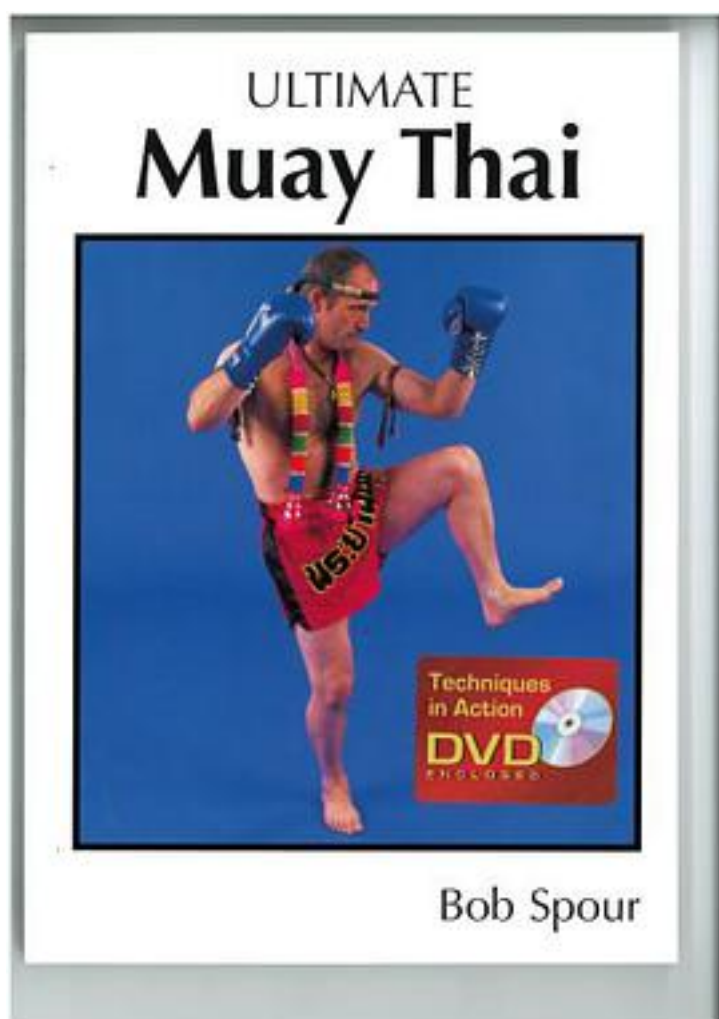


# Ultimate Muay Thai



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著者:Spour, Bob

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This new book and DVD package combines Bob Spour's best selling book "Ultimate

Muay Thai" with his recent companion DVD, "Muay Thai: Techniques in Action". Muay Thai is increasingly popular in the West as a sport, as well as being a means to self-protection and fitness. It is an exciting, exotic martial art which is distinguished by its rituals and spectacular kicks. Clearly explained are the strikes and techniques of Muay Thai in this title. Readers are shown how to adapt, use and develop these moves as part of a training in the most practical fighting art in the world today. "Ultimate Muay Thai" is aimed at those with an interest in this fascinating art, whether they are beginners, intermediates or advanced practitioners.

作者介绍:

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