



“Muay Thai and it’s transition to International Level”

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ความสำคัญและที่มาของปัญหาที่ทำการวิจัย

The purpose of research is to analyse how the traditional combat technique transition into an international world class combat technique, competition and its transition into Mix Martial Arts.

Muay Thai is referred to as “The Art of Eight Limbs”; and using eight points of contact the body mimics weapons of war. The hands become the sword and dagger; the shins and forearms were hardened in training to act as armor against blows, and the elbow to fell opponents like a heavy mace or hammer; the legs and knees became the axe and staff. The body operated as one unit. The knees and elbows constantly searching and testing for an opening while grappling and trying to spin an enemy to the ground for the kill. These are some basic Muay Thai that will be use and integrate into Mix Martial Arts (MMA).