



# Mastering Muay Thai Kick-Boxing: MMA-Proven Techniques

*Joe E. Harvey*

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**In *Mastering Muay Thai Kick-Boxing*, author Joe Harvey, an experienced martial artist with close to 20 years of active training and teaching, covers Muay Thai stances and such moves as:**

- Upper body strikes and defenses
- Lower body strikes and defenses
- Plum/clinch tie up defenses
- Stalking and retreating

Also, read about what equipment is best to use, training and endurance drills, and specific problem areas.

*Mastering Muay Thai Kick-Boxing* is an outstanding aid to anyone training in Muay Thai or MMA—new students will learn the moves efficiently through clear diagrams that include centerline, levels, directional angles, and linear positioning. Over 200 color photographs supplement the diagrams, making it easy for more experienced students to refine their techniques. Joe E. Harvey, who began official training at the age of ten, understands what students need, and presents learners with many aids, training drills, tips and more!



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