

## KON MUAY THAI

**Kon Muay** means the movements or the styles of using Muay Thai as the art of Fighting both of the attack and the defense, which are named by the characteristic of the usage. If using for example the attack called Knon Muay JuJom. If using for the defense or counter called Kon Muay-Kae. If using for the defense and counter by the fists called Kon Muay-Kae Mad, to defend and counter by the feet called Kon Muay-Kae Tao, to defend and counter by the knees called Kon Muay-Kae Kao, to defend and counter by the elbows called Kon Muay-Kae Sok.

**Kon Muay** are divided:

- **Kon Muay - Kae Mad 29 Kon**
- **Kon Muay - Kae Thao 23 Kon**
- **Kon Muay - Kae Khao 3 Kon**
- **Kon Muay - Kae Sok 4 Kon**
- **Kon Muay - JuJom 23 Kon**

## Kon Muay-Kae Mad 29 Kon

### SALAB FAN PLA



### CROSS-SWITCH MOVEMENT

This Kon Muay is the first skill of Mai Kru. If the master of basic movement to escape outside in order to use the other techniques.

**The attacker** walks in and strikes the defensive's face with the left punch.

**The defensive** steps obliquely for wards to outside with the weight on the right leg. Use the left arm pushing out the punch from face. Throws the right punch to the attacker's eye socket.

If the attacker stokes with the right punch do the same as above in the opposite directions, Be trained in both left and right to get more skillful until to know what to do by your own instinct. It's the basic main movement to use the Ma Yong style (HORSE-WALKING) approached to Mai Muay Thai in order to practice the more difficult movements (the other techniques).

## PAKSA WAEG RANG



### The bird peeping through the nest Movement

This Kon Muay is the master of fighting at close quarters in order to fright with other techniques.

**The attacker** walks in and throws the right punch to the face, while holds up the left guard.

**The defensive** steps the left foot obliquely to the right side at close quarters, the weight on the left foot. Pares the punch out of the face by the left arm and counter by throwing the right punch to the attacker's face immediately.

If the attacker throws the left punch, do the same as above in the opposite directions.

## CHAWA SAD HOK

### The Java Thaws spear Movement

This Kon Muay is the main style to sidestep out of the straight punch and counter by the elbow.

**The attacker** walks in and throws the left punch to the defensive's face.

**The defensive** steps out quickly by the right foot obliquely to out circle (the weight on the right leg) close to the attacker. Pares the attacker's punch out by the left arm. Bend the right arm as the angle burst in to the attacker's rib.

If the attacker throws the right punch do the same as above in the opposite directions. For training, the attackers must not throw the elbow to the rib, but use the arm touch the rib. Do it slowly for training. If you do it very fast, the trachea may be injured.



## INAO THANG GRIT



### Inao stabs his Kris

It is the main style to block the straight punch by fighting at close quarters.

**The attacker** walks in and throws the left punch to the defensive's face.

**The defensive** steps in hurry by the left foot obliquely to inside (the weight on the left leg). Pares the punch out by the right arm. Bends the left arm as the angle paralleled to the floor in order to burst the attacker's rib.

If the attacker throws the right punch, the defensive do the same as above in the opposite directions.



## YO KHAO PRASUMARU

This Kon Muay use for defense the straight punch at close quarters by let the punch pass over the head and throwing the punch at the chin.

**The attacker** walks in and throws the left punch at the defensive's face.

**The defensive** bends the head down, let the punch pass over while steps forwards with the left foot. Then throws suddenly the left punch to the attacker's chin.

If the attacker throws with the right punch. Do the same as above in the opposite directions.



## TA THEN KHAM FAK



### The old man holding a pod Movemen

This Kon Muay is the basic technique to defense the upper punch by pushing the punch out with the arm.

**The attacker** walks in and throws the left punch to the defensive's face

**The defensive** steps forward by crossing the left foot in to the attacker's in-circle, the weight on the left leg. Bends the right arm and holds up in the front of the face. Then throws it over to push the attacker's fist out over the head. Throws the left punch to the tip of the chin.

If the attacker throws with the right punch. Do the same as above in the opposite directions.

## MON YAN LAK

### The Mon press against the pillar Movement

This Kon Muay is the important main movement to defense against the fist by pressing against the top of the chest or the abdomen.

**The attacker** walks in and throws the left fist to the defensive's face.

**The defensive** holds the both hands up to guard one's face, while thrusting with the left leg to the top of the chest or the abdomen.

If the attacker throws the right fist. Do the same as above in the opposite directions.



## KHUN SUEK TEE THUAN

### The warlord hit with the lance Movement



the same as above in the opposite directions.

## DAB CHAWALA



### Extinguish the lamps Movement

This Kon Muay is using to defend the straight punch by throwing the punch to the face.

**The attacker** walks in and throws the left straight punch at the defensive's face. Guard over the chin with the right fist.

**The defensive** steps the right foot out obliquely to the out-circle at the level of the straight fist, the weight on the right leg. Grabs the punch with the right arm then press down the attacker's left arm in order to make the clear target at the chin. Then throws the left punch to the face at the same time of to pressing own.

If the attacker throws the right fist. Do the same as above in the opposite directions.

## NOO TAI RAO



### Rat walks on the line Movement

This Kon Muay is Mae Mai, the master movement of training to slow down the strength punch and gets the opportunity to counter by kicking, kneeing or throw a punch as you like.

**The attacker** walks in and throws the right punch to the defensive's face.

**The defensive** pounces the right hand on the attacker's left inner wrist and the joint of the elbow at the same time. Bends the body to the back in order to slow down the straighten punch and throws the right knee or counter by kicking at the attacker's rib at once.

If the attacker throws the left punch, do the same as above in the opposite directions.



## ERAWAN SUEY NGA



This movement uses for defense the punch by turning the body to push the fist out and counter by throwing the swinging punch at the same time.

**The defensive** pushes the punch out with the right arm and steps the right foot obliquely to the outside in order to make a distance to deliver the punch. Then up the left punch to the tip of the chin.

If the attacker throws the right punch. Do the same as above in the opposite directions.

## HANUMAN THAWAI WAEN



### Monkey presents the ring Movement

This movement used for defense the punch or the foot of the opponent by usage at close quarters and threw up both of the fists to the tip of the chin.

**The attacker** walks in and throws the right punch to the defensive's face.

**The defensive** sways the body to escape from the punch and suddenly steps by the right foot at close quarters, then turns to the left and throws up both of punches to the tip of chin. (This action called : MAD SOI DAO KOO, or the both uppercuts.

If the attacker throws the left punch. Do the same as above in opposite directions.



## HONG PEEK HAK



### Swan with broken wings Movement

This Kon Muay used to defend against the punch by steps quickly to incircle and striking to the shoulder with the elbow. The shoulder may be broken out of the socket or badly hurt.

**The attacker** walks in and throws the right punch to the defensive's face

**The defensive** steps with the left foot at close quarters, pushes the fist out with the left arm and then strikes the right shoulder with the right elbow.

If the attacker throws the left punch. Do the same as above in the opposite directions.

## SAK PHUANG MALAI



### To tattoo a lei or making a ring of flowers as the necklace Movement

This movement is used for close to the body and throws up the elbow to the rib or the reed of a pipe.

**The attacker** walks in and throws the left punch to the defensive's face.

**The defensive** counters by stepping the right foot close to the attacker and uses the right arm to brush off the attacker's left fist away and throws the left elbow up to the chest of the rib of the attacker.

If the attacker throws the right fist. Do the same as above in the opposite directions.

## FAN LOOK BUAB



### Slicing the cucumber Movement

This movement is used for the quick approach to the body and throws the elbow to the forehead.

**The attacker** walks in and throws the right punch to the defensive's face.

**The defensive** counters by stepping the left foot into the inside, using the left arm to push the fist out, stepping the left foot close at quarters and throws the right elbow at the forehead.

If the attacker throws the left punch, do the same as above in the opposite directions.

## KHUN YAK PA NANG



### KON KAE MAD

This Kon Muay uses the hand to enfold the body and trips with the leg then threw by the hip. Now a day does not use this trick on the canvas.

**The attacker** throws the straight left punch to the defensive's face.

**The defensive** steps the right foot oblique to the right and sways to escape from the opponent's fist then steps the left foot closed to the body while enfolds the opponent's body with the left hand and threw down with the hip.

If the attacker strikes with the right punch, do the same as above in the opposite directions.

## PID POK CHOK DUAY SOK



### Close, cover and hit with the elbow Movement

This Kon Muay is another of Mai Kru to protect the fists. The use of this technique is guarding the arms to cover the head and swaying the body in order to let the punch passed through the neck pit.

**The attacker** walks in and throws the right punch at the defensive's face.

**The defensive** counters by stepping the right foot inside and uses the arm to guard on the head which lets the punch passed near the arm. Then hurry to step in with the right foot and threw up the elbow to the forehead. If the attacker throws the left fist, do the same as above in the opposite directions.

## KLUERN GRATHOB FANG



### KON KAE MAD

This Kon Muay used for de pence against the fist by roll the body in close to the opponent and throwing the elbow reverse pounding the chest or rib.

**The attacker** walks in and throws the right punch to the defensive's face.

**The defensive** steps the left foot obliquely to the attacker's left side the weight and the left foot then turns the body to throw the swinging back elbow to the chest or the rib. If the attacker throws with the left punch, do the same as above in opposite direction.



## SUAN THUAN



## KON KAE MAD

This is the main movement (Mae Mai) of Muay Thai for training to defend the fists by alternating the feet and pushed the arm out. The opponent's fist would pass over the shoulder. It'd make clear targets in order for you to attack as you wish. (The same movement as Kon Pak Sa Waeg Rang)

**The attacker** hit with the right fist to the opponent's face and holds on the left hand guard.

**The defensive** steps the right foot forward, the weight on the right foot and teeps looking at the opponent. Then throws the straight left punch with the swinging shoulder and push to the inner part of the arm away, letting the opponent's fist pass over the head. Then you can counter by using all parts of body such as right fist, right elbow, the left foot or the left knee. If the attacker throws with the left fist, do the same as above in the opposite directions.



## BATHA LOOB PAK



## KON KAE MAD

This Kon Muay used for defense against the fist by sweeping back with the hand and throwing the straight kick to the chin

**The attacker** throws the left punch to the defensive's face

**The defensive** wipes the opponent's fist out and throws the right foot to the tip of the chin.

If the attacker throws with the right fist do the same as above in the opposite directions.

## PRARAMA JONG TANON



## KON KAE MAD

This Kon Muay used to counter the fist by throwing the punch and foot at the same time. This technique can be used both of outside and inside.

**The attacker** walks in and throws the right punch to the defensive's shoulder while holding up the left-hand guard.

**The defensive** steps the left foot forwards to throwing the fist and the kick then strikes the right punch to the face and the left kick to the rib at the same time.

If the attacker throws with the left punch do the same as above in the opposite directions.

## NARAI BAN SEAN



This Kon Muay used to defend the fists by throwing the swinging punch Passage over the arm to the head on the temple. (Which the opponent might be kill by)

**The attacker** walks in and throws the right fist to the face and holds on the left-hand guard.

**The defensive** steps the right foot oblique to the right the weight on the right foot, throws the swinging left punch to the temple and holds on the right punch in order to throw it again.

If the attacker throw with the left punch do the same as above in opposite directions.

## LOOK KANG JAB MAD



## KON KAE MAD

This Kon Muay is based on the suitability of the diversion of the head and the alternative of the body as Ma Yong (horse walks)

**The attacker** walks forwards and throws the right punch to the defensive) face.

**The defensive** steps the right foot and sways the body a little inside, lets the punch passed through the left side of the neck then turns the head to pressed the arm and strikes the left hand to the elbow on rolled in the elbow by the technique of Kon Hiran Muan Pan din.

If the attacker throws the left punch do the same as above in opposite directions.

## RAKRAE HAK KHAN



### KON KAE MAD

This Kon Muay is used to defend against the straight punch which threw to face by swinging the arm to wipe the punch and trapping the immure wrist with the armpit then striking the palm to the elbow.

**The attacker** walks in and throws the right punch to the defensive's face while holding on the left-hand guard.

**The defensive** steps forwards obliquely the weight on the right foot and sways the body to block the attacker's arm with the left arm then traps the inner wrist with the armpit and throws up the left palm to the elbow joint in order to break the arm.



## SOK THAY THOY



### KON KAE MAD

This Kon Muay is used to counter the fists by passing under the punch and jump to the back of the body to throw the elbow to the attacker.

**The attacker** throws the straight right punch to the defensive's face and holds on the left-hand guard.

**The defensive** alternates the left foot and steps out to the left then bends the head passes under the arm and steps the right foot to the back of the opponent. Then throws the right elbow to the middle of the spine. This trick may injure the nervous system.

If the attacker throws with the left, do the same as above in the opposite directions

## NARAI KWANG JAK



### KON KAE MAD

This Kon Muay used to counter by throwing the powerful punch to break the ribs.

**The attacker** throws the straight right punch to the defensive' face and holds on the left hand guard.

**The defensive** steps the left foot obliquely outside the weight on the left foot and throwing the swinging punch to the rib which might be broken the jaws or the rib.

If the attacker throws the left punch do the same as above in opposite directions.



## LOM KHUN THUAN



### KON KAE MAD

This Kon Muay in Kon Muay Kae Mad by kicking with the back foot. the attacker throws the left punch to the defensive's face and holds on the right guard.

**The defensive** steps the left foot outwards to the left a little the weight on the left foot, wiped the opponent's punch out by the right hand. Then throws the right back foot to the attacker's left chin and prepares to throw the left punch.

If the attacker throws with the right punch do the same as above in the opposite directions.

## HANUMAN HAK DAN



### KON KAE MAD

This Kon Muay is using both of the elbow and the knee at the same time. It is the close distance of fighting.

**The attacker** throws the right punch to the defensive's chest or throws the swinging elbow to the chest.

**The defensive** steps the left foot out and steps close to the body then throws the left elbow and strikes the knee or the socket at the same time throws the elbow to the chin.

If the attacker throws the left of fist or elbow do the same as above in the opposite directions.

## JARAKHE FAD HANG



### KON KAE MAD

This Kon Muay is using the heel to attack by swinging back when the opponent throws with the powerful punch missing the target and losing his balance. Turning the body to throw the swinging back kick to the kidney with the heel.

**The attacker** throws the straight right punch with the most powers and loses his balance

**The defensive** steps the right foot out and sways the body to escape from the punch and lets the fist passed over the shoulder about 6 inches, the weight on the left foot then strikes the heel to the kidney which is the back of the opponent.

If the attacker throws with the left punch do the same as above in the opposite directions.

# Kon Muay-Kae Thao 23 Kon

## PAK LOOK THOY

This Kon Muay is the important technique, which is, used for defense against the kick by throws the elbow to the skin.

**The attacker** throws the swinging right foot to the defensive's face and keeps up the hands for his guards.

**The defensive** steps with the right foot about a half of step weight on the right foot then turns to the direction of the kick, holds up the right elbow at the level of the shin and also hold up the left hand guard at the level of the neck to protect the face.

If the attacker throws the left foot do the opposite as above. But in training uses the forehand instead of the elbow



## NAKA BID HANG



## KON KAE THAO

It's the main technique to defend against a kick by twisting the tip of foot with the both hands and striking the knee to break it.

**The attacker** walks in and throws the right swinging kick to the defensive's face while keep up both hand guards.

**The defensive** quick to turn around to the direction of the kick the weight on the left foot as the Singhayat-Style (the lion's walking). Thrust the tip of foot with the right forehand and catches the heel with the left hand then twists out the tip of foot with the right hand, pulled the heel in with the left hand and stroked to the opponent's calf with the knee.

In training must be careful to do it in lightly actions.



## HAK NGUANG AIYARA



### To break the elephant's trunk Movement

This Kon Muay is used for counter of the kick by throwing the elbow at The ham string.

**The attacker** walks in and kicks forwards to the rib while guarding with both hands.

**The defensive** crosses the steps approaches the attacker in close distance, turns to the direction of the attacker's kick, and throws the right elbow to the attacker's ham string. At the same time blocks his calf with the left arm which pull up to the high position in order to protect the attacker's elbow.

If the attacker kicks with the left foot, do the same as above in the opposite directions.

## VIROON HOK GLAB



### The bird somersaults Movement

This movement is used for defense against kicking by throwing the heel to the calf.

**The attacker** walks in and throws the right foot to the defensive while holding up the hand in the guard.

**The defensive** turns the body to the direction of the kick and stands confidently with the weight on the left leg and throws the right heel to the attacker's thigh. The holds up both hands guards and to protect the rib.

If the attacker kicks with the left foot, do the same as above in the opposite directions.

## HIRAN MUAN PAN DIN



### The giant turning the earth Movement

This movement is the master technique of using the swinging back elbow to hit the opponent. Even if the attacker uses a different movement such as throwing with the knee, the fist, or kick, you can counter by throwing the swinging back elbow.

**The attacker** walks in and throws the right kick to the defensive's neck.

**The defensive** steps the left foot to the direction of the kick, turns the body to the attacker and guards with the right elbow then turns on to the left side, and strikes the back elbow to the attacker's forehead.

If the attacker kicks with the left foot, do the same as above in the opposite directions.

## NAK MOOD BADAN



### Serpent sneaks to the ocean Kingdom Movement

This movement is use for bending the body to escape from the kick and throwing the tip of foot to the confidently standing leg to make the opponent fell down.

**The attacker** walks in and kicks with the right foot at the defensive's neck.

**The defensive** step forwards with the left foot keep note of the distance of a kick then ducking the body in order to let the opponent's kick passed over the head. Then strikes the tip of foot to the attacker's left thigh, which makes him fall down.

If the attacker kicks with the left foot, do the some as above in the opposite directions.

## THAYAE KHAM SAO



This movement is used for counter by ducking the body to strike the tip of foot to the constant leg which makes the opponent fall down supinely.

**The defensive** steps obliquely to the right side and guards the kick by holding up the left arm. Bending the body and turning the body then thrusting the left foot at the attacker's left by which makes him fall down supinely.

If the attacker kicks with the left foot, do the save as above in the opposite directions.

## RUESEE HERN



### The ascetic fly's to the sky Movement

This movement is the master of Mai Muay Thai uses for stopping all to the end of fighting (knock out) the trainee must to know how to mix the strain of the attacker's kicking and the strain of himself to make the efficiency of attacking.

**The attacker** walks in and kicks with the right foot to the defensive's face.

**The defensive** bends the body forwards and puts the left hand out to press at the hamstring (close to the knee's cap). The mixes the straighten of the attacker's kicking and the straighten of jumping with both feet, then throws the fist to the attacker's face or to the tip of the chin.

If the attacker kicks with the left foot, do the same as above in the opposite directions. This master movement's also use for defense the attack from the knee by the same counter but changes from throwing the fist in to throwing the elbow.

## PRARAMA DEAN DONG



This movement is the master trick of Muay Thai. This Mae Mai is: counter by mixing the strength of the kick, the knee and the strength of the jumping out (the total of 3 strength all together). Then throws to the target, with the knee.

**The attacker** walks in and kicks with the right foot to the rib.

**The defensive** jumps up and push the left foot to the hamstring, and gets together the strength of the right knee and the opponent's kicking (in the character of throwing to the chin or throwing to the tip of chest). The three of those actions may blow the body up.

If the attacker throws the left foot or the left knee, do the same as above in the opposite directions.

## BANPOD THALOM



### The mountain falls down Movement or one falls down on the shin Movement

This movement is used for defense against the kick by falling the body down and throwing the elbow to the hamstring and then falling the body down on the whole leg which then might be broken.

**The attacker** walks in and throws the right foot to the defensive's rib.

**The defensive** holds the left elbow up and falls down to the shin, and strikes the elbow to the attacker's ham which then the leg might be broken.

Be careful, the trainee ought to begin by practice to fall the body down when faced to the floor many times to get more the skill full.

If the attacker kicks with the left foot, do the opposite directions as above.



## NANG MONTHO NUANG THEN



### The queen "Montho" sits on the table Movement

This movement is used for attack or defense the foot or the punch by Turning back and throwing the hip to the chest.

**The attacker** walks in and throws the left foot or the left fist to the defensive's face.

**The defensive** turns back on the right side, then jumps over to the backside and throws the hip to the chest, the action is making the attacker fall down supinely.

If the attacker throws the right foot or the right fist, do the same as above in the opposite directions.

## RAD NGUANG ERAWAN



### Grasps the elephant's trunk Movement

This movement is used for grasping and counter by throwing the punch.

**The attacker** walks in and kicks with right foot to the defensive rib.

**The defensive** steps the right foot obliquely to the right side, weight on The right pushes the left hand against the kicking. Then steps the left foot in, and grasps the foot with the left hand pulling it in to the ampit, then throwing the straight right punch to the opponent's face at the same time.

If the attacker kicks with the left foot, do the same as above in the opposite directions.

## YAN LOOKKAMOON



### Push the plant Movement

This movement is used for defense of the foot by bending the arm, ducking the body and pushing the calf with that bending arm and throwing a punch to make the opponent had fallen down.

**The attacker** walks in and kicks with the left foot at the defensive's neck.

**The defensive** steps with the right foot at the distance of the joint of the leg (which is kicked by the opponent) then bends the knee in the action of nearly sitting. And bends an arm to protect the head, swings the elbow up to the knee joint or the calf, jumping up to burst out the leg, At the same time, Strikes the left punch to the reed of a pipe or to the chin of the opponent.

If the attacker kicks with the right foot do the same as above in the opposite directions.

## KHON ROOK KHAMOON



### Cuts the plant

This movement is used for defense against the kick by bending the body to escape from kicking, and pulling the standing leg, which make the opponent fall down.

**The attacker** walks in and kicks with the right foot to the defensive's face.

**The defensive** steps with the right foot, bends the knee in the action of sitting, catches the heel with the right hand, pushes the knee with the left hand then jerk the right hand at the same time. And pushes the left hand at the time of pushing the body up. The opponent will fall down.

If the attacker kick with the left foot, do the same as above in the opposite directions.

## NANG MONTHO NUNG TAK



This movement is the master technique of Muay Thai, by using the rebound of strength (from the kicking of the opponent) to rebound one (who sit on the ham) to hit with the elbow. **The attacker** walks in and kicks with the right foot to the defensive's neck.

**The defensive** twists to the left of the body and jumps back to sit on the attacker's hamstring, then rebounds to throw the left elbow to the attacker's forehead.

If the attacker kicks with the left foot, do the same as above in the opposite directions.

## HAK LAK PECH



### Breaks the diamond pillar Movement

This is a strong movement use for defense against the kick by breaking the leg with the both hands.

**The attacker** walks in and kicks with the right foot at the defensive's chin.

**The defensive** holds the right hand up to pounce on the tip of the foot and catches the heel with the left hand (similar to KON NAGA BID HANG) and presses it down. Then jumps and turns back to standard on the leg) then burst to the knee by striking the bottom to the knee at the same time jerking the heel up with the both hands.

If the attacker kicks with the left foot, do the same as above in the opposite directions.





## HANUMAN FAD KUMPAKAN



### Monkey beats the giant Movement

This Kon Muay is the technique which is used to defense against the strong foot. So that to use this trick must be depended on the occasion.

**The attacker** walks in and kicks with the right foot to the defensive's neck.

**The defensive** turns to catch the heel with both hands (similar to KON NAGA BID HANG). Then turn back to catch the heel, and carry it on the shoulder. Then bends the body forwards and throws the opponent pass over themselves on to the floor, which can make the opponent.

If the attacker kicks with the left foot, do the same as above in the opposite directions.





## LING PREW



### Monkey jumps Movement

This movement is used to escape from the punch or the kick then hid at the back of the opponent. Cat-chess both shoulders and throws the knee to the middle of the back.

**The attacker** walks in and kicks with the left foot to the defensive's neck.

**The defensive** steps with the right foot and bends the body down to lets the kick pass over. Then jumps to the back of the attacker, catches both the shoulders and throws up the knee to the back.

If the attacker kicks with right foot, do the same as above in the opposite directions.

## YUAN THOD HAE



### Vietnamese casts a fishing net Movement

This movement is used for defense against the thrusting by grabbing the leg by the arm and stepping out asides then counter by kicking to the opponent's knee-joint.

**The attacker** walks in and thrusts with the left foot at the defensive's abdomen.

**The defensive** steps with the right foot obliquely out of the circle grab the leg out with the left arm. Turns the body to throw up the right foot at the knee-joint at the same time.

If the attacker thrusts with the right foot, do the same as above in the go opposite directions.

## KWAD MAN



### Suppresses the kick or Sweeps the giant Movement

This movement is the master of the kick's defense in Muay Thai. The trainee must have the skillfulness of the usage are the strength and know the rhythms very well. To suppress the kick uses the elbow-sweeping pass through the attacker's shin. If practiced to sweep with the palm until got more skill, might be safer to practice Kon Ruesee Hern.

**The attacker** walks in and kicks with the right foot to the defensive's rib.

**The defensive** makes a cross switch and steps for wards with right foot by the "Horse Walked" rhythm. And push the right hand to strike at the hand through the tip of foot, then throw the straight left fist, and hold on the hand guards.

If the attacker kicks with left foot, do the same as above in the opposite directions.

## HANUMAN BAG KHAENG



### Monkey carries on the calf Movement

This movement is used for defense against the kick by passing under the kick and throwing the uppercut to the chin, while another foot steps on the opponent's constant leg in order to help jumping up.

**The attacker** walks in and kicks with the right foot to the defensive's neck.

**The defensive** steps the left foot obliquely to the left side, bends the body down passing under the kick. Steps with the right foot on the left constant leg of the attacker, throws the right uppercut to the chin while jumping up at the same time.

If the attacker kicks with the left foot, do the same as above in the opposite directions.

## GRAISORN KHAM HUAI



### The lion walks across the stream Movement

This movement is used for defense against the high kick, which is kicking to the face, by throwing the tip of foot to the standing leg of the opponent.

**The attacker** walks in and kicks with the right foot to the defensive's chin.

**The defensive** turns on the body to the direction of kicking; and counter by bending the left arm up and puts the right foot in; throwing the tip of foot to the front of the standing leg to make Kim fall down.

If the defensive kicks with the left foot, do the same as above in the opposite directions.

## KHUN SUEK TEE THUAN

### The warlord hit with the lance Movement



the same as above in the opposite directions.



# Kon Muay - Kae Khao 3 Kon

## PLIG PANDIN



### Digs the earth Movement

This movement is used for defense against the knee-kick by inserting the hand to the knee-joint to block it and launching or pushing out at the neck.

**The attacker** walks in and strikes the right knee to the defensive's chest and holds on his arms in his guard.

**The defensive** steps with the right foot obliquely the weight on the right leg, inserts the left hand to the knee-joint of the attacker. Then throws the right fists or pushes to the chin or the chest.

If the attacker throws with the left, do the same as above in the opposite directions.

## KANGHAN TONG LOM



### Blows the wind wheel Movement

This movement is used for defense against the flying knee-kick by swaying to escape and putting the arm the insert at the knee-joint, while pushing to the chest with the other hand in order to make him fall down the head's struck the floor.

**The attacker** jumps up and throws the right knee up to the chin or the chest.

**The defensive** steps with the left foot out, pushes the knee out with the right hand and inserts the hand to the knee-joint, while pushing at the chest with left hand. Then strikes the right hand up which makes the opponent fall back, the head striking on the floor.

If the attacker throws the left of the flying knee-kick, do the same as above in the opposite's directions.

Be careful, in the training do not push out to make fall down only touch and push lightly, because this movement may the skull.



## BEN SUMERU



### Push the Sumeru mountain Movement

This movement is used for defense against the knee-kick by stepping in close to the body and brush the knee out with the arm, then striking the elbow to the attacker's face.

**The attacker** walks in and throws the right knee to the defensive's abdomen, holds both hands in the guard.

**The defensive** steps the right foot obliquely to inside, strikes the left arm to the knee, then throws the right elbow to the attacker's face immediately.

If the attacker throws the left knee, do the same as above in the opposite directions.

## Kon Muay - Kae Sok 4 Kon

### PRARAMA NAO SORN



#### The king "Rama" pulls the arrowstring Movement

This movement is used for defense of the elbows which thrown from above by ducking the body and bending the arm to push over the elbow then throw out the fist.

**The attacker** walks in at close distance, strikes both elbows to the forehead or to the crown of the head of the defensive.

**The defensive** bends the head and ducking the body in order to suppress the attack, then holds up the right arm guard to protect the face from the elbow which is stroked down. And throws out the left punch at the same time.

If counters by the left arm do the same, in the opposite directions.

### PRARAMA HAK SORN



#### The king "RAMA" breaks the arrow Movement

This movement is used to catch the swinging back elbow in the close Distance then twist it.

**The attacker** walks in and swings the left back to the defensive's face while holding up on the right hand guard.

**The defensive** steps forward by the left foot obliquely in the closed distance the right hand grabs the elbow while the left hand grabs the elbow while the left hand grabs the immer wrist at the same time (in order to escape from the elbow), then pressing down the left hand and strunk the right hand which caught the elbow down the shoulder might be broken.

If the attacker attacks with the right elbow do the same as above in the opposite directions.

## PRARAMA FAD SORN



### The king " Rama" strikes the arrow Movement

This movement is used for defense against the swinging up elbow by pushing forehead at the joint.

**The attacker** walks in close to the body bends the right elbow to strike up to the chin while holding on the left guard.

**The defensive** steps right forwards at the level of the joint and struck the forehead to the attacker's joint.

If the attacker attacks with left elbow do the same as above in the opposite directions.

## PRARAMA YAN SORN



### The king "Rama" presses the arrow Movement

This Movement is used for defense against the swinging elbow by pressing the shoulder with the hand to suppress the strength of elbow and counter by striking the elbow or stepping and stroked up with the knee which depend on the occasions.

**The attacker** walks in and attacks with right elbow.

**The defensive** steps the right foot closed to the right side of the body inserted the right hand to pressed the shoulder to blocked the elbow then strikes the left elbow to the face or strikes the right knee to the rib.

If the attacker throws the left elbow do the same as above in the opposite directions.



## Kon Muay-JuJom 23 Kon

### HAK KOR AIYARA



This movement is used by walking in forwards and pulled the opponent down in order to throwing the knee up to the face or the chest. It is the rushed attack.

**The attacker** walks in and hits with the left fist.

**The defensive** steps the left foot forwards Then pushed both hands to the front while bending the head in both hands let the attacker's fist slice through the arm. Then the both hands pounce on the opponent to pull him down and strike him with the knee.

### KWANG LIEW LANG



#### Deer turn the neck to look backward Movement

This movement is used for the attacks, which begins with a kick or thrust and follow by striking a kick using the heel to the abdomen or the wind.

**The attacker** walks in and holds up both arms in the guard.

**The defensive** rushes to the opponent and throws the left foot, then turn up to kick with the heel at the chest or the chin.

If the attacker begins with right foot, do the same as above in the opposite directions.



## KHUANYAK JAB LING

### The giant catch monkey Movement



This movement is used for basic training which called Ruammai. The Attacker attacks by throwing of a punch, a kick and the elbow as a suit of fighting. The defensive defenses by a defense suit of fists, kick and elbows.

**The attacker** walks in and throws a left fist to the face.

**The defensive** steps left foot forwards, wiped the punch out of the neck by the right arm.



**The attacker** throws a right kick followed are punch to the rib.

**The defensive** steps backwards by the left foot face to face with the attacker; bends the arm and strikes to the attacker's ham.



**The attacker** strikes the right swinging elbow to the defensive's head.

**The defensive** turns to be have his BC facing the attacker, bends up the arm against the elbow and steps backward about a half of step.

If the attacker begins with the right punch do the same as above in the opposite directions.

## TALOB KHUEN



### Spurn from the bottom to the top Movement

This movement is used against for the attack by insert both hands into The others guard and opening out. Striking knee to the chest or abdomen.

**The attacker** walks in and guarding by the left fist.

**The defensive** walks in and inserts the both hands to the arms-guard of the attacker and opened them. Then stripes the knee to the chest or abdomen.

If the attacker walks in with the right hand guard, the defensive is thrown with the right knee.

## IGA CHEAK RANG



### Crow tears the net Movement

This movement is used for attack by opening the guard and jumping to throw a kick to the chin or the chest.

**The attacker** walks in with the left guard in the front.

**The defensive** jumps to throw the left knee to the tip of chest or the chin while inserting both hands up inside and opening the attacker's guards in order to let the knee to the target.

If the attacker walked in with the right guard, jump and throw the right knee

## TALOB LONG



### Press down and throw up the knee Movement

This movement is used for attack by grabbing the attacker's guards and throwing knee to the chest or abdomen.

**The attacker** walked in obliquely with the guards in level of the chest.

**The defensive** grabs the attacker's guards with both hands and presses down. Then throws the left knee to the target.

If the attacker held on the right guard, jump and throw the right knee.

## HANUMAN WEAK FONG



This movement is used for attack by jumped to throwing the knee to the chest or chin while pressing the opponent guards down at the same time.

**The attacker** walks in with the right step.

**The defensive** jumps and threw the right knee to the attacker's chin or chest while grabbling and pressing the attacker's guards down at the same time.

If the attacker walked in with the left step, throw with the left knee.

## NUK KHUM KAO RANG



### A quail goes into the nest Movement

This movement is used for attack to the bigger opponent by rolling up Before jumping and threw the fist, elbow and knee to face, body and abdomen at the same time.

**The attacker** walked in while opening area of the chest.

**The defensive** jumps in the characteristic of both fists covered to the chest and the head while being the knee to cover the abdomen (which is similar to a quail striking the opponent), then strikes at the chin with the punch, striking the elbow to the and striking the knee to abdomen in the strongest actions.

Usually trained together and usually trained to jump. It would be efficient.



## RUESEE MUD SRA



### An ascetic drive in the pond Movement

This movement is the important master techniques of attacking by jumping Parallel to the floor to attack the opponent.

**The attacker** stands with guards and stepped to the defensive.

**The defensive** inserts both hands in the gap of the attacker's guards and swipes out both sides, then jumps parallel to the floor and sides, then jumps parallel to the floor and strikes the head to the opponent's face.

Be fore training this movement must practice to jump and strike (as the figure) on the grass or on a cushion to get more skillful. Even if it may be dangerous to the user oneself because it doesn't have the method of stopping or slowing the strengthen when fell down.

## Monkey Jumps up Movement



This movement is the highest of the master techniques of Muay Thai. There are a few people who could succeed to practice this. Because it depends on the missing of the kick and the kneeing together and strikes them at the opponent at the same time.

**The attacker** walks to the defensive.

**The defensive** kicks very strongly with the right foot and turns around then bends the left leg and jumps up to throw the right knee to the chest or the chin of the opponent.

If practiced by throwing the left knee do the same as an above in the opposite directions.



## HAK KOR ERAWAN



### Break the elephant's neck Movement

This movement is used for attack while the opponent has walked in and Bent the leg in the ladle-shape. Then walked to step on the knee as walked on the ladle.

**The defensive** steps the left foot on the right ham of the attacker and hops the right foot up throwing the knee to the chest then strikes the both elbows to the crown of the head.

If the attacker steps forward with left foot do the same as above in the opposite directions.

## TAPIEN FANG TOR



### Fish hides back of a stump Movement

This Movement is the quickest attack and very efficient in Muay Thai. By Throwing the elbow and the knee while jumping to the opponent's side as the fish escaped to hide at back of a stump.

**The attacker** walks in and throws the right punch to the face or walks in while right shoulder oblique to the front.

**The defensive** steps the left foot outside a little which it suitable to elbow and knee, then jumps up to escape from the quick and strong punch, while threw the elbow to the face, the knee to the chest or the of the attacker

If the attacker throws the left punch or walks in with the left shoulder's out to the front. Do the same as above in the opposite directions.



## JARAKHE FAD HANG



### Crocodile sweeps its tail Movement

This movement is a strong attack by striking an upwards kick to a pit of the neck.

**The attacker** does the footwork to throwing the right punch or right kick.

**The defensive** steps in to get the occasion to strike with a strong kick while holding the guard at the level of the face. Then turns around and strikes the swing kick to pit of the neck (with the most strongest action), which the neck can be broken.

If the attacker uses the left punch or the left foot to kick him with the left foot.

## YAN ERAWAN



### Push the elephant Movement

This movement is used for close attack by pushing the opponent's knee. To prevent the kick then delivers the knee kick to the chest (as turned up planks from the bottom to the top).

**The attacker** walks in and hits with the right fist or steps forwards with the right leg.

**The defensive** steps with the left foot closes to the attacker, bends the body down to push the knee and delivers the knee kick to the chest at the same time.

If the attacker throws the left punch or steps forwards with the left foot, do the opposite.



## THEN KWAD LAN



### The old man swipes the floor Movement

This movement used to attack the low parts in the strong actions which it could hurt the leg or make the head to the floor.

**The attacks** walk in and kick with the right foot or stands with a pair of feet.

**The defensive** does the foot works and kicks forwards while ducking to escape from the attacker's kick, lets it pass over the head, then throw the most strongest kick to the attacker instep. If the attacks stands with a pair of feet, the kick at the front leg.

If the attacker kicks with the right foot, the duck and kick with left foot. If the attacker stands with a pair of feet, together kick one of them.

## PRARAMA TEE TAB



### The king " Rama " attacks an army Movement

This movement is the skill of attack or the master of the skill which stop The fighting to the ends by jumping at the side and countering by throwing the punch and the kick at the same time.

**The attacker** walks in and throw the straight right punch or stands with left leg in the front.

**The defensive** jumps to the side of the attacker and threw the straight right punch to the chin, kicking at the chest with right shin at the same time (if the defensive couldn't jump in correct position, the kick or the punch might pass the opponent's shoulder).

If the attacker throws the left punch or steps with the right foot do the opposite.

## PRARAMA SAKOD TAB



### Alternating of kicks by leg and heel Movement

It is the strong attack, which made the opponent crippled by jumping up and throwing the kick and the heel to the chin and wind pipe.

**The attacker** walks in and throws the right punch or stands with his guards up and steps by the left foot.

**The defensive** steps obliquely to the right and still holding that step the right knee now at the level of the shoulder (only reach the floor) then jumping up with the left foot and throwing the heel to the chin. While stepping with the right foot in the air, at the same time throwing the left foot and striking the knee to the tip of the chest and onwards to the chin.

If the attacker throws with the left punch do the opposite.

## BANSEAN THODSAKAN



### Cut the giant's neck Movement

This movement is the complimentary technique of KON NOKKHOM KAO RENG. It used to strike or to deliver both knees to the chin and both elbows to the crown of the head, it's a strong technique.

**The attacker** does the footwork to the defensive while both hand guard stay at level of the chest.

**The defensive** jumps up to deliver both knees to the chin and strike the both elbows to the middle of the crown of the head.

The trainees have to practiced by jumping up until they are skillful, because it is the skill of the conquer.

## KWANG JAK NARAI



### Turns back and strikes with back punch Movement

This movement is the complimentary technique of KON HIRAN MUAN PAEN DIN. In the training, the students practice by turning back quickly in suitable actions.

**The attacker** walks in and throws the right punch or the attacker walks in closed to the body.

**The defensive** steps out to the left side of the opponent in suitable distance of back fist then turns back and strikes the back punch to the attacker's face immediately.

If the attacker throws the left fist do the opposite.

## PRARAMA YEAB LONGKA



### The king " Rama" steps on the city of Longka Movement

This movement is complimentary of kon prama dern dong. The Trainees who want to practice this movement must have had the skill of KON PRAPAMA DERN DONG. Must have the knowledge of how to mix the strength of the opponent's kick and the strength of the jumping kick of oneself.

**The attacker** walks in and throws the right kick to the defensive's rib.

**The defensive** steps the left foot on the attacker's shin and jumps up to kick to the pit of the neck or the face of the opponent at the same time. If the attacker throws with the left foot do the opposite.

## RAMASOON KWANG KWAN



### Giant throws the ask Movement

This movement is the skill of attack by jumping to grab the attackers both hands and threw the elbow to the forehead. It's the pair of KON MEKHALA LO KAEW. The one, who has, have thrown with the elbow, stepped back while ducking body back and turned back to pounced the opponent's elbow. If the trainees used in correct Movements, they're beautiful actions.

**The attacker** walks in and holds on the high guards.

**The defensive** jumps up to grab the both immure wrists and throw the right elbow to the forehead immediately. Each movement must be done at the same time. The jumping up must be trained to get very skillful, because it's the basic of this movement. (The basic of this Kon Muay)



## HANUMAN KHAM LONGKA



### Monkey crosses the pool Movement

This movement is the master technique jumping over the feet and using The other technique to hurt the opponent.

**The attacker** walks in and throws the right foot to the defensive's rib.

**The defensive** holds the left foot up jumping over the attacker's kick at the level of the hanastring, then delivers the right knee to the abdomen or the chest while pounced the right shoulder of the attacker with both hands. If the attacker kicks with the left do the opposite.

## NARAI KHAM SAMUD



### The king "Narai" crosses the ocean Movement

The trainees must have the skill of KON HANUMAN KHAM LONGKA Before practicing this movement. Because to train of the jumping over the shin, the trainee must have known a high o kicks by his basic instinct. The jumping over the have was the constant high.

**The attacker** walks in and throws the right foot to the defensive's rib.

**The defensive** steps up the left foot over the kick and strikes to the floor then threw the right foot to the attacker's face or the pit of the neck. If the attacker kicks with the left do the opposite.