

MUAY THAI

By **IMPACT MIXED MARTIAL ARTS**



BACKGROUND

Originally developed for the **Thai elite guard**, Muay Thai was created for unarmed combatants to fight armed opponents on the battlefield.

Today, Muay Thai – also known as the **Science of Eight Limbs** – is widely acknowledged as the **best form of stand-up combat** in international fight competitions.

At Impact, we teach Muay Thai with a contemporary edge. This unique form, which is used by some of the world's best fighters, combines the **best boxing guards and techniques** with the devastating power and agility of traditional Muay Thai.



DATES: There are 2 training dates available for your selection:

- **25th Apr (Sat);** and
- **9th May (Sat).**

TIME: **9am – 10.30am** (1.5hr)

ATTIRE: A **T-shirt and shorts** (Make sure your shorts are **flexible** enough.)

VENUE: **Impact Mixed Martial Arts**

No.3 Shenton Way, #03-06A,
Shenton House, Singapore 068805.



REGISTRATION STARTS
TODAY UNTIL
18TH APRIL 2015