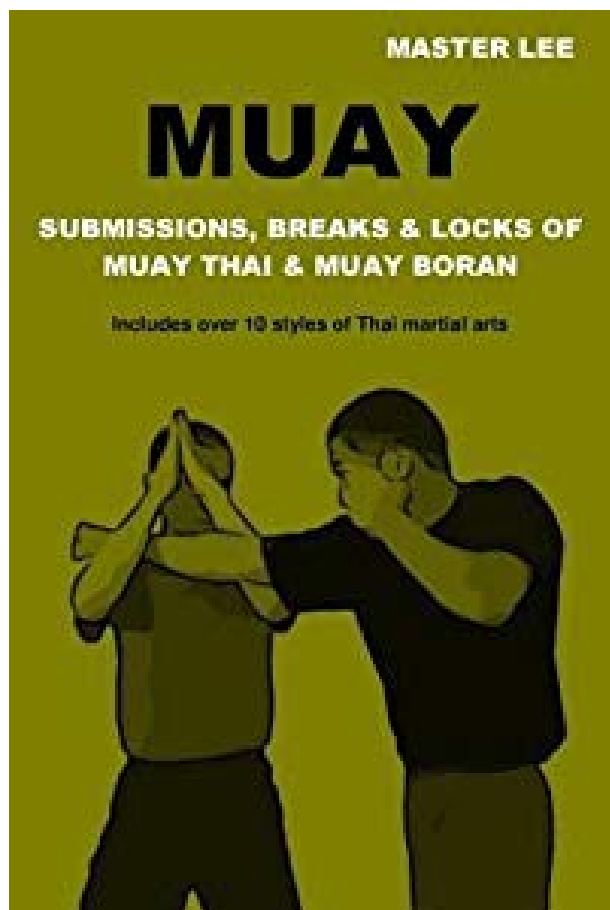


Muay: Submissions, Breaks & Locks of Muay Thai & Muay Boran



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All styles of Thai Martial Arts are powerful and exciting. When they become united to form one, they become even more so. A collection of submission, break and lock techniques from over 10 styles of Thai martial arts including unique and secret moves. - Master 54 techniques plus many variations - Quick and fun to learn with easy to follow instructions and pictures - Progress in Muaythai or MMA (Mix Martial Arts) - Experience extreme power - Develop essential winning strategies - For beginners and experts. Written by Master Lee Certified by the Ministry of Education and the World Muaythai Council at the Muaythai Institute in Thailand. WARNING Contains deadly moves Suitable for responsible adults only.