

## **Kids Thai Boxing 7 +**

Written by rich

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## **Kids Thai Boxing 7 years +**

Muay Thai (Thai Boxing) can trace it's origins 2,000 years ago to the ancient and nomadic tribes that wandered through Central and South-East Asia.

Muay Thai is world-renowned for its simplicity and effectiveness. The art dubbed 'the science of eight limbs' for its amazing use of hands, legs, knees and elbows. The Muay Thai practitioner has a wide variety of effective techniques superior speed and conditioning, all gained through hard training. The classes will incorporate technique drills, bag and pad work, controlled sparring (When the student is ready) as well as fitness and conditioning