



Muay Thai Unleashed: Learn Technique and Strategy from Thailand's Warrior Elite (NTC Sports/Fitness)

By Erich Krauss, Glen Cordoza

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Written by professional Muay Thai fighters and trainers, *Muay Thai Unleashed* shows you how to master this feared and dangerous martial art. Author and trainer Erich Krauss, along with Muay Thai pros Glen Cordoza and Tana (Chun) Yingwitayakhun, teach you the same body-punishing techniques that are used at the highest levels of Muay Thai competition. Whether you use these skills in the ring or on the street in self-defense, your opponents will regret the day you read this book.

Unleash your potential with:

* Kicks * Punches * Elbow strikes * Knee strikes * Clinching techniques *
Defense and counters * An arsenal of combinations

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