



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

By Erich Krauss

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Let elite Muay Thai warriors turn your body into an unbeatable weapon!

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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Editorial Review

From the Back Cover

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About the Author

Erich Krauss is a professional Muay Thai trainer who has competed in Thailand. He is the author of nine books on martial arts.

Glen Cordoza is a professional Muay Thai fighter who has lived and fought in Thailand. He currently takes part in mixed martial arts competition.

Tana (Chun) Yingwitayakhun is a decorated Muay Thai fighter from Lanna Muay Thai Camp in Chiang Mai, Thailand. He is a former Northern Thai champion and has had more than ninety professional bouts.

Users Review

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Paul Erdmann:

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