaurant, coffee shop and can be accessed conveniently. Fahsawang Thor Saengtiannoi, a famous former champion of The Ratchadamnoen Boxing Stadium is the Gym's trainer. He has a moving forwards boxing style and is known for punching and kneeing skills due to his strong body. The lessons therefore emphasize building body strength along with boxing skills.

In addition to Thais and students who visit the place for Muay Thai boxing training, Vwin Muay Thai also targets women who are interested in challenging exercises, weight loss, body strength building in a safe place with ease of access.

COURSE

MUAY THAI BASIC CLASS 1 SESSION

400 B

MONTHLY

12,000 串

ADDRESS

53/7 Sirinthon Road, Chang Puek, Mueang Chiang Mai 50300

Tel.: +66 (0) 6 3516 0465

www.vwinchiangmai.com Email: vwinchiangmai1@gmail.com









JP BOXING GYM

Type: Gym

JP Boxing Gym is a modern Muay Thai gym located in the heart of Phitsanulok not far from Wat Phra Si Rattana Mahathat (Phra Buddha Chinnarat), The Gym was founded in 2014 by teacher Jay Nattapong Jitpinit, a Muay Thai boxer and student of Samart Payakaroon, with experiences of more than 60 fights and matches in England for another 5 years. Upon returning, he has turned to teaching Muay Thai more than boxing and has passed the training of the B-License boxing instructors. His intention is to identify the young generation who are interested in Muay Thai who have the potential for a future Muay Thai career. He also sees the growth of Muay Thai to the young generation who love exercise and challenging activities. Nattapong therefore opened a Muay Thai gym in the center of Phitsanulok to provide Muay Thai lessons to those interested in both the basics and upper levels.

The courses focus on laying the foundation on body strength, positioning, striking, kicking, and punching in the style of the skilled Muay Thai boxer, Samart Payakaroon of Payakaroon Gym, in a friendly atmosphere with professional suggestions provided. The Gym is spacious and equipped with new standard equipment as well as all the basic facilities.





COURSE

1 SESSION 200 B
10 SESSIONS 1,800 B
PRIVATE CLASS 10,000 B

ADDRESS

25 sessions

Sup Anan Market, Srisuriyothai Road, Mueang, Phitsanulok 65000

Tel.: +66 (0) 6 1686 9889, +66 (0) 8 2404 8849

Facebook: JPBoxingGym

Email: j.parkphoom@gamil.com





BATTLE CONQUER GYM

Type: Gym
PHETCHABUN

Battle Conquer Gym is a standard Muay Thai camp of the Kaewma family, which has been involved in Muay Thai for more than 3 generations. The Gym is located in the middle of the field of Bueng Sam Phan district, a small district on the south of Phetchabun city, a 70-km distance or approximately 4-hour drive from Bangkok.

People who visit the place may be surprised by the high number of foreigners living in the city that is considered far from major cities. Most foreigners visit the place for nature, for a body treatment through retreat, for healthy food and for boxing in order to learn more about Thailand.





At present, the camp and gym are managed by Sudjai Kaewma, the owner's daughter who works in the Muay Thai industry and became the successor of the camp from her father Khru Soodjai Kaewma. Khun Soodjai has operated the boxing camp to produce Muay Thai boxers for various boxing promotions in the Lower North for decades with the determination to set good standards for Muay Thai.

Training atmosphere in the camp differs from other Muay Thai camps due to its address in a quiet rural area, away from the tourist areas, with a Thai environment and rural roads, suitable for jogging and training.

COURSE

1 WEEK2 sessions / day with accommodation

In addition, Battle Conquer Gym also offers packages for retreats and rests through a Muay Thai boxing training program in combination with yoga and meditation. The packages also include experiencing the Thai way of life, simple rustic countryside, visiting temples on the mountain, visiting waterfalls, journeying into tropical forests and Thai cooking classes that focus on vegetables and herbs.

ADDRESS

26 Mu 11, Nong Chaeng, Bueng Sam Pan, Phetchabun 67160

Tel.: +66 (0) 8 3769 3395

www.muaythaibattleconquer.com Facebook: BattleConquerGYM

Email: muaythaibattleconquer@gamil.com





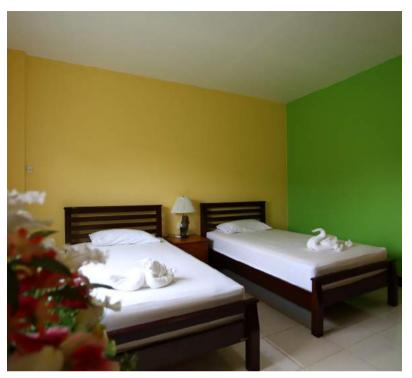


PETCHAROEN MUAY THAI SCHOOL

Type: Gym / Camp
PHETCHABUN

Petcharoen Muay Thai School is a standard Muay Thai school and camp that has been in operation for 60 years. It is one of the oldest boxing camps in the country that has been operated since the first generation; namely, Khru Somkid Kammart, who has trained the champion, Saensak Muangsurin. In the early days, the boxing camp was known for punches. During the 2nd generation, the teacher, Khru Sommart Kammart, who has the son inherited the camp for 20 years has incorporated sports sciences into the training to help maximize the boxer's potentials, increase body strength and focused on a more complete boxing style from punching, kicking, elbowing and movements.





Khru Sommart has received an A-License certificate as a professional Muay Thai instructor and received permission from the Ministry of Education to establish the camp as the first private school offering sport lessons in the North. This guarantees the standards of teaching and training that have created a number of youth boxer champions in the region.

COURSE

Program

Levels: basic, intermediate, advance and pro.

HOUR

300 B

The fee is calculated by hour at 300 Baht, minimum 1.5 hrs per session.

MONTHLY

18,000 B

with accommodation, meals

Standard accommodation at 300 Baht / night.

The camp and gym currently draws attention from both Thai and foreign boxing enthusiasts and foreigners who have settled in Phetchabun for regular training. Despite offering information in Thai language, Petcharoen Muay Thai School is ready to offer lessons to foreigners interested in Muay Thai boxing in a professional manner.

ADDRESS

9/111 Mu 2, Sadiang subdistrict, Mueang, Phetchabun 67000

Tel.: +66 (0) 8 1727 7801

Facebook: Petch Charoen Thai Boxing School

Email: som5335@hotmail.com







BURKLERK GYM

Type: Gym / Camp

LAMPANG

Burklerk Gym is in preparation for renovation by separating the old boxing gym and building a new boxing camp for students to have a more appropriate and private training space. Berkreak Pinsinchai, the former 2-time flyweight Lumphini champion, 1986-1987 who has never been cut or stitched up and had experiences of more than 100 fights, is the owner and head of Muay Thai teaching at the Gym with the aim to conserve Muay Thai along with promoting the Muay Thai traditions to foreigners.



Well-known for being a complete boxer, especially for the sweep kicks, he teaches straight punches techniques and excellent bare hand defense. As a result, he has been invited as a guest Muay Thai instructor in foreign countries; such as, Germany, France, Spain, Australia, Holland, Switzerland, the United States and Canada. With multiple Thai and foreign disciples around the world, some have become national champions in Canada: such as, the Canadian



Jeffrey Harrison and the German Enriko Kehl who won the K-1 World Max Finals.



Teaching courses differ in both locations. The old gym in the city will focus on being a boxing gym for exercise and one-time Muay Thai session. The new camp will be opened for those who are interested in lengthy and continuous trainings with accommodation provided. The instructor team is selected from quality boxing instructors who have been trained and received a license. The standard of the instructor team can be guaranteed.

In addition, the camp also prepares additional teaching on martial arts in the traditional Lanna style with the weapon "Zheng", a Lanna sword and close combat fighting for those who are interested to learn.

COURSE

1 MONTH

1 SESSION 500 B

15,000 **B**

2 SESSIONS / DAY 1,000 B

2 SESSIONS / DAY Include meals

ADDRESS

139 Soi 1, Nakuam Road, Sop Tui, Mueang, Lampang 52100

Tel.: +66 (0) 8 2766 0682

Facebook: burklerkmuaythaigym







AOR. SANITPAN MUAY THAI GYM

Type: Gym / Camp

The long-established Muay Thai camp is located in a suburb of Lamphun, approximately 16 km to the south of the important landmark, Wat Phrathat Hariphunchai, and approximately 30 km from the city of Chiang Mai. In return, the camp provides a training atmosphere of a spacious and quiet open-air gym in the Northern countryside.

Established and operated by Achan Sanitphan, a high school teacher who is passionate about Muay Thai and learned boxing since the age of 13 years and later provided boxing lessons for over 25 years. His teaching focuses on the traditional Muay Thai boxing art and various fighting postures; such as, Salubfunplaa, Pucksaweag Rung, Jorakayfard hang and Huck Nguang Aiyara.

The camp has produced Thai youth boxers at the amateur and professional levels as well as provincial and regional representatives in multiple sporting events. The camp won the Boxing Camp of the Year 2011 of the Northern Region Siam Boxing Club.

Aor. Sanitpan Muay Thai Gym covers 4 rai of land with a training gym and fully-equipped standard boxing rings. The atmosphere is simple but intense while the camp is one of a limited few boxing camps that teach traditional Muay Thai in contrast to new boxing camps that focus more on winning tactics. However, communication in Thai may post some obstacles.

COURSE

1 SESSION 200 B 2 WEEKS 1,500 B





ADDRESS

140 Mu 3, Nong Nam, Mueang, Lamphun 51000

Tel.: +66 (0) 8 9561 0796

www.sanitpunboxing.wordpress.com Facebook: Aor.Sanitpan Muany Thai Gym









CHARNCHAI MUAY THAI

Type: Gym / Camp

MAE HONG SON - Pai

Charnchai Muay Thai Gym is located only a few hundred meters from Pai Hospital on the left-hand side of the road next to the Mountain Blues Cottage Resort and 10 minutes from the center of Pai town on foot

The camp is dedicated to Muay Thai teaching through demonstration, explanation and practice. Whether you are a beginner without prior experience or a fighter who is looking to get fit and develop your technique in preparation for a fight, you will benefit from the trainer's expertise.



COURSE	
FULL DAY 2 sessions	500 B
HALF DAY 1 session	350 ₿
PRIVATE SESSION 1 session / hour	500 B
1 WEEK	2,500 B
1 WEEK + MEALS	3,300 ₿
1 MONTH	9,000 串
1 MONTH + MEALS	12,000 ₿
3 MONTHS	25,000 串
3 MONTHS + MEALS	35.000 B



Head trainer Bee's English is excellent in speaking while his brother Ae and team of trainers can all speak English well enough to be able to guide the students and fighters through the technical elements of Muay Thai training. The team will explain and demonstrate the techniques clearly and give students training at the Muay Thai camp, feedback and corrections to ensure the improvement and development during their stay.

This camp is equipped with everything students need for training. Hand wraps, boxing gloves and shin pads are provided. A variety of accommodation is available in close proximity to the Muay Thai camp ranging from budget rooms to luxury bungalows.

ADDRESS

174 Mu 1, Chaisongkhram Road, Pai, Mae Hong Son 58130

Tel.: +66 (0) 8 4918 1498

www.charnchaimuaythai.com Facebook: charnchaimuaythaigym





SITJEMAM MUAY THAI

Type: Gym / Camp
MAE HONG SON - Pai

Sitjemam Muay Thai is a standard Muay Thai camp widely-known in Pai for more than 2 years, owned and managed by Supanee 'Mam' Changpradit along with an Italian husband, Emmanuele Corti, who is passionate about Muay Thai. The owner is a Muay Thai boxing instructor who has been trained at a high-level by the Board of Boxing Sport (the prestigious certification course for Khru Muay Thai)

Starting from offering lessons in small groups until gaining attention from foreigners having its boxers succeed in boxing rings and major Muay Thai promotions both in Thailand and abroad while being frequented by world champions or European champions for training, Sitjemam Muay Thai has become another Western standard boxing camp in the North.







The training emphasizes strength through standard training programs with a small town in a beautiful valley atmosphere. An outdoor standard 6x6 meter practice boxing ring, airy ambiance, extensive cushioned area, 6 sandbags and 1 wall bag are provided for training focusing on techniques along with fitness equipment for muscle building.

Sitjemam Muay Thai is the suggested destination for those interested in Muay Thai training based on Muay Boran basics in a traditional Thai atmosphere while communicating in English and with the opportunity to succeed on major Muay Thai promotions.

COURSE

1 SESSION 300 B

1 DAY 500 B

2 sessions

1 WEEK 2,500 **B**

1 MONTH 9,000 B

ADDRESS

2 Mu 6, Mae Na Toeng, Na Chalong, Pai, Mae Hong Son 58130

Tel.: +66 (0) 8 3321 2230, +66 (0) 8 6182 6483

www.sitjemammuaythai.com Email: sitjemam@gmail.com











FAIRTEX HOTEL AND MUAY THAI TRAINING CAMP

Type: Gym / Camp

For more than 40 years since its establishment in 1971, Fairtex Muay Thai Training Camp has created dozens of famed boxers in the Muay Thai and MMA circles; namely, Yodsanklai Fairtex, Naruepol Fairtex, Neungsiam Fairtex, Jongsanan Fairtex and Bunkerd Fairtex. Boxers from the Faitex gym have immense success in various boxing promotions from Max Muay Thai, Lumphini, Ratchadamnoen, Super Champ 8 and One Championship to the international stage. The gym has also expanded its Muay Thai school network with 2 schools in the United States, Japan and China.

The Muay Thai camp in Pattaya has been improved and renovated as the world-class Fairtex Muay Thai Training Camp to accommodate this fast-growing martial arts sport. Fairtex Hotel and Muay Thai Training Camp offers not only convenient accommodation, but also 6 boxing rings, an MMA cage, training grounds as well as all the necessary standard equipment. In addition, the compound is divided into training areas and sports club.

Comprehensive training courses and experienced boxing instructors are factors leading to the success of the boxers

Moreover, the Fairtex brand offers high-quality boxing equipment with the product lines ranging from boxing gloves, head guards, sandbags, punching targets, mouth guards, boxing shorts to Muay Thai apparel. The products can be found in numerous boxing camps around Thailand.



COURSE SINGLE SESSION: 500 B 10 SESSIONS 350 B MONTHLY 500 B Unlimited 1,500 B Class per hour Please check for live-in training packages.

ADDRESS

179/185-212 Mu 5, North Pattaya Road, Na Kluea, Bang Lamung, Chon Buri 20150

Tel.: +66 (0) 3825 3888

www.fairtexpattaya.com E-mail: resv@fairtex-pattaya.com







KOMBAT GROUP

Type: Gym / Camp

PATTAYA

While being a wellness resort and the hub of calorie-burning activities, fitness and weight loss outside of the city of Pattaya, the most prominent activities of the Kombat Group Thailand are concerned with combat sports from MMA, boxing, Krav Maga, Jiu Jitsu to Muay Thai boxing, the latter of which is the most popular.

Founded in 2004 by the Italian Muay Thai boxer, Christian Daghio, who holds the record of 230 fights while winning 7 world championships throughout his 25 years of boxing in Italy, Russia and Asian countries. It is almost impossible for boxers from the same weight class to defeat him.



Kombat Group Thailand is one of the largest Muay Thai boxing gyms in Thailand. It has received interest from Muay Thai boxers and those interested in training from around the world to be trained by championship-caliber instructors, from Thailand and abroad. Also, the gym instructors include experienced fighters who aim to continue Daghio's dream of propelling Muay Thai lovers to experience similar success.

Apart from the high number of instructors for private training sessions, the standard strength training and effective training sessions are also the upsides of the gym. The training courses come with all-inclusive accommodation and food. The courses are conducted in a family atmosphere and within a training facility that is not crowded and customizable for each individual.



COURSE

Training Course only

1 LESSON 700 B

10 LESSONS 5,500 B

20 LESSONS 9,900

30 LESSONS 13,300 B

For an all-inclusive package, please ask for more information.

ADDRESS

49/1 Mu 4, Mueang Pattaya, Bang Lamung, Chon Buri 20150

Tel.: +66 (0) 8 9543 3450

www.weightloss@kombatgroup.com www.kombatgroup.com/ E-mail: info@kombatgroup.com





7 MUAYTHAI GYM AND BEACH RESORT

Type: Camp
RAYONG

It is operated by the Italian professional Muay Thai boxer, Mathias Gallo Cassarino, who came to Thailand at the age of 9 and fell in love with the boxing ring the following year. Holder of 8 championship belts and a record of over 100 matches at the age of 26, he has a tremendous amount of experience to bring you to the professional level.

Mathias believes that as everyone can enjoy this national sport of Thailand, its popularity level has reached the same level as of football. As a result, he opened 7 Muaythai Gym and Beach Resort to build athletes and promote standard Muay Thai training. The gym can cater to the preferences and satisfaction of boxers from all over the world, especially from Europe. The boxers understand well that training and boxing experiences in Thailand can propel them on their Muay Thai boxing and MMA journey in other countries.

7 Muaythai Gym and Beach Resort is located near a long stretch of beach and serenity of Map Lao Cha-on, Amphoe Klaeng, Rayong province. The gym provides training boxing rings and other equipment necessary in accordance with the standards required from leading boxing camps, along with convenient accommodation and a fitness resort. The gym is notable for its strict training regimen with courses for those aspiring to have success in the ring. Offered courses vary from the beginner level to three months of intense training.





There is a large number of foreigners visiting the camp while in addition to Mathias, the gym's instructor lineup also consists of Carlos Coello Canales, a Spaniard who won the Muay Thai International Champion WBC, and a new generation of Muay Thai trainers with experiences from major Muay Thai promotions in rotation.



COURSE

All-inclusive Course

10-DAY PACKAGE 17,850 B

4 WEEKS 30,800 B

8 WEEKS 54,880 **B**

12 WEEKS 71,064 **B**

ADDRESS

148 Mu 5 (Map Lao Cha-on), Chakpong, Klaeng, Rayong 21190

Tel.: +66 (0) 9 4398 3819, (+39) 011 044 6417

www.7muaythai.com







SUAN SON BEACH MUAY THAI AND FITNESS

Type: Gym / Camp

RAYONG

A mere 15 minutes away from Ban Phe Market, the pier to Ko Samet, or one hour from Pattaya, the long stretch of shaded and breezy Rayong beach extending for several kilometers and suitable for morning runs, can be found. Suan Son Beach Muay Thai and Fitness, a Muay Thai boxing camp, providing guesthouses and a family atmosphere, welcomes people interested in Muay Thai training across all levels, from beginners to advanced level boxers who yearn for success in the international MMA circle.







Boxing instructors, coaches and trainers are former Muay Thai national champions with immense experiences from countless matches. They can provide advice not only on the basic boxing principles, but also tips and tricks in defeating opponents, either through attacks or nifty aversions. Training courses are provided daily except on Sunday in 2 sessions, morning

and evening

COURSE	and evening.	
1 TIME		400 B
1 DAY		750 B
PRIVATE VIP	TRAINING	800 B

2 WEEKS 14,000 B

7,500 B

1 WEEK

4 WEEKS 28,000 B

Suan Son Beach Muay Thai and Fitness designs training programs that improve body strength along with the intense Muay Thai training regimen.



The camp is close to fresh seafood sources and the Ban Phe community while guests can also travel across the sea to explore Ko Samet. Rented motorcycles or bicycles are convenient for traveling around and meeting the friendly people while electrifying boxing matches at Max Stadium will keep people on the edge of their seat.

ADDRESS

153/5 Mu 6, Klaeng, Rayong 21160

Tel: +66 (0) 6 1429 3668, +66 (0) 9 4926 6883

www.suansonmuaythai.com E-mail: sales@suansonmuaythai.com Facebook: Suan Son Beach Muay Thai & Fitness







NONGRAK THAI BOXING GYM

Type: Camp
TRAT

The famous fighter like Petdam Lookborai, aka the Deadly Knees, is tied to Nongrak Thai Boxing Gym, the famous boxing camp of the Eastern city before moving from Bo Rai district to open a new camp in Trat in 2007. The owner of the camp is Khru Somkuan Singphli or Nongrak Singkrungthon, a former boxer who has more than 200 fights experience. He is also a Muay Thai instructor who received a standard C-license from the Sports Authority of Thailand with more than 30 years of boxing experience in total.





Apart from the Eastern region's boxing style provided by Khru Somkuan, Khru Petdam can provide great inspiration for the new generation of boxers. Nongrak Thai Boxing Gym has tried to adjust the trainings to be more enjoyable as Muay Thai lessons have drawn interest from foreign tourists and a new generation who are interested in Muay Thai as an exercise more than a real profession. Despite being adapted for more enjoyable experiences, the correct and standard boxing knowledge is not neglected.

The camp offers the training atmosphere in a medium-sized and classic camp in tropical weather next to the beach. The camp has created a number of new generation of boxers with a beautiful fighting style.

COURSE	
1 SESSION / DAY	300 B
2 SESSIONS / DAY	500 B
1 WEEK Without accommodation	3,500 ₿
1 MONTH Without accommodation	7,000 ₿



ADDRESS

232 Mu 2, Tambon Nong Samet, Mueang, Trat 23000

Tel.: +66 (0) 8 9945 4482, +66 (0) 8 5432 9899

Facebook: Nongruck Thai Boxing Gym Email: tattooguesthouse.nice@hotmail.com





SAKARAN SMILE CLUB GYM

Type: Gym / Camp

Sakaran Smile Club Gym is a compact and friendly Muay Thai camp located near Khlong Phrao Beach on Ko Chang, operated by Aran Walla, former Muay Thai champion of the East who used to fight on the major Muay Thai promotions both Lumphini and Ratchadamnoen Boxing Stadiums. He opened a Muay Thai camp previously in Trat for over 20 years before relocating to Ko Chang to provide challenging activity alternatives for tourists. The standard Muay Thai camp has sent their star boxers to title fights and has successfully won many regional championships.











The camp is located near the famed Khlong Phrao Beach with ease of access, morning run to beautiful beaches and training in an open-air gym, surrounded by shade and trees and the standard yet friendly training atmosphere. Students can train at the same time with other Thai boxers of the camp, allowing better Muay Thai knowledge among students.

COURSE

1 DAY With 1 session	500 B
1 WEEK	3,000 ₿
2 WEEKS	5,000 ₿
1 MONTH	8,000 ₿

ADDRESS



On the road leading to the Santhiya Tree Resort before Wat Khlong Phrao, Ko Chang, Trat 23170

Tel.: + 66 (0) 6 4153 1033

Facebook: Koh Chang Muay Thai ค่ายมวยศักดิ์อรัญสมายคลับยิม







KEM MUAY THAI GYM

Type: Camp NAKHON RATCHASIMA

Only approximately 3 hours away from Bangkok or 40 minutes from Pak Chong district, Nakhon Ratchasima, Kem Muay Thai Gym is well-known among serious Muay Thai boxers for its intense training regimen and success in the boxing ring. The Gym is owned and managed by Kem Sitsongpeenong, a famous Muay Thai champion who has won numerous tournaments and a WBC title in the 154-pound weight class with a boxing record of 154 fights and 124 wins.



The Gym is located on the quiet, airy and cool Khao Yai Thiang surrounded by lush greenery. It is said to be one of the most beautiful Muay Thai camps available, especially the 4-kilometer road up to the camp, which is considered a challenging running route.

The Gym houses trainers who are experienced boxers taking turns to oversee the training with attention as the number of students is not over the capacity, resulting in an intimate training atmosphere. All the equipment inside the camp are modern and of high standards as the owner used to be a professional boxer under major boxing camps; such as, Sor Ploenchit, Fairtex, and Sitsongpeenong Muay Thai Training Camp.

Despite isolated from the tourist area, the Gym is fully equipped and meets the standard. There is accommodation provided in a shared dormitory or comfortable private rooms with clean bathrooms and Thai food provided, which students dine together in the Thai style. The limited number of people who are fluent in English at the camp poses no problem or obstacle for training, as all the trainers are patient and willing to put effort in providing explanations during training. Oftentimes, Thai and Western boxers have a training camp at the Gym before big fights. The Gym is known for close-range kneeing techniques or clinching which is an advantage of modern Muay Thai.

COURSE

Training with Accommodation

SHARED ROOMS

1,200 **B**

SINGLE ROOMS

1,400 ₿ / NIGHT

SINGLE ROOMS

Including meals and 2 training sessions

39,000 **B**

ADDRESS

Khao Yai Thiang, Khlong Pai, Sikhio, Nakhon Ratchasima 30340

Tel.: +66 (0) 9 0289 6416, +66 (0) 8 9741 5286

www.kemmuaythaigym.com Facebook: kemmuaythai

Email: mo@kemmuaythaigym.com, jub@kemmuaythaigym.com







FIGHTCLUB MUAYTHAI UDON THANI

Type: Gym UDON THANI

FightClub MuayThai Udon Thani is a modern gym focusing on martial arts, especially Muay Thai. As a result, there are Muay Thai instructors and trainers ready to provide advice and lead the training programs. Training programs are divided based on the students' objectives; namely, Muay Thai for exercise or cardio, Muay Thai for strength and skills training for competition, combination of Muay Thai and conditioning programs to increase the physical condition and conditioning program capacity to enhance the physical condition through power lifting, agility and weight training.





COURSE

Group Training

1 SESSION 350 B 10 SESSIONS 2.500 B

Unlimited

1 WEEK 1,400 B 1 MONTH 3,500 B

Private Training

1 HOUR 700 B 10 HOURS 5,000 B

ADDRESS

145/9 Mu 9, San Chao Neramit, Mueang, Udon Thani 41000

Tel.: +66 (0) 9 7239 7825

Facebook: fightclubMT Email: fightclub.ud@gmail.com

Even though it is a gym that focuses wellness, it also emphasizes Muay Thai training with experienced boxing instructors, teaching the Wai Khru ritual and providing boxing advice, notable for various strength training programs in addition to basic skills training; such as, running, jumping, rope, shadow boxing, target punching, and striking.

FightClub MuayThai Udon Thani is a training and development ground for Muay Thai skills in Udon Thani that meets the standard. It is open every day; suitable for those who come to work or have a lengthy stay in Udon Thani and are looking for a gym or a Muay Thai training ground to improve their strength from the basic level to experienced fighter level in a fun and friendly atmosphere.







LAMNAMMOON MUAY THAI GYM

Type: Camp

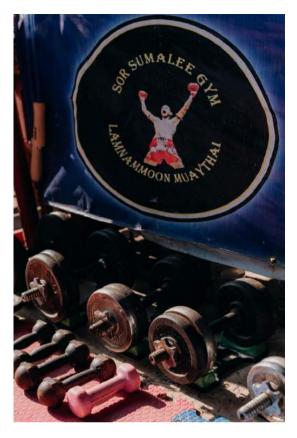
UBON RATCHATHANI

With a simple and lively atmosphere of Northeast Thailand in a hotter and dryer climate than seaside cities, the training at Lamnammoon Muay Thai Camp in Ubon Ratchathani, located in the far east of the province next to the Mekong River, is therefore unique and different from other boxing camps.

Founded in 2006 by a legendary Muay Thai boxer of the modern era, Lamnamoon Sor Sumalee, champion of 4 consecutive titles at Lumphini Boxing Stadium. After his professional boxing career, Lamnamoon turned his attention to being a trainer at Sor Sumalee Camp and Muay Thai camps in Macao, Australia as well as the mixed martial arts camp in Singapore that produced famous MMA athletes like Raphael Dos Anjos and Zorobel Moiera.









COURSE

1 TRAINING SESSION	300 B
2 TRAINING SESSIONS	500 B
1 WEEK	3,000 ₿
1 MONTH	10,000 B
1 DAY Train, meals and accommodation	1,200 B
1 WEEK Train, meals and accommodation	8,000 ₿
1 MONTH Train, meals and accommodation	28,000 ฿

With multiple years of experience as a boxing instructor, he decided to return to his roots by establishing his own boxing camp in the Northeast region while producing Sean Kearney, a Canadian Muay Thai boxer, who is successful at the Omnoi and Lumphini Boxing Stadiums as well as other boxing promotions throughout Asia. Other disciples include a new generation of Muay Thai boxers from the Northeast region that Lamnamoon has groomed since their tender ages for success in major boxing promotions in Bangkok.

Lamnammoon is a tough offensive boxer, specializing in clinching and kneeing. In terms of his training of a new generation of boxer, he has keen eyes in utilizing the strengths of his students. His professional boxing experiences in major boxing promotions have resulted in valuable techniques and tactics, which have helped in developing his students to be successful.

The rural areas of the Northeast region are unique from the other regions of Thailand. They help to shape people to be strong and persistent, which are the attributes of the people in the area. The camp provides simple but comfortable shared room accommodation, regional food, Som Tam (green papaya salad), grilled meat, local vegetables and sticky rice; the latter in particular is believed to be a great source of energy and success of the Northeast boxers.

ADDRESS

728 Soi Phon Yang Kham, Rai Noi, Mueang, Ubon Ratchathani 34000

Tel.: +66 (0) 8 9583 9976

www.lamnammoonmuaythai.com Facebook: lamnammoonmuaythai





LEGACY GYM

Type: Gym / Camp

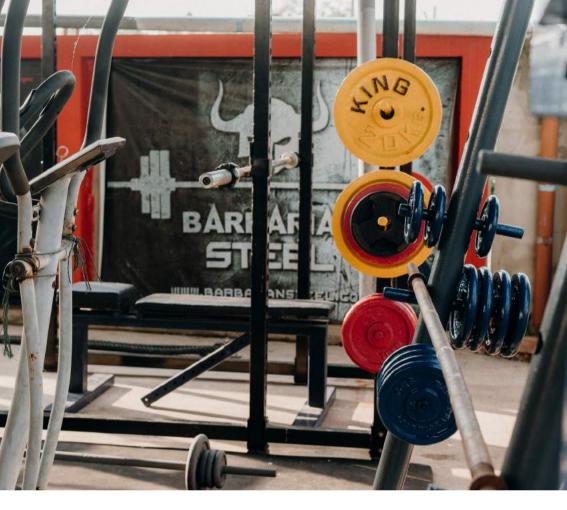
UBON RATCHATHANI

The strength of Legacy Gym lies in its Muay Thai training with the intensity of the professional boxing level and authentic Thai feel due to its location in the heart of the rural highlands in the Northeast region where numerous tough Muay Thai boxers were born.

Faraway from all the temptations, the Gym is spacious and fully-equipped with training equipment as in 2 large boxing rings, an MMA cage, 10 heavy bags and CrossFit training ground. For the first time, you will be able to practice in an exotic atmosphere under a shingle roof and shades of coconut trees. All of this comes with the beautiful scenery along the Huai Wang Nong Reservoir and Ubon Ratchathani International Airport.

The camp is owned and the training courses designed by the former World champion and European Muay Thai champion - Ole 'Iron Fist' Laursen who is in love with Northeast Thailand. Despite focusing on professional training, it is also open for beginners who are interested in Muay Thai. No matter what your goals are in Muay Thai training, to become a professional fighter, to have a challenging activity or to seek new experiences while traveling, you will achieve your goals in a family atmosphere and friendly community. Accommodation is flexible to meet the needs of foreigners. The Gym believes you will definitely enjoy learning Muay Thai at this camp.





COURSE

SINGLE SESSION 400 B

DOUBLE SESSION 700 B

1 WEEK 3,000 B

Including accommodation and double session training

1 MONTH

Including accommodation and double session training

SHARED ROOM 12,500 B
SINGLE ROOM 15,000 B

Well set up for Westerners

while private MMA training packages are also available.



Legacy Gym also has local Muay Thai boxing rings in which matches and MMA fights are organized regularly for those who are interested.

ADDRESS

54/4 Srisangtong Road, Nai Muang, Mueang, Ubon Ratchathani 34000

Tel.: +66 (0) 8 9627 8423, +66 (0) 4526 4708

www.legacygymthailand.com Facebook: legacygym.thailand





DABRUN SARAKHAM CAMP

Type: Gym / Camp

MAHA SARAKHAM

Dabrun Sarakham Camp is owned by Pol. Capt. Niran Yotsapol or "Captain Run", President of the Siam Boxing Club, Northeast region, who wants to build a standard boxing camp to be a center for the conservation of Muay Thai arts in the Northeastern region. Throughout the 14 years of the camp, many Thai boxers who have succeeded on the big promotions have been produced; such as, Chucharoen, Dabrun Sarakham, Ruknirun Dabrun Sarakham and recently, the Camp's new generation boxers, Lohngyen and Fah Prathan Dabrun Sarakham were able to compete in national championship matches for 2 consecutive years, a testimony for the Camp's standard in grooming new generations of boxers.







In addition, Dabrun Sarakham Camp also offers Muay Thai courses in collaboration with Mahasarakham University. It is an opportunity for students to practice and learn true Muay Thai arts while issuing a certificate for those who want to be a professional boxer and Muay Thai instructor.

The Camp also houses instructors who are former champions with experiences of more than 200 fights, including the outstanding instructor of the year 2016. This place is a standard Muay Thai camp that is guaranteed by numerous awards as well as being a true Muay Thai center. The Camp provides a practice atmosphere in a spacious standard camp with comprehensive training equipment. Those who are interested can participate in Muay Thai lessons at the beginner's level or a short-term Muay Thai training package or advanced levels.



COURSE

1 SESSION

1 WEEK 1 MONTH

3,000 B

Package without Accommodation

ADDRESS

88 Mu 14, Tambon Lat Phattana, Mueang, Maha Sarakham 44000

Tel.: +66 (0) 8 1544 9995

Facebook: Dabrun Sarakham Camp





SITBOONMEE GYM

Type: Gym / Camp
BURI RAM

Sitboonmee Gym is a boxing camp in the provinces that has produced rising star boxers in promotions in the lower Northeast with Master Boonmee Pawphonsong as an instructor that has provided strict practice regiments since the 1990s. His sternness has led to him eventually receive a professional Muay Thai instructor certificate at the A-License level of the Sports Authority of Thailand.





Sitboonmee Gym became well-known among foreign boxers when Kongsak Sitboonmee, the Expressway Left Kick, defeated multiple opponents with his heavy left kicks until he became the national champion of Thailand, champion of the World Boxing Council and won the outstanding boxer award. Moreover, it is known due to Master Boonmee's sternness and his determination in practicing with his students throughout 30 years until being granted the outstanding trainer award and outstanding Muay Thai Camp. This has led to a high number of foreign boxers flocking to the camp.

Although this gym is located in the small Prakhon Chai district, 50 kilometers from the city of Buri Ram and 370 kilometers from Bangkok with approximately 5-hour travel time by car, its simplicity and open-air close to nature atmosphere make this place the destination for foreign boxers.

COURSE

1 DAY

700 B

2 training sessions

including accommodation and meal

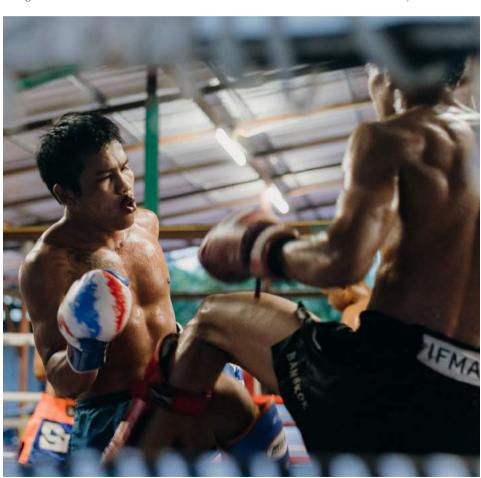


ADDRESS

169 Mu 8, Si Liam, Prakon Chai, Buri Ram 31140

Tel.: +66 (0) 8 1967 6638

Facebook: SitBoonmee Gym







TORTANUT MUAY THAI GYM

Type: Gym / Camp
BURI RAM

Coban Lookchaomaesaitong, a famous boxer in the past nicknamed "Mohlum Punch" who packs heavy punches but smooth movements and had a legendary battle with Ramon Dekkers, a Dutch boxer nicknamed "the Turbine from Hell" in 1991, is the product of the Lookchaomaesaitong Camp or also known as the Tortanut Muay Thai Gym, which has been operating for more than 50 years







The popularity of Muay Thai among young people and around the world makes Nipaporn Chotison, the 3rd generation head of the camp adjust the image of the camp into an exercise gym and offer basic Muay Thai teaching courses by the same boxing instructors of the Lookchaomaesaitong Camp to those interested, especially the A-License boxing instructors; such as, Numkhabuan Rajapruek Café, the former champion of the Ratchadamnoen Boxing Stadium. The Gym has continuously produced high quality boxers to fight with Saksit Lookchaomaesaitong as the star of the camp's new generation of boxers.

The camp provides the traditional but charming training atmosphere with standard training equipment. It is located in the heart of Buri Ram close to the Buri Ram Railway Station and 6 km away from the Chang Arena. The convenient access makes this place a new destination for foreign Muay Thai boxers.



COURSE

1 SESSION

400 B

1 MONTH

Without accommodation

8,000 **B**

ADDRESS

92/7 Na Satani Road, near Buri Ram Railway station, Mueang, Buri Ram 31000

Tel.: +66 (0) 6 2541 6226

Facebook: TorTanutBoxing









JAROENTHONG MUAY THAI GYM SURAT THANI

Type: Gym / Camp **SURAT THANI**

Guaranteed by legacy, Jaroenthong Kiatbanchong is one of the modern Muay Thai legends from Southern Thailand, Record holder of 120 wins from 151 bouts, he held the titles of WMC champion, featherweight champion in the 126-pound division and junior bantamweight champion in the 115-pound division.

When Jaroenthong Kiatbanchong opened the first Muay Thai camp in Bangkok, real professional teaching and training standards were guaranteed to ensue. Jaroenthong Muay Thai Gym Surat Thani is the 8th branch of the chain to spread standard Muay Thai arts to the younger generation near the boxer's hometown.

Jaroenthong Muay Thai Gym Surat Thani applies Muay Thai arts that are subtle yet powerful from punching, kicking, kneeing to elbowing, combined with sports science for fun exercise courses for the younger generation that can help build muscle for firm

	COURSE	bodies and good healtl
	1 SESSION 2 Hours	500 B
	10 SESSIONS 20 Hours	3,000 ₿
	1 MONTH Unlimited access	4,000 B
	3 MONTHS Unlimited access	10,000 串
	1 YEAR Unlimited access	35,000 B
2 sessions daily		

9.00 - 12.00 a.m. and 4.00 - 10.00 p.m.



At the same time, the gym also offers advanced and professional Muay Thai courses, designed and taught by a national and international champion, Khru Pet Jaroenthong Kiatbanchong, with all the necessary standard equipment.

ADDRESS

81/78 Makham Tia, Surat Thani 84000

Tel.: +66 (0) 9 8528 6333, +66 (0) 8 2396 1789

Facebook: Jaroenthong Muay Thai Gym Surat Thani



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JAROENTHONG MUAY THAI GYM KO SAMUI

Type: Gym
SURAT THANI - Ko Samui

This is another branch of a Muay Thai gym under the direction and with courses designed by a legendary Thai boxer of the modern era, Jaroenthong Kiatbanchong, on Ko Samui. It was opened in 2015, in a location close to Chaweng Beach and Samui Airport. It is a spacious and airy gym with standard equipment.







With the concept of Muay Thai for everyone, Jaroenthong Muay Thai Gym designs Muay Thai courses, especially the basic level, to be accessible, fun, exciting and energy draining in the way that it is difficult for other sports to compare. Trainers are available every day, morning and afternoon. The Gym opens for 2 periods, morning from 08.00 to 12.00 Hrs. and afternoon from 14.00 - 20.00 Hrs. The courses not only help with weight loss and muscle building, but also Muay Thai fighting skills, which can be applied in everyday life.

COURSE	
1 SESSION	500 B
2 Hours	
10 SESSIONS	3,000 ₿
20 Hours	
1 MONTH	4,000 ₿
Unlimited access	
3 MONTHS	10,000 B
Unlimited access	
6 MONTHS	20,000 串
Unlimited access	
1 YEAR	25.000 B
	35,000 B
Unlimited access	

For people with Muay Thai boxing experience who want to develop their professional skills, Jaroenthong Muay Thai Gym Ko Samui also provides a professional Muay Thai trainer and experienced trainer who work closely with Khru Pet, Jaroenthong Kiatbanchong in maximizing their skills and professional Muay Thai experience on the national and international stage for 2 decades to develop skills for students.

ADDRESS

217 Mu 6, Bophut, Ko Samui, Surat Thani 84320

Tel.: +66 (0) 8 1374 3004

www.thaiboxingsamui.com
Facebook: Jaroenthong muay thai gym samui
E-mail: jaroenthonggym.samui@gmail.com





LAMAIMUAY



LAMAI MUAY THAI CAMP

Type: Gym / Camp SURAT THANI - Ko Samui

Just a 2-minute walk from Lamai Beach, Lamai Muay Thai Camp, the legendary Muay Thai camp of Ko Samui, is the destination of fighters from all over the world to learn the complete martial arts of Southern Muay Thai boxing. The Camp creates a training atmosphere for beginners to the advanced level that is serious, rigorous, but not stressful in a modern giant and open-air training facility. The Camp is equipped with a complete set of standard and clean training equipment while offering a memorable weekend training program on Lamai Beach at the beginning of the day.



COURSE

Walk-in Training

1 PERSON

300 B

2 PERSONS

500 B

Camp in a Muay Thai Resort

WEEKLY

FROM **7,200 ₿**

PRIVATE SESSION 800 B



With a traditional Thai boxing training model certified by the World Muay Thai Council (WMC), dozens of experienced boxing instructors who have been through a number of major stages are in rotation as the Camp's boxing instructors. They all provide offensive and defensive tips under the supervision of the head trainer, Mr. Manop Maswichean (Harnarong), well-known in the international boxing stage from the Emmy-nominated and action-packed Muay Thai reality shows "The Challenge" and "The Contender Asia Muay Thai and from being a South African national Muay Thai boxing coach.

English is the language used for Camp management along with instructors and team that have experience working abroad. Therefore, visitors can rest assured on the Camp's combination of standard training schedules, weight training and nutrition advice based on modern sports principles with traditional Muay Thai arts, traditional Muay Thai strikes and boxing weakness adjustments to overcome opponents.

Located in the heart of the municipality and the beautiful Lamai Beach, Lamai Muay Thai Camp is not only clean and safe, but is also surrounded by all the necessary facilities from convenience stores, banks, money exchange services, restaurants to tour program providers.

ADDRESS

82/4 Mu 3, Lamai Beach, Tambon Maret, Ko Samui, Surat Thani 84310

Tel.: +66 (0) 8 7082 6970

Facebook: Lamai MuayThaiCamp - KOH SAMUI Email: muaythaitour@hotmail.com



SUPERPRO SAMUI

Type: Gym / Camp SURAT THANI - Ko Samui

With a tranquil resort style under the shade of coconut palms in the middle of Chaweng Beach of Ko Samui, Superpro Samui is a gym and Muay Thai camp, specialized in MMA as the Dutch owner is a famous K1 fighter. All the instructors are experienced champion boxers from both the Ratchadamnoen and Lumphini Boxing Stadiums who have frequented the Netherlands to offer training for Dutch boxers. As a result, they have good awareness of boxers' preferences and ability in order to perfectly incorporate Muay Thai in matches.





Superpro Samui regularly offers Muay Thai courses every Monday to Saturday, morning and evening, 2 hours per session while intensive training camps ranging from 1 week to 3 months are also available. The camp also provides private Muay Thai classes and MMA courses across all levels along with a full range of training equipment, from boxing rings, sandbags and mats to weights, cardio equipment, a swimming pool and yoga area.

Excellent accommodation is available to satisfy the various types of preference at a reasonable price, especially for programs that include accommodation prices in the training

COURSE	
1 TIME	400 B
1 WEEK	2,000 串
1 MONTH	7,500 串
3 MONTHS	20,000 B
PRIVATE CLASS 1 hour	1,000 ₿

courses. Superpro Samui is not a boxing camp, but rather a resort to improve your strength through Muay Thai and various activities that are suitable for everyone.

ADDRESS

48/10 Mu 3, Chaweng Beach, Ko Samui, Surat Thani 84320

Tel.: +66 (0) 7741 4393

www.superprosamui.com Email: info@superprosamui.com







YODYUT MUAY THAI

Type: Gym / Camp SURAT THANI - Ko Samui

Yodyut Muay Thai is located near the tranquil Choeng Mon Beach in the north of Ko Samui, but gym visitors can travel to experience Ko Samui during the night within 10 minutes. Yodyut or Son is the owner of the gym and a Muay Thai champion of the South who has experiences as a trainer for many Muay Thai camps in Bangkok and the South.

The gym is located in the tourist accommodation area. There are many training options available, but you can stay with the camp for an authentic Muay Thai training feeling. Yodyut Muay Thai has a friendly training atmosphere within a spacious gym with 2 standard boxing rings, 15 sandbags, and a large canvas yard for indoor training. Stores for standard Muay Thai gear and motorcycles for rent for convenient traveling around the island are also available.

COURSE	
1 CLASS	400 B
1 DAY Morning and afternoon class	600 B
1 WEEK	3,000 ₿
2 WEEKS:	4,500 B
3 WEEKS	6,000 B
1 MONTH	7,500 ₿
PRIVATE LESSON	800 B / HOUR
ROOM AND TRAINING	FROM 1,000 B / NIGHT



The gym focuses on training with emphasis on each aspect for development provided by experienced and determined trainers. This gym has 8 full-time trainers who all have experiences from the national Muay Thai stage and decent training skills for top-level gyms in Bangkok. Therefore, the trainers have the ability to develop boxing skills for the pupils until they are confident to step into the boxing ring and to boost confidence on their Muay Thai journey that is more than just practice.

Training at Yodyut Muay Thai is supervised by professional trainers who are ready to provide helpful advice whether for beginners or experienced boxers. You can fight in the 3 Ko Samui boxing rings, which host matches 6 days per week across all weight classes. Muay Thai training with chances for real boxing matches can be an unforgettable experience for pupils at this gym.

ADDRESS

76/77 Mu 5, Choengmon, Ko Samui, Surat Thani 84320

Tel.: +66 (0) 7790 0069, +66 (0) 9 0797 4940

www.yodyutmuaythai.com Email: yodyutmuaythai@gmail.com







MUAY THAI CHINNARACH

Type: Gym / Camp
SURAT THANI - Ko Phangnan

Ko Phangan is not only known for the Full Moon Party at Hat Rin organized twice a month, but also the peaceful atmosphere of this island to the north of Ko Samui is also suitable for intense Muay Thai training for people to be fit and firm. The gym has a Muay Thai instructor, Chinnarach Phalanchai, aka the King of the South. who won 2 consecutive Muay Thai world championship titles.

1,000 B

Muay Thai Chinnarach is located near Nai Wok Beach, Ban Thong Sala on Ko Phangan. The owner and head Muay Thai instructor is a former boxer with experience of 250 fights, 185 wins, and a featherweight champion from the Ratchadamnoen and Lumphini Boxing Stadiums who is fascinated by the beauty and serenity of Ko Phangan. He decided to open the gym after his retirement, and this has become a legally registered boxing camp of high standard.



COURSE 1 TRAINING SESSION 400 B 2 hours **FULL DAY** 500 B 2 sessions 1 WEEK (6 DAYS) 2,000 B 1session per day 1 WEEK (6 DAYS) 3,000 B 2 sessions per day 7.000 B 1 MONTH PRIVATE TRAINING 600 B

1 hour

PRIVATE TRAINING

WITH KHRU CHIN

This is a spacious gym not far from a peaceful beach with comprehensive training equipment along with clean and private accommodation. In addition to standard strength training programs, techniques can be learnt directly from Khru Chin as well.

If you take Muay Thai seriously and want to have a secluded intense training camp for rapid skill development, this gym should be the answer.

ADDRESS

148/22 Mu 1, Ko Phangan, Surat Thani 84280

Tel.: +66 (0) 8 6953 8253

www.muaythaichinnarach.com F-mail: chinnarach@hotmail.com



DIAMOND MUAY THAI

Type: Gym / Camp
SURAT THANI - Ko Phangnan

Diamond Muay Thai guarantees that every student will receive private training with the trainers with limited numbers of students accepted to limit the trainer to the student ratio. As a result, the students will be closely taken care of and provided with useful advice for the development of Muay Thai skills, techniques and various tactics, subjective to individual ability and specialty to develop into a complete boxer.

The camp is located in a peaceful area, just 2 minutes away from Nai Wok Beach and a 5-minute walk from Thong Sala Bay, the center of Ko Phangan. It has a Thai-style roof, which can benefit from the sea breezes with 2 6x6 meter boxing rings and training equipment that meet the standard, as well as a spacious fitness studio and a training ground for strength training by combining cross training, TRX training, kettle bell classes and HIT workouts.





COURSE

ALL-INCLUSIVE

PACKAGE



FROM 5,500 B

/ WEEK

FIRST-TIME TASTER Session per day	300 ₿
1 DAY 1 session per day	400 B
1 DAY 2 sessions per day	600 B
1 WEEK 1 session per day	2,000 ₿
1 WEEK 2 sessions per day	3,000 ₿
1 MONTH 1 session per day	7,000 ₿
1 MONTH 2 sessions per day	10,000 ₿

Diamond Muay Thai offers training and accommodation packages with simple bungalow accommodation. The serene atmosphere of the area outside of the training hours allows truly peaceful rests for visitors. In addition to training, in the evening, there are "Meat Feast" BBQs arranged twice a week with the ambience surrounded by the most beautiful mountains of Ko Phangan as well as beach run activities, hiking and swimming.

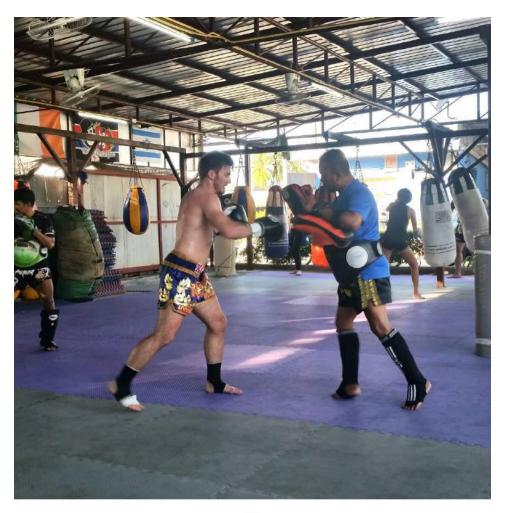
ADDRESS

Diamond Muay Thai, Ko Phangan, Surat Thani 84280

Tel.: +66 (0) 8 2287 8064

www.diamondmuaythai.com Email: diamondmuaythaicamp@gmail.com







MAX MAVERIC MUAY THAI (KROBRA MUAY THAI)

Type: Gym / Camp
SURAT THANI - Ko Phangnan

A Muay Thai camp and stadium located in the north of the longest and the most beautiful beach on Ko Phangan, Max Maveric Muay Thai or previously known as Krobra Muay Thai was founded by Kongpipob, a top Muay Thai fighter from the Northern region. This gym is one of the standard boxing gyms on Ko Phangan, which focuses on the Northern boxing technique, specializing on rapid and accurate kicks.



Focusing on building a strong foundation according to the concept is the advantage of top-level fighters. The training at Max Maveric Muay Thai is designed to teach new boxers to develop full body strength, both upper and lower body. From the good body foundation, the higher level of boxer will be able to learn striking, which can be applied on the stage effectively better.

The gym is spacious under the shade of coconut plantations together with a standard boxing ring and complete set of equipment. Daily training is divided into 2 sessions: morning and evening. There are 2 trainers who are experienced boxers and 1 professional boxer with an intensive course available later during the day.

Max Maveric Muay Thai also has a stadium that organizes Muay Thai matches on a monthly basis by pairing up both Thai and foreign boxers as opportunities for boxers to have real fights. The fight nights at Max Maveric Muay Thai are fun with excitement and roaring cheers.

COURSE

HALF-DAY

300 B

1 DAY

400 B

STAY & TRAIN

600 B

One-night accommodation with full-day access group training sessions.

ADDRESS

112/22 Mu 1, Ko Phangan, Surat Thani 84280

Tel.: +66 (0) 9 8016 9249

www.maxmaverickmuaythai.com Email: maxmaverickmuaythai@gmail.com







DRAGON MUAY THAI

Type: Gym / Camp

PHUKET

Soi Ta-ied, Ao Chalong subdistrict, despite being a suburban road shorter than 2 km., it is well known among people interested in Muay Thai as it houses 3 Muay Thai camps of international standards under the shade of coconut plantations. This is a good testament of Muay Thai's popularity among tourists.





Dragon Muay Thai offers a spacious gym facility with a standard boxing ring and a full set of training equipment. The camp is renowned for its dozens of experienced Thai instructors, as the camp emphasizes having not more than 1 to 3, instructor to pupil ratio, to ensure sufficient support. The camp accommodates all levels of boxers from beginners to experienced boxers who seek experiences and skills development. Since the camp is managed by Ekkarin (Tak) Lookchan, an experienced boxer who also comes from the area, and his family, they believe that Muay Thai cannot be fully comprehended without an understanding of Thai culture and Muay Thai tradition; such as, the Wai

COURSE	Khru ritual.
DROP IN 1 time	300 В
DROP IN 2 sessions	500 ₿
WEEKLY 6 days	2,400 串
MONTHLY	8,000 ₿
3 MONTHS	22,000 串
PRIVATE TRA	INING 700 B / HOUR
1 MONTH	22,000 串

Accommodation+training



Large private bungalows are also provided in the camp suitable for those interested in Muay Thai boxing who come with their family. Also, in proximity of Soi Ta-ied, there are other convenient resorts and accommodation to choose from.

ADDRESS

10/3 Mu 5, Soi Ta-iad T. Chalong, Mueang, Phuket 83130

Tel.: +66 (0) 7652 1343, +66 (0) 8 0142 7500

www.phuketdragonmuaythai.com



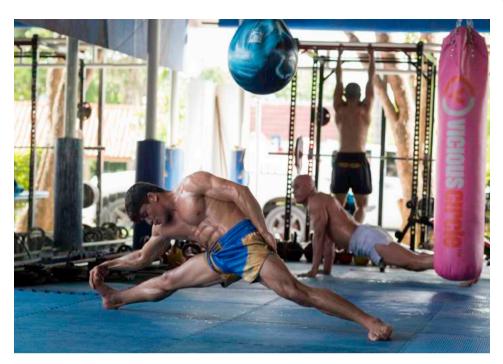
PHUKET TOP TEAM

Type: Gym / Camp

PHUKET

With the rapid growth of mixed martial arts (MMA) in the world and in Asia, apart from being a Muay Thai camp of international standard, Phuket Top Team positions themselves as Thailand's world-class MMA camp as well.





Phuket Top Team has incorporated Muay Thai's strength in striking, superior to other combat styles, with other martial arts; such as, submission, wrestling, Brazilian Jiu Jitsu and freestyle wrestling as well as offering exclusive MMA classes, focusing on private training for skills development in preparation of a professional fight. Phuket Top Team has paved the way for many successful MMA fighters making the camp a destination for people committed to MMA.

COURSE

SINGLE CLASS 500 B
FULL DAY 600 B
WEEK 3,600 B
MONTH 11,400 B
3 MONTHS 31,100 B

For accommodation or an all-inclusive package, please check for more details.

The trainer team is a combination of championship-caliber Muay Thai boxers and foreign fighters with records of more than 250 fights including Prof. Olavo Abreu, winner of multiple Jiu Jitsu championships, Eric Uresk, world-class wrestling coach, Boyd Clarke, Muay Thai boxer and MMA fighter, Nonsai Sor Sanyakorn, 2-time Muay Thai champion, Laemthong Tor Pornchai, Channel 7 Muay Thai boxing champion and Oleydong Sithsamerchai, a WBC champion with a record of 56 wins and 21 knockouts in 58 fights.

Phuket Top Team boasts one of the best teams of MMA fighters in Asia, including a team of Muay Thai boxers who currently have success on the national stage.

ADDRESS

45/31 Mu 1, Soi Ta–ied Chalong, Phuket 83000

Tel.: +66 (0) 7636 7567

www.phukettopteam.com



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SINBI MUAY THAI CAMP

Type: Gym / Camp
PHUKET

The gym was established by Sinbi Taewoong or Tor Padhake Sor Joolasane, known in the boxing circle as "Mr. Lion Head", a Muay Thai boxer from South Thailand and K1 boxing champion in KOMA or King of the Martial Arts in South Korea. He has experience in Muay Thai boxing and as a trainer in other countries, including South Korea, the UK and Australia.







COURSE

1 SESSION Session per day	300 ₿
1 DAY 1 session per day	800 ₿
WEEKLY 2 sessions per day	3,500 ₿
MONTHLY 1 session per day	12,000 ₿
6 MONTHS 2 sessions per day	48,000 B
PERSONAL TRAINING	800 B / HOUR

Accommodation is available

with all room prices inclusive of training fees.

The Camp has been a traditional Muay Thai boxing camp for more than 10 years on Nai Han Beach in the southern part of Phuket. The goal is to teach authentic Muay Thai to younger people from around the world for body strength development as well as practical fighting techniques.

Quality Muay Thai courses offered by Sinbi Muay Thai Camp draw professional boxers to train at the Camp while continuously creating a new generation of exceptional Muay Thai boxers, not limited only to the South. In 2018, the Camp also produced an award-winning Muay Thai boxer who received an award as the outstanding Muay Thai boxer who preserves the arts of Muay Thai.

The Camp provides professional standard training equipment as well as accommodation for a long-term stay with available options from single beds to VIP accommodation and a penthouse, covered in the package prices that include 2 training sessions, morning and evening. Apart from being a boxing camp, Sinbi Muay Thai Camp is also widely recognized in the South for its organization in Phuket of boxing matches in standard boxing rings.



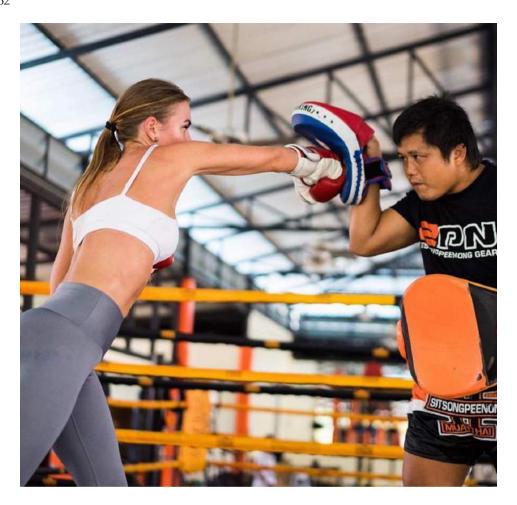
ADDRESS

Soi Saiyuan 9, Saiyuan Road, Rawai, Mueang, Phuket 83100

Tel.: +66 (0) 9 3690 3322

www.sinbi-muaythai.com



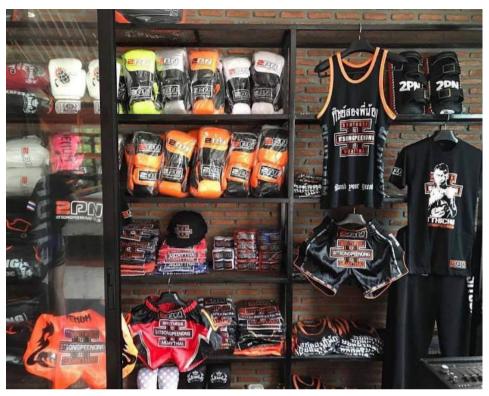




SITSONGPEENONG MUAY THAI

Type: Camp

A well-known boxing camp in Bangkok, Sitsongpeenong Muay Thai has produced a number of top-level boxers from Thailand and all over the world; such as, Khem, Bowie, and Sittichai Sitsongpeenong. The camp opened another branch in the Surin Beach area on the west side of Phuket owned by an Australian boxer and promoter named Tim Fisher with Pi Pah, who has had experience as a trainer for numerous championship boxers, as the head trainer.



In order to achieve the true goal of Muay Thai training in a tropical atmosphere, Sitsongpeenong Muay Thai has selected highly experienced trainers and former successful boxers; such as, Yodvisanu, a former WMC champion who has experience as a trainer in a top Muay Thai camp in Southern Thailand and in Japan; Lucas Cannon, an Australian who is a former champion along with other former champions from the Ratchadamnoen and Lumphini Boxing Stadiums. In addition, the camp has coaches with over 10 years of experience exclusively in strength and agility training. Throughout the training, Fisher will always observe and listen to students' opinions for the improvement of the training quality.

COURSE

DAILY

1,300-1,700 B

MONTHLY 22,000-25,000 B

Training with accommodation

Trainings are not only offered to dedicated boxers, but beginners are welcome for training as well and the beginners will benefit immensely from the rigorous training programs. The newly built gym is spacious with complete sets of training equipment. Three types of accommodation are also offered from double rooms with access to shared bathrooms, spacious champion rooms with in-room bathrooms, amenities and sea views to comfortable family rooms. The beach can be reached within 5 minutes from all accommodation.

ADDRESS

72/44 Mu 3, Bangtao Beach Road, Soi 2 Cherngtalay, Thalang, Phuket 83110

Tel.: +66 (0) 8 7276 5024

www.sitsongpeenong.com

Facebook: Sitsongpeenong Phuket Muay Thai









SUMALEE BOXING GYM

Type: Gym / Camp
PHUKET

Notable for its programs that combine Muay Thai with yoga, Sumalee Boxing Gym is located in the green suburb of Phuket's eastern coast in Amphoe Thalang. Dr. Lynne Miller, owner and founder, is a Welsh Ph.D. in Psychology who was captivated by Muay Thai. It is one of the first Muay Thai boxing camps in Phuket and has a good reputation for their standard and training programs.

Thai boxers in their camp by bringing boxers, especially foreign boxers, both males and females, to major boxing promotions for experiences, Sumalee Boxing Gym is also the only Muay Thai gym that offers "Wholistic training programs" by incorporating Muay Thai, yoga and healthy food programs together for entire body development.

Its location in a rural area is suitable for

Not only focusing on developing Muay

Its location in a rural area is suitable for designing running paths. The gym area is a spacious open-air compound with boxing rings and high-quality equipment along with numerous experienced trainers who take care and provide close guidance to pupils.

In addition, there are yoga studios, massage rooms, a calisthenics space, swimming pools, restaurants and coffee shops that focus on healthy food and drinks as well as a shop for Muay Thai gear and 16-room accommodation in total from normal to superior rooms.

The combination of Muay Thai and yoga makes Muay Thai boxing more feasible for women to train, leading to an increased number of new faces coming in for Muay Thai for health.



Training Only

HALF DAY 400 B
1 session

FULL DAY 600 B

2 sessions

Weekly

COURSE

TRAINING ONLY 3,000 B
TRAINING AND 3,500 B
POOL

Monthly

TRAINING ONLY 10,000 B

TRAINING AND 11,000 B

Standard Package
Training with accommodation

THAI LODGE

DAILY 1,350 B
 WEEKLY 9,450 B
 MONTHLY 35,798 B

ADDRESS

234/3 Mu 3, Soi Hua Tha, Sri Sunthon, Thalang, Phuket 83110

Tel.: +66 (0) 8 8017 3018

www.sumaleeboxinggym.com





SUWIT MUAY THAI

Type: Gym / Camp
PHUKET

Located in the Chalong Bay area not far from "The Soi" or Soi Ta-ied that houses major boxing camps, well known in Phuket, Suwit Muay Thai is Phuket's first Muay Thai training camp. Operating for more than 25 years by a Phuket owner, the camp promotes their friendly and local Thai atmosphere that welcomes everyone interested in Muay Thai boxing, be it tourists seeking exciting and new experiences in martial arts, Muay Thai fans, or those yearning for full-body strength improvement.





The courses are divided into 2 levels: amateur Muay Thai boxers and classes for those interested in professional MMA and seeking to equip themselves with Muay Thai skills. Each course is limited to a small number of students only, between 1 to 5 persons, allowing for close supervision. All the instructors are former boxers and experienced Muay Thai trainers. They will not only teach you punching and kicking, but also in-depth teaching into the use of elbows, clinching and various striking techniques and tricks in various situations.

The gym exudes a classic atmosphere of a gym that has been open for a long time but is fully equipped with training equipment. All the years in operation are the testament to the gym's experiences of Muay Thai training while the gym also owns standard boxing rings where boxing matches are organized every Friday, open for people to experience the fun and excitement.

Suwit Muay Thai provides accommodation for those undergoing lengthy Muay Thai training courses through simple standard rooms with fans and air conditioners, along with a swimming pool.

COURSE

1 SESSION 500 B

WEEKLY 3,000 B
6 days

MONTHLY 9,000 B
Full course

PRIVATE TRAINING 17,000 B
2 sessions per day

ADDRESS

15 Chao Fa East Road, Chalong, Mueang, Phuket 83130

Tel.: +66 (0) 8 1737 6072

www.suwitmuaythai.com







TIGER MUAY THAI

Type: Gym / Camp
PHUKET

One of the highly regarded boxing camps of international standard in Asia, Tiger Muay Thai is located in Soi Ta-iad, known as "The Soi" for Phuket boxing camps that has been made known around the world by MMA fighters who came seeking experiences and training in the area.

With the idea of spreading Thailand's traditional Muay Thai to foreigners across all levels through standard trainings, Tiger Muay Thai welcomes everyone from those who want to learn Muay Thai boxing, those who seek to make their holiday worthwhile with new experiences, adventurers, fitness regulars to professional fighters who want to hone their skills and develop their techniques for major tournaments.

The training atmosphere in the camp is intense but not serious with the views of Phuket Beach. Not limited to Muay Thai boxing, Tiger Muay Thai incorporates a variety of martial arts in their programs, especially Thai martial arts from Muay Boran (ancient boxing), Krabi Krabong (sword and staff fighting) to yoga and fitness training for options in building a strong body and transforming you into a fighter.



COURSE

Training Prices without Accommodation

1 WEEK 3,700 B

1 MONTH 12,000 B 3 MONTHS 31.500 B

Muay Thai & MMA training

Perfect for the MMA/BJJ oriented

1 WEEK 4,300 B

1 MONTH 14,000 B

3 MONTHS 35,500 B

DAY PASS 900 B

Full access to the facility

For all-inclusive training, please check for more information.

The team of more than 30 trainers or "Khru" is all professional with extensive boxing experiences from Ratchadamnoen, Lumphini and Omnoi Boxing Stadiums, or experiences as a trainer for gyms of international standard in other countries. The team is well experienced in training and providing on-point advice.

On top of the spacious gym, equipment of high-quality standard and pleasant atmosphere, Tiger Muay Thai also offers 6 bungalows with swimming pools and family houses as well as single room accommodation nearby.

ADDRESS

7/35 Mu 5, Soi Ta-iad, Ao Chalong, Mueang Phuket 83130

Tel.: +66 (0) 7636 7071 or Skype

www.tigermuaythai.com







RAWAI MUAY THAI TRAINING AND FITNESS GYM

Type: Gym / Camp
PHANG NGA

Since 2003, it has been known that Rawai Muay Thai Training and Fitness Gym was the first Muay Thai gym open for foreigners and female boxers under the renowned boxing trainer, Sakeddao Sor Yupinda at Rawai Beach, Phuket province. For more than 10 years, the Gym has been operated with a celebrated retired boxer, Chanchai Sor Tumarangsi, a skilled boxer known for his push kicks and holder of boxing titles from the 2 major boxing stadiums, Ratchadamnoen and Lumphini Stadiums, as one of the instructors.

Apart from offering standard Muay Thai group courses, the Gym also offers private courses and Muay Boran courses (traditional boxing), which feature flowing and smooth techniques on top of all the offensive arts.

The new location of Rawai Muay Thai Training and Fitness Gym is close to Khao Lak Beach, Takua Pa district, Phang Nga province, which is one hour away from Phuket International Airport. The Gym consists of 4 standard boxing rings, sandbags, punching balls, and all the standard equipment required to take the boxing skills to the next level. The Gym has been under the management of staff familiar with foreign boxers for more than a decade.







Accommodation ranges from a shared dormitory without air-conditioning to deluxe bungalows depending on the guest's budget and preference. After some intense training, guests can also enjoy the huge swimming pool, canteen, Thai massage or boxing gear shopping for intense exercise. For beginners, the place also offers running courses and gym routines twice a day in morning and evening.

COURSE

CLASS 300 B

DAY 600 B

WEEK 3,000 B

MONTH 10,000 B

Accommodation not included.

ADDRESS

35/22 Mu 4, Soi Pa Nat, Khuk Kak, Takua Pa, Phang Nga 82220

Tel.: +66 (0) 8 1476 9377 (English, Spanish, Italian and French), +66 (0) 8 8169 4933 (Thai)

www.rawaimuaythai.com

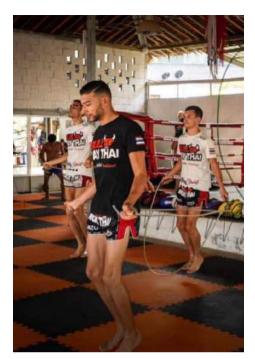




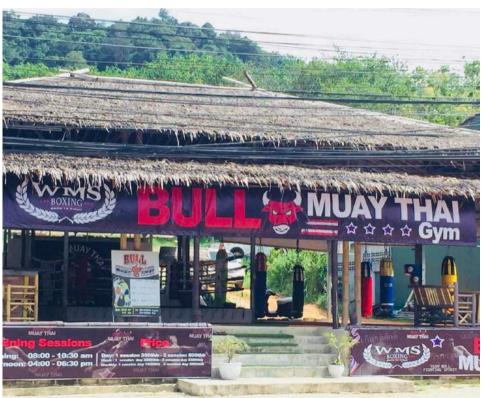
BULL MUAY THAI

Type: Camp KRABI

A standard Muay Thai camp in the Ao Nang area, Bull Muay Thai positions itself not as just a gym, but a Muay Thai boxing camp with a team of professional trainers. Classes between Muay Thai School for Beginners and Muay Thai Professional Training are separated. While based on similar basic trainings; namely, running, shadow boxing, sandbag punching and target punching, classes differ in terms of training duration and details for advanced boxers to benefit fully from training.









Bull Muay Thai houses sufficient boxing instructors who are former Muay Thai boxers and professional trainers for taking care of students. Each instructor has different boxing specialty; such as, Khru Mai, who specializes in elbow use and striking, teaches clinching, Khru Beng, who has over 6 years of experiences an instructors, specializes in Western boxing, Khru Davud is good at strength training and target punching and Khru Lit is renowned for his punching and striking techniques. All the instructors can provide advice in each aspect of Muay Thai to overcome the opponent.

Muay Thai training courses where they have developed the skills and become professional boxers while they are all willing to share their experiences with the in-coming students. The camp provides apartment-style

for pro fighters, located approximately 1

kilometer away, as the training center for professional

boxers from various nations, including Thailand,

France, Italy, Germany, Spain, the UK, Australia

and Argentina. They are the products from Bull

accommodation and 30 bamboo bungalows for those undergoing Muay Thai training with a swimming pool for relaxation after intense training.

COURSE

5 MUAY THAI LESSONS

1,750 B

6 sessions

MONTHLY OFFER 18.900 B

Training with bungalow accommodation with pool

ADDRESS

238 Mu 2, Ao Nang, Mueang, Krabi 81000

Tel.: +66 (0) 6 2210 9130

www.bullmuaythaikrabi.com Facebook: Bull Muay Thai Krabi Thailand Email: bullmuaythai@gmail.com





EMERALD GYM

Type: Gym / Camp KRABI

Emerald Gym, located in Ao Nang, Amphoe Mueang, Krabi province, is highly experienced in sending foreign boxers to various boxing promotions. It has been owned and managed by the French boxer, Wilfred Montagne, since 2008.





Montagne is well experienced in Muay Thai fighting and had fought with numerous world-class Muay Thai boxers, especially top Muay Thai boxers; such as, Samkor Kiatmontep and Naruepol Fairtex. Montagne therefore has both the experience and ambition to build a top Muay Thai team rather than being merely a Muay Thai gym for tourists.



COURSE

Group Training
SINGLE SESSION
WEEK
3,000 B
MONTH
10,000 B
PRIVATE LESSON
1 hour
Package

Package

1 WEEK 5,000 **B** 7 nigths

MONTHLY 12,000 - 16,000 B

ACCOMMODATION 400 B
/ NIGHT

Emerald Gym has a comprehensive set of standard boxing and training equipment within the newly renovated training center, the largest gym in Ao Nang. The Gym is situated on the foothills, benefiting from shades of large trees and tranquil atmosphere. There is accommodation from dormitories to private rooms for serious boxers who undergo advanced courses and professional boxers.

The Gym's resolution to build a strong Muay Thai team is evident in its recruits of 7 experienced and tactical instructors, each with a record of more than 200 fights. Achan Padaa or Wandjindjai Djor Wirad, who is used to be a trainer at the Kiat Charoenchai Camp is the Gym's Head Trainer with a more than 30-year boxing experience in the Muay Thai circle, notable for his anticipation and uses of elbows.

Whether you are a beginner or a committed boxer, you will receive intensive trainings from the Gym.

ADDRESS

505 Mu 2, Ao Nang, Mueang, Krabi 81000

Tel.: +66 (0) 8 3548 3850

www.emerald-gym.com





HONOUR MUAY THAI

Type: Camp KRABI

"No shortcut for Muay Thai. Train hard to be great." is the motto of Honour Muay Thai, a relatively new boxing camp in the Ao Nang area, which pays homage to Muay Thai as the name suggests. Besides focusing on training discipline and dedication, the camp sets and declares training rules clearly with not only a prohibition on the use of communication devices during training for focus, but also rules that are previously followed by all Muay Thai boxers; such as, daily Wai Khru, paying homage to boxing instructors, before training, practices of Wai Khru before matches or symbolic Thai gestures; such as, dedicating every fight to the instructor.

The camp has a combination of a Thai and Western atmosphere from the two camp's partners; namely, Howard and Achan Yodchai Noi, highly experienced professional Muay Thai boxers along with trainers who are former boxers with experiences of 150 to 300 fights, winning the Channel 7 Championship and Om Noi Boxing Stadium.





Advice for those interested in training in this camp is you have to be able to jog for 10 km before joining the training programs. The programs are known for clinching which will be trained immediately after the running session and another clinching session after target punching and sandbag sessions

COURSE

1 WEEK 2 sessions per day	300 ₿
1 MONTH 2 sessions per day	8,500 ₿
3 MONTHS 2 sessions per day	22,500 B
6 MONTHS 2 sessions per day	4,000 ₿
1 YEAR 2 sessions per day	78,500 B

Training course with accommodation

please check for more details

The camp provides complete standard training equipment in a friendly atmosphere. Accommodation packages provided by the camp include 2 meals per day, 6 days a week while the food will be served and dined together with the others like a family. The food, cooked by Koi who is another important staff member at the camp, is a fusion of Thai and Western cuisine, both delicious and suitable for boxers.



ADDRESS

905 Ao Nang, Mueang, Krabi 81180

Tel.: +66 (0) 9 3198 1378

www.honourmuaythai.com Facebook: Honour Muay Thai





KHUN SUEK MUAY THAI GYM

Type: Gym / Camp KRABI

The 4-story training building in bright red color next to the mountains near Ao Nang is a distinctive feature of Muay Thai training at Khun Suek Muay Thai Gym. The standard boxing ring, located on the top floor of the building surrounded by panoramic views, coupled with the Gym's abundant spaces and the relaxing breezes from the sea, will make you forget the fatigue from the intensive training.





Despite being a tourist attraction, Khun Suek Muay Thai Gym is a true Muay Thai camp with its emphasis on Muay Thai training from experienced boxing instructors; such as, Prasop Thanachotsombat, senior trainer with the record of more than 300 fights, the holder of a fight-of-the month award from Lumphini Boxing Stadium, and a new generation of boxing trainers; such as, Petchek Sor Suwanphakdee, aka the Roaring Right Kick, holder of multiple Muay Thai championships from a number of boxing promotions or Saengpetch Meepetch who has experiences in Muay Thai coaching in China, South Korea and Japan and can provide advice from beginner to professional level.



Apart from having the best atmosphere, the Gym's facilities cover multiple boxing rings, sandbags, punching balls and locker rooms with separate showers and dressing rooms. Khun Suek Muay Thai Gym also offers various accommodation from dormitories to private accommodations along with healthy food from experienced sport nutritionist chefs.

COURSE

2 Sessions per day

FUN BASIC 600 B
90 minutes

1 DAY TRAINING 650 B
2 sessions per day

1 WEEK 3,500 B

ADDRESS

89/1 Mu 3, Ao Nang, Mueang, Krabi 81180

Tel.: +66 (0) 7566 1199, +66 (0) 6 1896 9889

Facebook: Khun Suek Muaythai

LINE: @pgg9915e









KMAX MUAY THAI GYM

Type: Gym / Camp KRABI

The owner and head instructor, "Inspector Shane" Pol. Col. Thachakorn Suankamsri, is a police officer who is passionate about Muay Thai and has more than 20-year experiences in Muay Chaiya. He has received a permit from the Muay Chaiya Association to be a Muay Chaiya boxing instructor and his camp is one of the first boxing camps in Thailand which bases their teaching on this Muay Thai style.

Muay Chaiya is a rope-binding style of Muay Boran originated in Chaiya, Surat Thani. It is famous for fights in front of King Rama V the Great a little over a hundred years ago. This style of boxing is not only notable for its long-range striking from kicking, push kicking to punching also the close-combat techniques or the throwing, smashing, grappling and breaking techniques which can be blended into MMA fighting. Muay Chaiya has basic positions and other positions and movements, offense, defense, deception, avoidance and many other countering moves.



COURSE

Divided into 3 Levels:

1. BASIC 2. ADVANCED 3. FIGHTER

1 SESSION 400 B 1 MONTH 7.000 B

1 WEEK 2,500 B

1 PRIVATE SESSION 800 B



Providing training in an open-air building in the Pak Nam district of Krabi, close to the city with ease of access, Kmax Muay Thai Gym is one of the few boxing camps in which the owner of the camp provides courses by himself and is willing to disclose all the knowledge for true developments of students. The teaching standard is on par with trainings used to produce successful and famous boxers in the South.

ADDRESS

53/3 Soi Maharat 34, Hutangkul Road, Pak Nam, Mueang, Krabi 81000

Tel.: +66 (0) 8 6959 4596, +66 (0) 9 9392 4998

www.kmaxgymmuaythai.com Facebook: KMAX GYM

Email: kmacthailand@gmail.com





LESSON WITH A MASTER



LESSON WITH A MASTER

Instructors of Muay Boran (Ancient Boxing)

Should tourists be interested in the arts and subtlety of Muay Boran or ancient Muay Thai which has been passed on for generations and is the essence of the Muay Thai identity, various styles of ancient Muay Thai are available for lessons. Famous for its distinguished characteristics, notable Muay Boran is from Muay Chaiya, Muay Korat, Muay Lop Buri, Muay Thasao Phraya Phichai Dap Hak to the Muay Boran Palasueksa style. Learning and receiving boxing lessons from master boxing instructors offer a unique experience, different from learning boxing in the gym or general boxing camp.

Traditional Muay Boran instructors are oftentimes seniors. Nonetheless, they have inherited the Muay Thai arts and have experiences in passing on the knowledge to students. At present, boxing instructors who continue to preserve ancient Muay Thai knowledge and foundations through years of teaching can still be found.

Ancient Muay Thai has detailed basic principles while each step must be mastered before proceeding to the next step which is different from the contemporary Muay Thai found in the boxing ring. Ancient Muay Thai emphasizes the practicality and survival unlike Muay Thai in the ring which is rather a sport. Certain techniques of ancient Muay Thai are prohibited in the ring, resulting in radical differences between the learning of Muay Thai and ancient Muay Thai. Ancient Muay Thai branched out into distinct groups based on the regions while the differences can be distinctively found in the Wai Khru rituals, walking styles, fighting tips and tricks as well as unique hand wrapping and binding.

For those who want to grasp the profound arts and science of ancient boxing, lessons with master boxing instructors of various boxing styles will be a memorable experience that is different and cannot be found in gym classes or boxing camps.





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MUAY THASAO PHRAYA PHICHAI DAP HAK

(Muay Thai of the North)



Khru Vraman Vanantsanti

Muay Thai instructor with Mongkhon Level 6 (the highest order)

Khru Vraman has obtained Mongkhon Level 6 of the highest order through 5 consecutive years of studying Thaiyuth and ancient boxing, the Muay Thasao - Phraya Phichai Dap Hak style, from Dr. Somporn Saengchai, master instructor of the Muay Thasao - Phraya Phichai Dap Hak style.



Looking for an ancient and unique Muay Thai style? Muay Thasao - Phraya Phichai Dap Hak is a Northern Thai Muay Thai style that will teach you the 8-direction footwork and the 4-direction guard. This is to avoid danger by evading, warding off and shielding before turning into offense which is defense before offense or defense during offense.

This boxing style is known for not allowing opens for the opponent to take advantage off. For instance, while kicking, the guards are still up as the arms are not to be swung to add power to the kick. After kicking, push kicking or kneeing, the striking foot must always be placed in front to protect yourself from a sweep kick to the standing leg etc.

The "Nawa Arwut" or the 9 Muay Thai weapons from kicking, kneeing, elbowing and headbutting will be swiftly and decisively released with unique gestures from posture to toe placement.

Martial arts background is then suggested prior to the study of Muay Thasao - Phraya Phichai Dap Hak before learning the art of defeating an opponent. Boxers must avoid danger whether during the offense or defense. Boxers must learn defense before offense, learn how to solve a situation before tying and must understand one's weaknesses as well as their opponents' in order to protect themselves and defeat the opponents. The knockout technique of this boxing style is ability to take advantage of the opponent's opens. The style aims to identify those opens in order to swiftly defeat the enemy but will not try to end a fight while creating opens for the opponent.

Those who are interested are welcomed to join classes on Monday, Wednesday, Friday, at 18.00 Hrs. in the midst of nature or arrange for private lessons.

COURSE

1 MONTH 500 B
2 hours session with unlimited access

PRIVATE SESSION 1,000 B

2 hours

ADDRESS

Somdech Phra Srinagarindra Park, Nonthaburi, Srisaman Road, Ban Mai, Pak Kret, Nonthaburi 11120.

Tel.: +66 (0) 8 6999 3458







Lesson with a Master



MUAY CHAIYA

(Muay Thai of the South)



Khru Preang (Napapop Pramuan)

Muay Chaiya instructor and founder of the Muay Chaiya Foundation (est. 2003)

Muay Chaiya is one of the Muay Thai rope-binding styles which at present has been limited only to matches outside the boxing ring. With his love in Chaiya martial arts, Khru Preang has taught multiple generations of students and continues on until today to carry on the will of the ancestors to preserve a Thai martial art in Muay Chaiya through time.

Muay Chaiya is different from Muay Thai in its bare-knuckle style. The style is cautious and humble while turning opponents' power against themselves by deflecting their attacks on themselves. The teaching focuses on defensive techniques that are "shielding, brushing away, covering, and opening", which can protect boxers from head to toe.

" Muay Chaiya is compact in its unique kicking and punching. Defensive and offensive postures are beautiful through throwing, grabbling, clinching and breaking that can both protect the body and strike at the same time. Kicking involves hand swinging for momentum for power and severity more than modern boxing. "

Muay Chaiya basic postures do not require running exercise during practice. The focal point is the management of weapons that is how to make a fist, how to position the boxing stance or how to move. After the basics are firm, striking techniques will then be taught mainly on laying the foundation of footwork and ducking which are different from general boxing styles. Muay Chaiya has multiple tricks and tips from shuffling, approaching or evading. Multiple parts of the body are used for weapon strikes from hands, feet to elbows with defensive techniques in shielding, brushing away, covering, and opening as the main techniques.

For the teaching and learning of Muay Thai Chaiya, Khru Preang focuses on a traditional teaching style where students learn from basic "shielding, brushing away, covering, and opening" until they can prevent attacks with confidence. Other Muay Thai tricks are taught along the way unlike mainstream Muay Thai as Muay Thai Chaiya teaches attacks, kicks, punches and strikes by absorbing kicks and punches of the opponent.

In addition, Khru Preang provides lessons that can be paired with Muay Thai Chaiya; such as, Krabi Krabong fighting, two-handed sword, short knife, staff and other traditional Thai weapons that are not easy to find in order to complete true Thai martial arts lessons.

COURSE

KHRU PREANG

GROUP 500 B
4 persons / HOUR

PRIVATE 1,000 B
/ PERSON

SESSION WITH 2,000 B

/ HOUR

ADDRESS

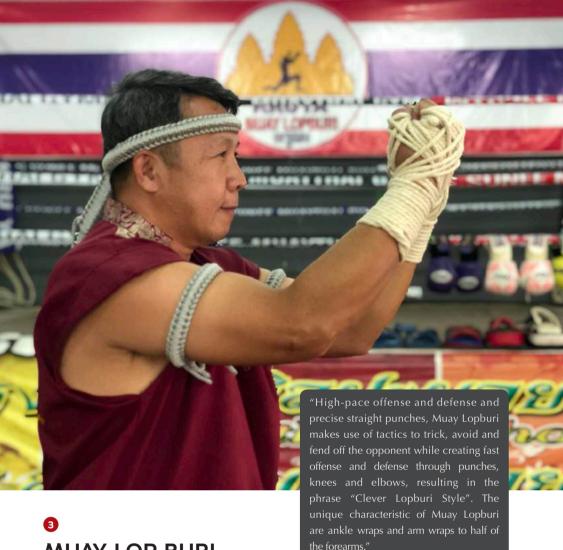
SiamYuht Martial Art Center "Baan Khru Paeng"

Ton Sung Avenue 458, Latphrao 94 Road, Pradit Manutham Road, Bangkok 10310

Tel. +66 (0) 8 6556 0195, +66 (0) 8 6606 7930

FB: @MuayThaiChaiyaBarnKruPraeng Open 10.00-20.00 hrs. (Close on Friday)





MUAY LOP BURI

(Muay Thai, Central Region)



KHRU YA MUAY THAI LOP BURI (Chaimongkol Rienprayoon)

Boxing instructor who established a center for the teaching, preservation and promotion of "Muay Lop Buri".

The owner is a Lop Buri local with a passion for boxing since childhood until making requests to the family to turn areas in the house into a boxing camp under the name of Sor. Sunee Muay Thai. After intense Muay Thai trainings and multiple years in professional boxing, his love for the Muay Thai arts together with his additional Muay Thai learning and boxing instructor trainings in both professional and amateur Muay Thai have led to the idea to preserve and promote Muay Boran, Lop Buri style. This resulted in the conservation project for Lop Buri's cultures and promotion of Muay Thai Lop Buri arts to children and youth while providing basic Muay Thai boxing lessons for foreigners.



Khru Ya mentioned that the unturned fist stance is a unique posture of Muay Boran Lop Buri. The front fist must be positioned at the chin level with the back fist at the chest level. The stance with a leading and following foot, both feet straight and facing the opponent is called Jod Muay Prakarn Ped Lok. The style features quick unturned-fist punches aiming primarily at the chin or an opponent's face called Yokkaoprasumaru. Hanuman Tawai Waen is the move consisting of two-handed punches thrown at the same time. It can be seen that the Muay Thai Lop Buri style postures are results from incorporating and mimicking the gestures of various animals from the legends of the city of Lop Buri creation; such as, monkeys and elephants, populated in a higher number in the city and characters from the Ramayana; such as, Titan Captures Monkey Turkey, Ayara, Huck Nguang Aiyara and Huck Kor Erawan.

COURSE

1 SESSION

PRIVATE SESSION

500 B

BASIC MUAY THAI 2,500 B
10 hours course (5 times)



For students who want to learn Muay Lop Buri, Khru Ya will teach Muay Thai skills beginning from the background and the unique identity of Muay Lop Buri before the actual practices in Muay Lop Buri and various boxing postures. For those interested in Wai Khru, the unique Lop Buri movements; such as, Narayana Throws a Disc and King Rama Pulling the Arrow String can be taught as well in the breezing boxing gym next to the main road in Lop Buri.

ADDRESS

Sor. Sunee Muay Thai Lopburi Muay Thai School Koet Chana Road, Pa Tan, Mueang, Lopburi 15000

Tel. +66 (0) 6 2341 4344





4

MUAY KORAT

(Muay Thai, Northeast Region)



KHRU CHAO (Dr.Chao Wathayotha)

17th grade senior grand master Muay Thai instructor, holding a doctorate in Muay Thai studies.

Neck Kick Muay Korat style."

Experienced in instructing national boxing athletes for the Olympics as well as providing Muay Thai lessons in Thailand and abroad.

Lesson with a Master



Throughout his career as a boxing instructor for almost 40 years, Khru Chao remains a Muay Thai instructor who still preserves, promotes and passes on Muay Korat to both Thai and foreign students both in Thailand and abroad. Khru Chao is unique in his degree from his Ph.D. research in the Muay Thai Korat style. The research received an outstanding award.

With his passion for Muay Boran, at present Khru Chao remains a Muay Thai instructor who passes on Muay Boran lessons to children, youth, boxers and foreign Muay Thai enthusiasts.

Khru Chao recalled that he was fascinated with the art of Muay Boran until he felt that he had to pass on the knowledge. After his retirement from being a boxing instructor for amateur boxers, he became a Muay Thai instructor, focusing on Muay Korat.

For people who want to learn ancient rope-binding Muay Korat, Khru Chao will teach all the unique traditions from the wearing of shorts only, no shirts, wearing Mongkhon on the head during fights, rope-binding style hand wrapping from fists to elbows. As Muay Korat is a boxing style that covers a lot of areas, the wrapping will help to absorb the impacts from kicks and punches.

In addition to Muay Korat kicking, punching and countering postures, principles of Muay Korat will also be taught from Yang Sam Khu, static postures and movements (10 postures in total), 11 countering movements as well as 21 important Muay Boran movements. People who are interested in deep understanding of Muay Korat are required to take multiple courses in succession in order to study all the important Muay Boran movements.

COURSE

BASIC 1 hour START FROM 1,000 B

ADDRESS

Khru Chao Boxing Yard, Ban Phai School,

Mu 1, Chan Chop Thit Road, Nai Mueang, Ban Phai, Khon Kaen 40110

Tel.: +66 (0) 8 6808 2900







Lesson with a Master



MUAY BORAN PHYSICAL EDUCATION STYLE



Khru Pho Asst. Prof. Phosawat Saengsawang

Senior grand master Khru Muaythai Association/ Golden Mongkhon Boxing instructor

The beautiful martial arts and movements of Muay Boran is one of the undeniable charms of Muay Thai among foreign Muay Thai enthusiasts. Khru Pho received a 19th grade Golden Mongkhon certificate for Muay Thai instructors, the highest level, from the Khru Muaythai Association (KMA), Thai Martial Arts Association, Association Institute of Thai Martial Arts (AITMA) and the highest level of A-License Muay Thai instructor from the Board of Boxing. The Sports Authority of Thailand noted that Muay Thai arts have been disappearing as Muay Thai is required to follow the rules of modern Muay Thai, currently facing gambling issues.

The depth of traditional Muay Thai is a matter of free expression, beautiful body language and graceful movements with Thai names in rhymes to be easy to remember. Muay Thai from Muay Boran relies on punching, kicking, kneeing, elbowing techniques and combinations of movements. All these Muay Boran techniques are what foreign students sought after on top of the Muay Thai foundation they already possess.

"Muay Thai is a national treasure and history of Thailand. Muay Thai arts consist of various aspects. Whether you are learning the art for competition or for memorable experiences, you will all get the same result in self-defense knowledge."

COURSE

LESSON START FROM 1,500 B
WITH KHRU PHO / HOUR

Provide lessons in courses only, prices to be negotiated.



For foreigners wishing to learn a full course of Muay Boran for international Muay Thai instructor degrees, the RMU Muay Thai Center, Rajabhat Maha Sarakham University offers international Muay Thai Instructor courses from time to time that combines Muay Thai for competition with Muay Thai Boran. An in-dept private session with Khru Pho can be arranged for Muay Boran, Wai Khru or Rum Muay Thai dance at Carbon Gym in the heart of Maha Sarakham.

ADDRESS

RMU MUAY THAI CENTER

80 Nakhon Sawan Road, Talat, Mueang, Maha Sarakham 44000

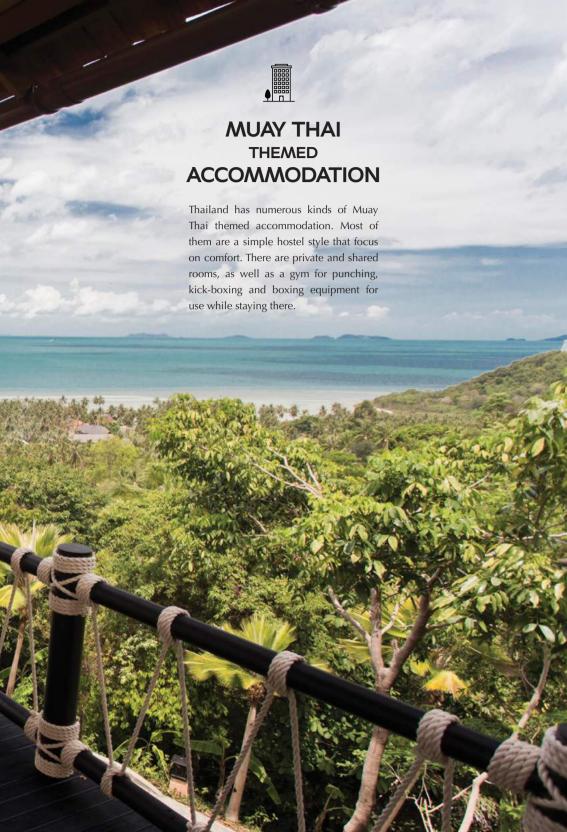
Carbon Gym, Nakhon Sawan Road 17, Talat, Mueang, Maha Sarakham 44000

Tel. +66 (0) 8 1872 9693

FB: CARBON GYM THAILAND







A

LUB D PATONG





The award-winning hostel chain Lub d (meaning 'sleep well' in Thai') has combined luxury hotel facilities at budget prices, which create a unique, comfortable and social hostel vibe.

Lub d almost doesn't feel like a hostel at all. From the immaculate rooms and comfortable beds, to the amazing facilities and friendly hospitality, they provide all of the features of a 4-star hotel. Combine that with the unrivalled location just minutes from the beach, an outdoor pool area, a games hub, and even a full-sized Muay Thai boxing ring, and you're really onto a winner.

A good Muay Thai
workout session
can also be enjoyed
with
full-size boxing.

ADDRESS

5/5 Sawatdirak Road, Tambon Patong, Kathu, Phuket 83150

Tel.: +66 (0) 7653 0100

www.lubd.com





KHUN SUEK HOSTEL







Just recently opened, the Khun Suek Hostel is located in the Khun Suek Muay Thai Gym. Its highlight is being near the tourist zone of Ao Nang, Krabi province. It's possible to see the view of the Krabi sea because the building is located on a hill. The Hostel is fully equipped, especially the Gym that has imported the "Hammer Strength" brand name equipment from the USA. Besides this, there's the Khun

Suek Café and massage room that offers traditional boxing massage to help athletes recover from their session. Regarding the Café, besides offering a general menu, it also has healthy food and weight control food, which is appropriate for athletes or anyone who wants to control their weight. It's guaranteed that the food's delicious unlike elsewhere because of the renowned restaurant Lae Lay Grill that is nearby.

ADDRESS

89/1 Mu 3, Ao Nang, Mueang, Krabi 81180

Tel.: +66 (0) 6 1896 9889

Facebook:Khun Suek Muay Thai



G

PETCHYINDEE KINGDOM







Petchyindee is a famous name in traditional Thai boxing, but this new incarnation of "Petchyindee Kingdom" is not limited just to this sport. The new facility, parts of which are still under construction, also

offers hotel-style accommodation, a restaurant, spa, and fitness center. Petchyindee's new one-stop-style facility is part of a recent shift in Muay Thai culture with gyms and entrepreneurs looking to capitalizing on Muay Thai's growing popularity among the middle- and upper-class Thai demographic.

It also offers 2 tourist packages (3 days 2 nights and 7 days 6 nights) that includes accommodation, studying boxing with a trainer, fitness center, and sauna with breakfast and dinner.

ADDRESS

36/36 Charansanitwong Soi 34, Arun Amarin, Bangkok Noi, Bangkok 10700

Tel.: +66 (0) 9 4659 5642

Facebook: Petchyindee MuayThai







THE SIAM HOTEL

A luxury hotel on the bank of the Chao Phraya River that offers many things. The specialty and difference from other hotels is the small cinema, boxing ring in the gym, and a special studio for guests who are interested in a Sak Yant tattoo.

THAI BOXING GYM

The Siam's gym is the first professionally equipped luxury Muay Thai facility in Bangkok. There are training programs suitable for beginners to advanced, and from 1 day to 1 week training courses with a champion boxing instructor. In the fitness center, there's a Muay Thai boxing ring that teaches this martial art with a sandbag, retro designed gloves, and a Muay Thai Junior Featherweight championship belt from the Lumphini Boxing Stadium as well.













SAK YANT TATTOO STUDIO

The Siam has integrated an ancient Thai tradition with the opening of a specially consecrated space devoted to the inking of sacred tattoos. The Sak Yant studio is in the Opium Spa, which was inspired

by the natural beauty linking to the Thai cultural environment that is one of the most interesting in the world. It is a Thai herbal aromatherapy spa where you can relax all day long. There are also health activities; e.g., yoga, Reiki, Tai Chi, and meditation for guests to participate. Regarding the Sak Yant studio, the hotel invited a Sak Yant specialist come to conduct this art. Various world renowned celebrities like Derrick Rose, an NBA basketball player of the USA have come to receive a Sak Yant in this studio.

ADDRESS

32 Khao Road, Wachira Phayaban, Dusit, Bangkok 10300

Tel.: +66 (0) 2206 6999

www.thesiamhotel.com









B ST REGIS BANGKOK

The St. Regis Bangkok is an icon of elegance and is situated on Ratchadamri Road in the commercial district of downtown Bangkok. Located just 500 meters away from Gaysorn Plaza, a luxury shopping mall, the highlight here is the standardized boxing ring where you can learn boxing in a tall building and see a panoramic view of Bangkok. There's an experienced trainer to take care of you very closely.

ADDRESS

159 Ratchadamri Road, Pathum Wan, Bangkok 10330

Tel.: +66 (0) 2207 7777

www.stregisbangkok.com

© ANANTARA LAYAN PHUKET RESORT

Learn the principles of traditional Muay Thai at Phuket with professional trainers at Anantara Phuket. Also, see the close connections between Muay Thai and Thai culture. Learn to fight with a stealth-like suppleness and lightning speed. Master the unique martial art of Muay Thai with a range of private classes and programs designed for all ages and abilities.



ADDRESS

168 Mu 6, Layan Beach Soi 4, Cherngtalay, Thalang, Phuket 83110

Tel.: +66 (0) 7631 7200



www.anantara.com/en/layan-phuket/experiences/muay-thai-kickboxing





SRI PANWA

Learn how to kick like a professional in a fully-equipped Thai boxing ring. For those who are new to boxing, fret not. The private boxing lessons with Sri Panwa's experienced coaches are sure to help you pick up the basic form and moves, even a combination or 2 very quickly. Guests can enjoy an effective fitness session even when they are away from home.

ADDRESS

88 Mu 8, Sakdidej Road, Vichit, Mueang, Phuket 83000

Tel.: +66 (0) 7637 1000

www.sripanwa.com

B SAMUJANA VILLAS

Experience world-class service at the Samujana Villas. During the stay at Samujana, guests can enjoy on-site activities like tennis, yoga and Muay Thai boxing classes. For Muay Thai classes, there's Andi Jones, a champion Muay Thai boxer, to create a bespoke and holistic wellness retreat. Guests can achieve the ultimate balance and decompression in the comfort and privacy of their own villa set against a stunning panoramic seaview backdrop.





ADDRESS

Plai Laem Soi 11, Bophut, Ko Samui, Surat Thani 84320

Tel.: +66 (0) 8 0886 4226

www.samujana.com



FOUR SEASONS RESORT KO SAMUI

This is another luxury hotel that has a world-class fitness center that gives importance to Muay Thai. It has a Muay Thai boxing ring for tourists to learn this martial art. Guests can learn the basics of the sport, or perfect their technique with a professional trainer. From individual fitness training sessions to the Muay Thai Adventure Package, there's a class to suit every ability. And this is no ordinary boxing ring, as there are expansive views of the Gulf of Thailand and the swaying palms below; it's our "ring with a view".

The hotel has services for self-exercise sessions, or short study programs to know the basics. The Muay Thai session is designed to cater for guests who have little to no training experience in the sport. Headed by an experienced trainer, this session focuses on teaching the basis fundamentals of Muay Thai. But, for anyone who wants to be extra fit, there's the Mini Boot Camp package that offers the perfect combination of health and luxury in the signature Four Seasons style. Learn with a professional fighter.

Muay Thai Instructor: Khru Aun - Anuphong Deesamer

(I.S.K.A North of England Champion in 2006. Muay Thai fighter Ranking 10th in Lightwelter weight Division in Britain.









ADDRESS

219 Mu 5, Angthong, Ko Samui, Surat Thani 84140

Tel.:+66 (0) 7724 3000

www.fourseasons.com/kohsamui



A AROM:D ARTISAN SPA

arom:D artisan spa, an award-winning and the world's first academic spa in a contemporary Thai craftmanship inspired design style, is located in a multifunctional art complex next to the Phra Khanong BTS Skytrain Station.

The signature massage is inspired by Muay Thai rituals and techniques. It is the only innovative massage in the world that integrates the art of self-defense, including punches, elbows and knees to the amazing craftsmanship of muscle relaxation. Spa-goers can get a kick out of the Muay Thai massage; firstly from wearing orange boxer shorts and a matching robe for the ritual, which begins with the therapist applying a golden leaf on the forehead.

The 90-minute Muay Thai massage can be followed by a facial treatment that beautifies the skin through 5 different types of rice grains blended for a scrub and wrapped in a poultice for a face massage. This stimulates the blood circulation as well, so it is appropriate for those who want to increase their energy by having more muscle mass. The lovely smell of the rice makes for delightful pampering leaving soft and silky skin. And to finish, the facial masks will exfoliate the skin for clarity and softness.





Muay Thai Massage Package

ADDRESS

Branch 1:

46 Sukhumvit Soi 46 NaiiPa Art Complex, Bangkok 10110

Open: 10.00 a.m. - 9.00 p.m.

Tel.: +66 (0) 2392 1329

Branch 2:

arom:D Siripanna Villa Resort & Spa – Chiang Mai 36 Rat Uthit Road, Tambon Wat Ket, Mueang, Chiang Mai 50000

Open: 9.00 a.m. - 9.00 p.m.

Tel.: +66 (0) 5329 4656 Ext. arom:D Spa

www.aromdlife.com







B KUSATSU ONSEN CHON BURI

You don't have to fly to Japan because the city of Kusatsu is here in Chon Buri with a premium onsen spa that will make you feel relaxed. Enjoy a Japanese-style onsen and traditional Thai massage, and there's a boxing gym for exercising in a classic atmosphere.

Kusatsu Onsen is the only premium onsen spa in Chon Buri province that has been designed to provide a little bit of Japan. It's just like onsen from Kusatsu has been brought here. The mineral water with mineral crystal powder from Kusatsu, Gunma Prefecture, Japan is used with a hot spring. The reason for this is because Kusatsu is 1 of 3 onsen locations in Japan known for the mineral properties in the mineral water and the beautiful nature in the onsen spa. Here has 9 hot and cold springs and 3 buckets where you can relax with either hot water, cold water, a sauna, and steam amidst a Japanese-style atmosphere decorated with pine and a Japanese garden.

As well as this, there are VIP rooms for your friends who come as a group or family. But no more than 6 people for 2 hours. In the room, there's 2 onsen ponds and 1 sauna together with a shower inside. You can relax in privacy.

And most important of all is here, there's a standardized Muay Thai gym in a classic loft style with a view of the mountains on the 3rd floor of the onsen building. The gym offers a package for working out that includes onsen for those who are interested.

ADDRESS

97/15 Mu 5, Huai Kapi, Mueang, Chon Buri 20000

Open: 10.00 a.m. - 12.00 p.m.

Tel.: +66 (0) 3819 8999

www.onsenkusatsu.com





MUAY THAI LIVE SHOW

Experience the original spirit of Thai boxing and enjoy a powerful, exquisite art performance under the production of Thailand's top talents in Muay Thai. See the Muay Thai Live Stage Show + Muay Thai Fights at the Asiatique Riverfront.

- Languages: English/Thai with English, Chinese, and Japanese subtitles
- Duration: 1.5 hrs., including 15 mins. break (show 50 mins. and boxing 30 mins.)

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Standard Seat	
ADULT	750 B
CHILD	470 B
Premium Seat	
ADULT	900 B
CHILD	500 B

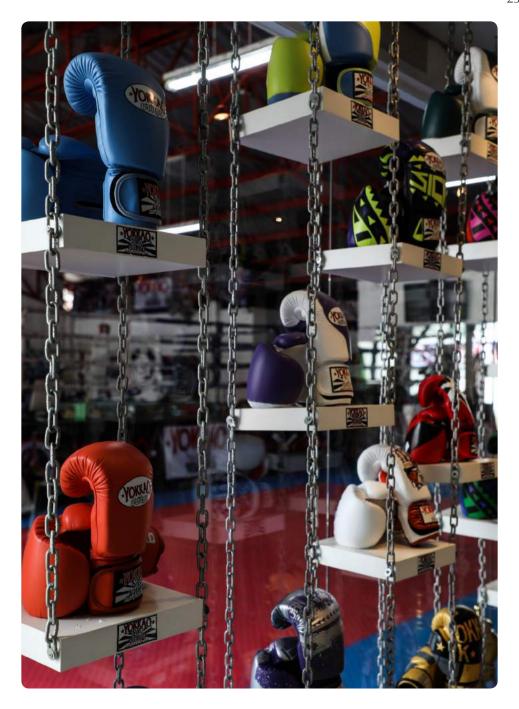
The Legend Lives illustrates the exquisite combat art of Thai boxing, as an enthralling stage show that promises a most spectacular and one-of-a-kind experience – one that brings audiences closer to the truest art form of a Thai boxing show. Muay Thai Live takes you back in time to experience the legend of Thai boxing from its history and its development, to becoming an art that protects the nation. The show simulates the real-life boxing ring, which captures the original ambiance, and walks the audiences through different times of Thai boxing from ancient times, the original form of Thai boxing to its imaginative version that has stood the test of time.

ADDRESS

Asiatique Riverfront, 2194 Charoen Krung Road, Bang Kho Laem, Bangkok 10120

Tel.: +66 (0) 2108 5999

www.muaythailive.com



SHOPPING

MUAY THAI EQUIPMENT









MUAY THAI SOUVENIRS

Some Muay Thai souvenirs can be easily found in tourist destinations, especially in department stores in Bangkok; e.g. ICONSIAM, the newest luxury department store on the bank of the Chao Phraya River with its ICONCRAFT zone; Siam Discovery has the Discover Thai zone; Absolute Siam Store, 1st Floor of Siam Center; Asiatique, as well as souvenir shops in major shopping areas frequented by international tourists.

Presently, all quality Muay Thai souvenirs have developed a fashionable design to make each piece be a lifestyle product. Even though you're not a boxer and you like Muay Thai, when you see these items, you'll want to buy them.

- 1. Boxing shorts
- 2. Boxing gloves
- 3. Muay Thai singlets or T-shirts
- 4. Boxing glove or hanging glove key rings
- 5. Muay Thai robes
- 6. Handbags, backpacks and clutch purses
- 7. Muay Thai dolls (various styles)
- 8. Boxing Oil













FOR MUAY THAI EQUIPMENT

Boxing equipment is considered as important items that are indispensable for Muay Thai. If you want something like boxing shorts, gloves, and hand wraps, key items for learning Muay Thai, then you can buy them at a Muay Thai gym or camp where you easily learn as well. This is because most camps and gyms will have a shop selling boxing equipment with their own logo and design.



BANGKOK - PATHUMWAN

Bull Sports

66/5 Lot 12, Chula Soi 12, Suan Luang Square, Pathum Wan, Bangkok 10330

Open: Monday-Saturday 10 a.m.-5 p.m.

(closed on Sunday)

Tel.: +66 (0) 9 6165 1549 www.bullsportsdirect.com (** can purchase online **)

FBT Pathumwan Shop

FBT Pathumwan Shop 953/1-2-3-4-5 Chula Soi 10, Pathum Wan, Bangkok 10330

Open: Monday-Saturday 9 a.m.-7 p.m. (closed on Sunday)

www.shop.fbtsports.com

Twins Special, Suan Luang Square

59/15-16 Suan Luang Square, Wang Mai, Pathum Wan, Bangkok 10330

Open: Monday-Saturday 10 a.m.-6.15 p.m. (closed on Sunday)

Tel.: +66 (0) 2214 2912

www.twinsspecial.com/en/

** There is also a branch at the Lumphini and Rajdamnern Boxing Stadiums / can also purchase online. ** But for tourists who want to buy goods that they prefer, there are numerous products to choose from including key items and accessories like gloves, pads, sandbags, mongkhon, Muay Thai singlet, mouth guard, gaiters, etc., or even various sized boxing rings. We guarantee that in Bangkok there are places for shopping for all kinds of Muay Thai equipment that you can buy at pleasure. Plus some equipment are leading Thai brand names; e.g., Twins Special, Fairtex, Top King, Yokkao, Raja, and Thai Samai that are well-known for their quality and are also exported worldwide.



BANGKOK - NATIONAL STADIUM

Action Zone

78 Rama I Road, Rong Mueang, Pathum Wan, Bangkok 10330,

Open: Monday-Saturday 8 a.m.-5 p.m. (closed on Sunday)

Tel.: +66 (0) 2214 3250-1

www.actionzone2003.weebly.com/ (** can purchase online **)

SKS Empire Boxing Shop

1180 Banthat Thong Road, Rong Mueang, Pathum Wan, Bangkok 10330

Open: Monday-Saturday 9 a.m.-7 p.m.

(closed on Sundays) **Tel.:** +66 (0) 9 8464 4709

www.sksempire.com/
(** can purchase online **)







BANGKOK - SUKHUMVIT

****** Action Zone

Suan Luang, Bangkok 10250 (near On Nut BTS)

Open: Monday-Saturday 9 a.m.-6 p.m.

(closed on Sunday)

Tel.: +66 (0) 2716 2995

www.boonsport.com/
(** can purchase online **)

Super Export Shop

Rimthang-Rodfai Road, Khlong Toei, Bangkok 10110

Open: Monday-Saturday 10 a.m.-7 p.m.

(closed on Sunday) **Tel.:** +66 (0) 2671 1850

www.superexportshop.com

Yokkao Shop

190-190/ 1 Sukhumvit Soi 16, Khlong Toei, Bangkok 10110

Open: Monday-Saturday 7.30-11.30 a.m. and 2.30 p.m.-6 p.m. (closed on Sundays) www.yokkao.com

(** can purchase online **)





AROUND BANGKOK

Fairtex Shop

Show DC

3rd Floor, Jaturatid Road, Huai Khwang, Bangkapi, Bangkok 1011070

Open: 10 a.m.-8 p.m.

Bangplee Pro Shop

Bang Phli Yai, Bang Phli, Samut Prakan 10540

Open: Monday - Friday 9 a.m.-6 p.m.

(closed on weekends)

www.fairtexproshop.com

There are branches at I'M Park (outlet located near the National Stadium area, and EmQuartier.



Thai Samai

TSM Sports Export 2354/19 Charoen Krung 84, Bang Kho Laem, Bangkok 10120

Tel.: +66 (0) 2289 4133 www.thaismai-tsm.com

Top King Shop

1034/27 Soi Saphan Khu , Rama IV Road, Thung Maha Mek, Sathon, Bangkok10120 **Open:** Monday-Friday 10 a.m.-5 p.m.

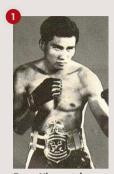
(closed on weekends)

Tel.: +66 (0) 2679 9725 www.topking.shop



DO YOU KNOW THE MUAY THAI CHAMPS

THE WORLD?



Pone Kingpetch

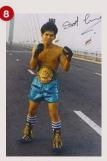


Chartchai Chionoi Naris Chionoi





Natenoi Sorworasing



Saensak Muangsurin

Sod Jitlada



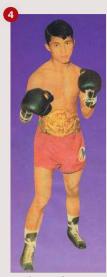
Khaosai Galaxy



Berkrerk Chartvanchai Tinapong Hantanasirisaku



Payao Poontarat



Venice Borkorsor





WORLD BOXING CHAMPIONS OF THAILAND

Below is the list of world boxing champions of Thailand accredited with titles from the five major boxing organizations: World Boxing Council (WBC), World Boxing Association (WBA), International Boxing Federation (IBF), World Boxing Organization (WBO) and The Ring



1 Pone Kingpetch

3-time The Ring,

WBC and WBA flyweight boxing champion 1st reign: 16 April 1960 - 10 October 1962 2nd reign: 12 January - 18 September 1963 3rd reign: 23 January 1964 - 23 April 1965

2 Chartchai Chionoi Naris Chionoi

3-time world boxing champion

1st reign: 30 December 1966 - 23 February 1969 2nd reign: 20 March - 7 December 1970

3rd reign: 17 May 1973 - 18 October 1974

3 Berkrerk Chartvanchai Tinapong Hantanasirisaku

WBA flyweight champion 10 April - 22 October 1970

4 Venice Borkorsor

WBC flyweight champion 29 September 1972 – 1973

(Vacated the title due to the inability to make the weight.)

5 Saensak Muangsurin

2-time WBC light-welterweight champion 1st reign: 15 July 1975 – 29 June 1976

2nd reign: 29 October 1976 - 30 December 1978

6 Natenoi Sorworasing

WBC light-flyweight champion 6 May - 25 September 1978

7 Payao Poontarat

WBC super-flyweight champion 27 November 1983 - 5 July 1984

8 Sod Jitlada

2-time WBC flyweight champion

1st reign: 22 June 1984 -24 July 1988

2nd reign: 3 June 1989 – 15 February 1991

9 Khaosai Galaxy

WBC junior-bantamweight champion
21 November 1984 – 22 December 1991
(Retired and vacated the title after 19 successful title defenses. Considered as the all-time champion by the WBC and inducted into the International Hall of Fame.)





Samart Payakaroon



Muangchai Kittikasem

Chana Porpaoin

18



Samuth Sithnaruepol

0

Fahlan Sakreerin



Saen Sor Ploenchit



Sirimongkol Singmanasak



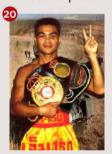
Wandee Singwancha



Khaokor Galaxy



Pichit Sithbanprachan



Daorung Chuvatana



Yokthai Sithoar



Hosian Line (Fasarita 1888)

Napa Kiatwanchai



Ratanapol Sor Vorapin



Saman Sorjaturong



Pichit Chor Siriwat

Sornpichai Kratingdaenggym



Veeraphol Nakornluang Promotion

10 Samart Payakaroon

WBC super-bantamweight champion 18 January 1986 – 8 November 1987

11 Samuth Sithnaruepol

IBF mini flyweight champion 24 March 1988 - 17 June 1989

12 Khaokor Galaxy

WBA bantamweight champion 1st reign: 9 May – 14 August 1988 2nd reign: 9 July -18 October 1989

13 Napa Kiatwanchai

WBC strawweight champion 13 November 1988 – 12 September 1989

14 Muangchai Kittikasem

IBF junior-flyweight champion 2 May 1989 - 29 July 1990 WBC flyweight champion 15 February 1991 -23 June 1992

15 Fahlan Sakreerin

IBP mini-flyweight champion 22 February 1990 – 6 September 1992

16 Pichit Sithbanprachan

IBF flyweight champion 29 November 1992 – 25 November 1994 (Retired and vacated the title.)

17 Ratanapol Sor Vorapin

2-time IBF mini-flyweight champion

1st reign: 10 December 1992 -15 March 1996

2nd reign: 18 November 1996

- 27 December 1997

18 Chana Porpaoin

2-time WBA minimum weight champion 1st reign: 10 February 1993 – 28 December 1995 2nd reign: 16 April – 25 August 2001

19 Saen Sor Ploenchit

WBA flyweight champion 13 February 1994 – 24 November 1996

20 Daorung Chuvatana

2-time WBA bantamweight champion 1st reign: 16 July 1994 – 17 September 1995 2nd reign: 27 October 1996 – 22 June1997

21 Saman Sorjaturong

WBC flyweight and IBF light and junior flyweight champion 15 July 1995 – 17 October 1999

(Thailand's first champion to hold two titles from different organizations at the same time.)

22 Veeraphol Nakornluang Promotion

WBA bantamweight champion 17 September 1995 – 28 January 1996 WBC champion 29 December 1998 – 16 April 2006

23 Sirimongkol Singmanasak

WBC Bantamweight champion 10 August 1996 – 22 November 1997 WBC super featherweight champion 24 August 2002 – 16 August 2003

24 Yokthai Sithoar

WBA junior bantamweight champion 24 August 2016 – 23 December 1997

25 Pichit Chor Siriwat

WBA junior flyweight champion
3 December 1996 – August 2000
(Stripped of the title due to a lengthy period of not defending it.)

26 Chatchai Elite Gym

WBC flyweight champion 9 May 1997– 4 December 1998

27. Wandee Singwancha

WBC strawweight champion 23 August 1998 – 11 February 2000

28 Sornpichai Kratingdaenggym

WBA flyweight champion 3 September 1999 - 5 August 2000



Medgoen Kratingdaenggym



Den Junlaphan



Denkaosan Kratingdaenggym



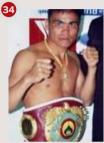
Tepparith Singwancha



Tepparith Singwancha



Pongsaklek Kratingdaenggym



Ratanachai Sor Vorapin



Poonsawat Kratingdaenggym



Suriyan Sor Rungvisai



Amnat Kasetpattana



Yoddamrong Sithyodthong



Somsak Sithchatchawal



Kwanthai Sithmorseng



Kompayak **CP Freshmart**





Yodsanan 3-K Battery



Oleydong Kratingdaenggym



Pornsawan Kratingdaenggym



Pornsawan Kratingdaenggym



Knockout **CP Freshmart**

29 Medgoen Kratingdaenggym

WBC flyweight champion 17 September 1999 – 19 May 2000

30 Pongsaklek Kratingdaenggym

2-time WBC flyweight champion 1st reign: 2 March 2001 – 18 July 2007 2nd reign: 27 March 2010 – 2 March 2012

31 Yoddamrong Sithyodthong

WBA super-bantamweight champion 21 February -18 May 2002

32 Yodsanan 3-K Battery

WBA super-featherweight champion 13 April 2002 – 30 April 2005

33 Den Junlaphan

2-time WBC strawweight champion 1st reign: 10 January – 18 December 2004 2nd reign: 6 August 2005 – 29 November 2007

34 Ratanachai Sor Vorapin

WBO bantamweight champion 7 May 2004 - 31 October 2005

35 Somsak Sithchatchawal

WBA super-bantamweight champion 18 March – 4 October 2006

36 Oleydong Kratingdaenggym

WBC strawweight champion 29 November 2007 – 11 February 2010

37 Denkaosan Kratingdaenggym

WBA flyweight champion
31 December 2008 – 7 February 2010

38 Poonsawat Kratingdaenggym

WBA super-bantamweight champion 26 September 2009 – 2 October 2010

39 Kwanthai Sithmorseng

WBA minimumweight champion 5 November 2010 – 19 April 2011

40 Pornsawan Kratingdaenggym

WBA minimumweight champion 30 July 2010 - 20 October 2011

41 Tepparith Singwancha

WBA flyweight champion
11 November 2011
(Interim champion from 1 May 2011 - present)

42 Suriyan Sor Rungvisai

WBC super-flyweight champion 19 August 2011 - 27 March 2012

43 Kompayak CP Freshmart

WBC light-flyweight champion 23 December 2011 - 7 October 2012

44 Pungluang Sor Singyu

WBO bantamweight champion 20 October 2012 - 2 March 2013

45 Srisaket Sor Rungvisai

2-time WBC super flyweight champion 1st reign: 3 May 2013 2nd reign: 19 March 2017 – 2018

46 Amnat Kasetpattana

IBP flyweight champion (112 lbs.) 22 January 2013 - present

47 Wanheng Menayothin

WBC strawweight champion (105 lbs.) 6 November 2014 - present

48 Knockout CP Freshmart

WBA minimum weight champion (105 lbs.) 4 February 2016 - present





BANGKOK

1 ATTACHAI MUAY THAI GYM

900 Soi On Nut 36, Suan Luang, Bangkok 10250

Tel.: +66 (0) 2102 6452, +66 (0) 9 7116 8590

www.attachaimuaythaigym.com Facebook: attachaimuaythaigym

2 FITFAC MUAYTHAI ACADEMY

(PLOEN CHIT BRANCH)

888/36-39 Mahathun Plaza Building, Lumphini, Pathumwan, Bangkok 10330

Tel.: +66 (0) 9 6990 4790 www.fitfacmuaythai.com

3 JAROENTHONG MUAY THAI

Meng Jai branch:

581 Soi Ramkhamhaeng 39, Pracha Uthit Road, Wangthonglang Bangkok 10310

Tel.: +66 (0) 2539 3867, +666 (0) 3642 9395

Face book: Jaroenthong Gym Meng Jai

Ratchadaphisek branch:

205/27-28 Ratchadaphisek Road,

Din Daeng, Bangkok 10400 Tel.: +66 (0) 2276 5016

Facebook: jaroenthongmuaythairatchada

4 KAEWSAMRIT GYM

104/50 (115) Burapha Villa 3, Soi 5 Thungmangkon Road, Chimphli, Talingchan, Bangkok 10170

Tel.: +66 (0) 2448 8079, +66 (0) 8 7821 6866

www.kaewsamritgym.com

Facebook: kaewsamritboxinggym

5 KEATKHAMTORN GYM

25 Ram Inthra Road Soi 58 Yaek 3, Khannayao, Bangkok 10230 Tel.: +66 (0) 8 5800 8708, +66 (0) 8 6780 8730 www.keatkhamtorngym.com Facebook: keatkhamtorngym

6 KHONGSITTHA MUAY THAI

IG: keatkhamtorngym

23 Sukhonthasawat Road, Lad Phrao, Bangkok 10230

Tel.: +66 (0) 2932 9911 www.kstmuaythai.com

Facebook: khongsittha

7 KRUDAM MUAY THAI GYM

Sukhumvit Soi 63, Sukhumvit Road, Khlong Toei, Bangkok, 10110

Tel.: +66 (0) 8 4108 6652, +66 (0) 9 9597 0169

www.krudamgym.com Facebook: krudamgym

8 LEGEND THAI BOXING

66 Soi Sathon 6, North Sathon Road, Silom, Bang Rak, Bangkok 10500

Tel.: +66 (0) 2632 1881-2, +66 (0) 89 795 2288

Facebook: legendthaiboxingth

9 LUKTUPFAH MUAY THAI

15 On Nut Soi 65, Yaek 8, Prawet, Bangkok 10250

Tel.: +66 (0) 8 1302 4622

www.luktupfah.com

Facebook: Luktupfah

10 LUMPINEE ACADEMY M-1

Parking Building, 5th Floor, Lumphini Boxing Stadium, 495 Ram Inthra Road, Anusawaree, Bang Khen, Bangkok 10220 Tel.: +66 (0) 8 1657 7654, +66 (0) 8 9796 9888 www.muaythailumpinee.net

Facebook: Lumpinee academy muaythai

11 MASTER TODDY'S MUAY THAI ACADEMY

55/103-109 Sukhumvit 107 Road, Soi Bearing 22, Bearing, Bangkok 10270

Tel.: +66 (0) 2743 3372 www.mastertoddy.com Facebook: MasterToddys

12 MEENAYOTHIN GYM

Phahonyothin Soi 45, Phahonyothin Road, Lat Yao, Chatuchak, Bangkok 10900 Tel.: +66 (0) 8 9993 6488, +66 (0) 8 1259 8584 Facebook: meenayothingym

E-mail: pakpao@meenayothingym.com

13 MONGKON ACADEMY

3rd Floor, Tower Wing, Ambassador Hotel 171 Sukhumvit Soi 11, Sukhumvit Road, Khlong Toei Nuea, Wattana, Bangkok 10110

Tel.: +66 (0) 8 2091 1038 www.mongkonacademy.com Email: info@mongkonacademy.com Facebook: Mongkon Academy

14 MTM ACADEMY - MUAY THAI

3247 Rama IV Road, Khlong Tan, Khlong Toei, Bangkok 10110

Tel.: +66 (0) 2262 0089 www.mtm-academy.com

15 MUAY THAI FA GROUP

319 Soi Vibhavadi Rangsit 5 Yaek 6, Vibhavadi Rangsit Road, Chom Phon, Chatuchak, Bangkok 10900 **Tel.: +66 (0) 9 8285 3264** www.muaythaifagroup.com Facebook: muaythaifagroup

16 P.K. SAENCHAI MUAY THAI GYM

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17 PETCHYINDEE MUAY THAI ACADEMY

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Charansanitwong Arun Amarin,
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Tel.: +66 (0) 2886 1116, +66 (0) 9 4659 5642
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18 RSM STADIUM ONE

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Tel.: +66 (0) 9 4845 5556

Facebook: Sathian muaythai gym

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37/15 Soi Suan Phak 1, Suan Phak Road, Mu 10, Taling Chan, Bangkok 10170 Tel. +66 (0) 8 1649 5704, +66 (0) 2433 9768 www.thaiboxings.com Facebook: sorvorapinmuavthaigym.gym

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Tel.: +66 (0) 9 5915 7488

www.chiangmai-muay-thai-gym.business.site Facebook: Chiangmai.Muay.Thai.Gym

7 THE CAMP MUAY THAI RESORT

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Facebook: Petch Charoen Thai Boxing School

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12 **BURKLERK GYM**

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E-mail: sales@suansonmuaythai.com

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Facebook: fightclubMT

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Tel.: +66 (0) 8 1544 9995

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E-mail: chinnarach@hotmail.com

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Email: bullmuaythai@gmail.com

Facebook: Bull Muay Thai Krabi Thailand

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Email: kmacthailand@gmail.com

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SiamYuht Matial Art Center

"Baan Kru Praeng"

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3 MUAY LOPBURI

KRUYA MUAY THAI LOPBURI

(Chaimongkol Rienprayoon)

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Tel.: +66 (0) 6 2341 4344

4 MUAY KORAT

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Kru Chao Boxing Yard, Ban Phai School, Ban Phai, Khon Kaen Mu 1, Chan Chop Thit Road, Nai Mueang, Ban Phai, Khon Kaen 40110

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