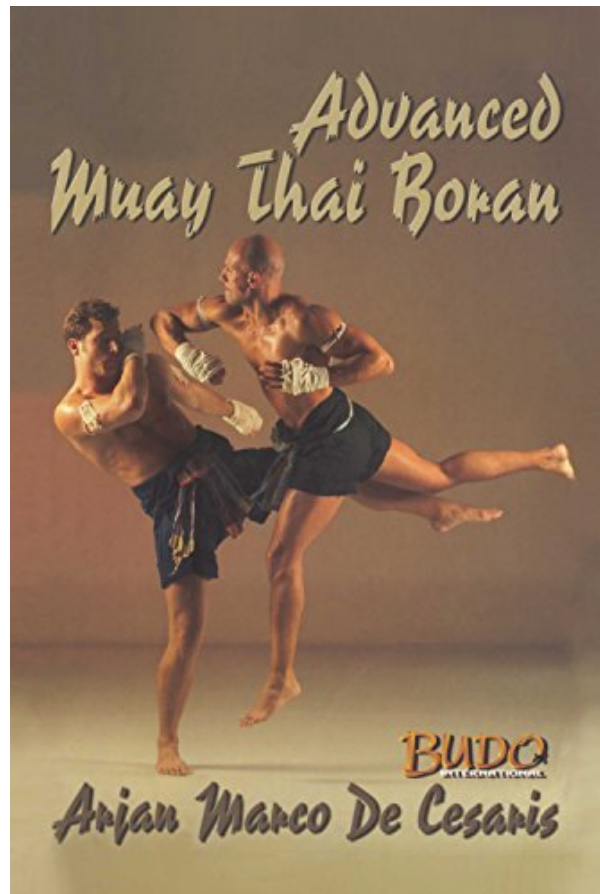
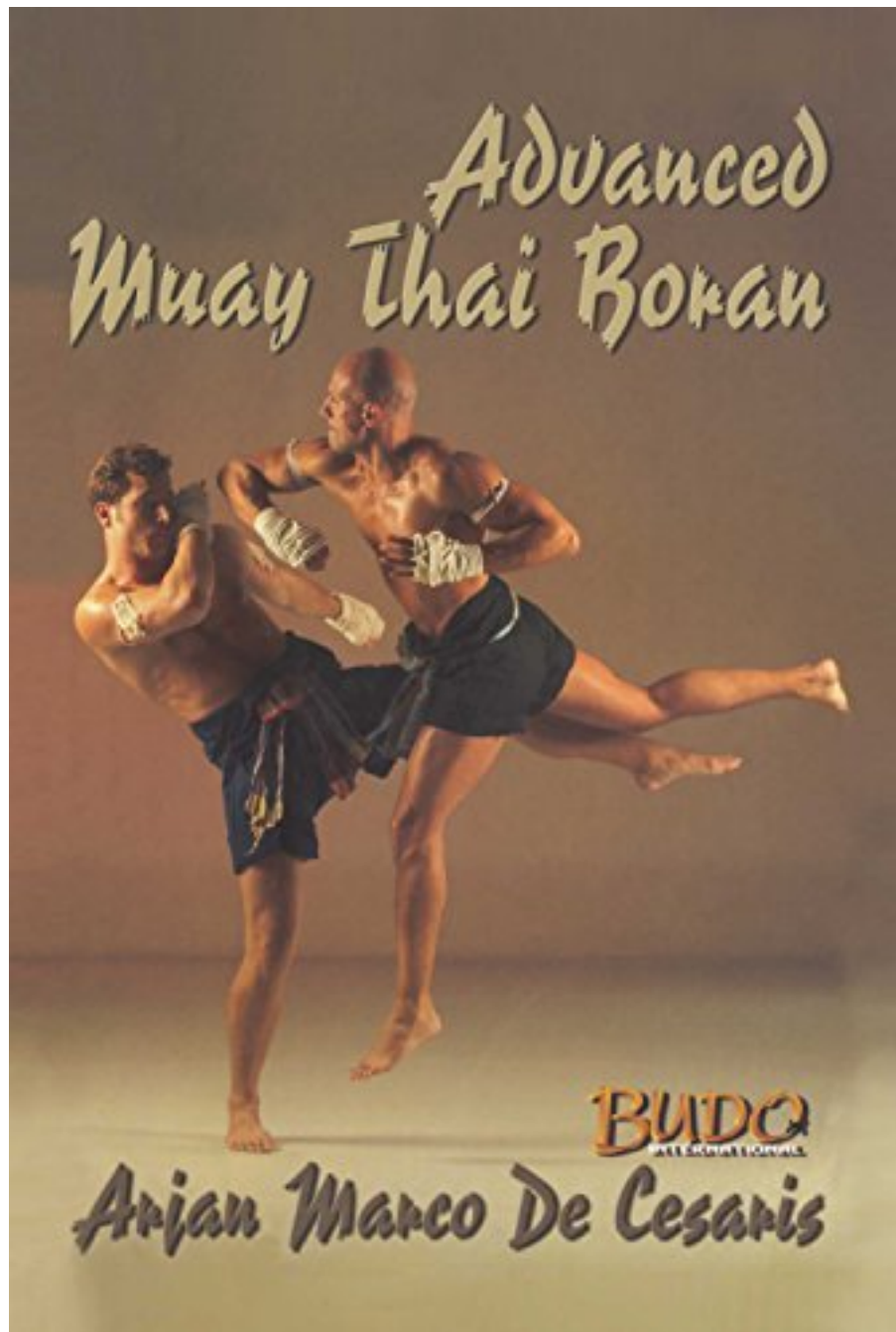


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Muay Thai Advanced Boran by world renowned expert Arjan Marco De Cesaris, one of the world's top instructors and fighter in this the art of Kings. Learn how to transform your hands and feet into lethal weapons by using the standard equipment in Muay Thai training - like the heavy bag. You will also learn all the advanced techniques, like flying elbows, flying knees, trapping, lethal hand foot combinations and much, much more. 256 pages.

- Sales Rank: #1475564 in eBooks
- Published on: 2015-11-11
- Released on: 2015-11-11
- Format: Kindle eBook

Most helpful customer reviews

15 of 15 people found the following review helpful.

Dissappointing

By B. Thigpin

Given that there is little information available on Muay Boran in any format, I decided to give this book a try. From the product description it sounded interesting at least, but after reading through it I was extremely dissatisfied. The format reads more like a series of articles thrown together than a cohesive work. The translation to English is so poor that it makes it almost unreadable. I've never heard elbows referred to as "pokes" or hands referred to as "beaters." Or to paraphrase "to become master in Thai art martial required of diligent practices." The whole book is written like that or worse. The pictures at times have no correlation with each other or are cut off halfway on the page, and there is no information on stances, footwork, or actual instructions on how to perform any of the techniques. Apparently the author thinks wearing shorts with "Muay Thai Boran" and wrapping his hands in rope make up for that. Like the review for De Cesaris's other Muay Boran book mentioned, he spends too much time talking about what a savior to the Thai martial arts he is. Funny I can't find any legitimate sources for all the titles he supposedly holds. There is nothing "advanced" about the techniques in this book, and nothing you wouldn't learn after several months of training at a Thai gym. Also, the book states it contains information on the Thai military art of Lerd Rit. Well, it does: A whopping half paragraph of writing and three pages of photos. If you are really interested in Muay Thai I would instead recommend Muay Thai Unleashed By Eric Krauss or Ultimate Muay Thai by Bob Spour. Solid fundamentals are what you build off of, and the techniques shown in those books are consistent with what is actually taught in Thailand. If you are still interested in Muay Boran, look for an ebook called "Muay Thai: The Art of Fighting." While the translation is poor, the pictures are clear and show basically every Muay Boran technique that is known. In short don't waste your money or your time on this book.

0 of 1 people found the following review helpful.

An excellent book

By mario

Advanced Muay Thai Boran inspired me. The information and pictures are excellent for advanced and people

who are better than beginners. This book has a lot of solid information and is well written with perfectly easy to follow steps. For understanding this book it is strongly recommended to read the other five books of the author to know and understand very well Muay Boran and also basic notions

1 of 3 people found the following review helpful.

A bible to all martial artist

By Alessio Tedesco

This book should be considered a bible to all martial artist and students who are serious about studying the Muay Boran. It is very informative and still up to date. As an Instructor I find this book as a great source of reference.

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