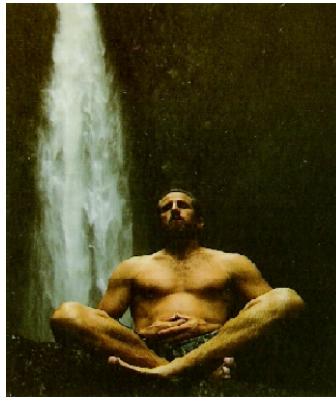


LAUPAHOEHOE

School of Muay Thai Kickboxing



HUMILITY OF THE **S**PIRIT



SILENCE OF THE **M**IND



POWER OF THE **B**ODY

**University of
Hawaii-Manoa
(Athletic Complex
Studio #2)**

**Tues & Thurs
7:30pm – 9:30pm**

1st CLASS

FREE

(all branches)

**Punahou Fitness
Center**

**Tues 6:30pm – 7:30pm
&
Thurs 6:15pm – 7:15pm**

Muay Thai!! Muuu what?!?!? That is usually the first response when the name is given. Many Americans are very familiar with American style kickboxing. But **not many know that American kickboxing originated from the art of Muay Thai.** The difference between the two styles is that American kickboxers kick with their feet, while in Muay Thai, kicking is done with the shin bones. The use of elbow and knee strikes is illegal in American kickboxing, but in Muay Thai they are legal.

It was perhaps in the late 60's or early 70's when Americans first caught a glimpse of this ancient art --- and the response?

The more established and familiar martial arts dismissed Muay Thai as nothing more than a chaotic street fight with no tradition. Some have said that Muay Thai's simplicity and power based effectiveness was viewed as a threat to their establishment. For this reason Muay Thai never really caught on back then. It was considered too brutal, yet at the same time extremely exciting. So much so, that American kickboxing was born to keep the excitement, but under a more controlled environment. This was done by eliminating Muay Thai's elbows, knees, and lower leg kicks.



Far from the view of being a no holds barred fight, **Muay Thai is actually a very calculated art.** Each strike is a precise technique and each technique is comprised of several movements. Muay Thai is also steeped in tradition and honor. From the Wai Kruu, which is a pre-battle dance that pays homage to a student's teacher, to the Rama Muay, which is a ritual dance distinct to each school. Part of the Rama Muay is believed to mesmerize an opponent towards fear and weakness.

Muay Thai is a 2,000 year old military martial art originating in the ancient kingdom of Siam (present day Thailand). It was the king's martial art, as **many of the great kings of Siam either supported its growth or practiced it themselves.** The kingdom's armies were well skilled in Muay Thai & used its effectiveness on the battlegrounds of Southeast Asia. When some of the first Europeans witnessed a Muay Thai fight, it prompted the following description:



“...Thai boxing is astounding. The boxers move with the beauty and grace of a butterfly, but when they hit...they hit with the ferocity of an angry tiger!”

Widely known in Asia as the “art of the eight-handed defense”, Muay Thai uses hands, elbows, knees, and thunderous shin kicks as points of attack and defense. It has grown into the world’s most exciting and popular ring sport. From the K-1 tournament originating in Japan (worldwide regionals are held on six continents), to the famous King of the Ring fights in Bangkok, Thailand. Muay Thai has been growing rapidly worldwide over the last decade, with the United States, as its last frontier. **Although few Americans have heard of this martial art, that is sure to change in the next few years.**

From thousands of gyms and boxing camps worldwide, this mighty art has found its way into the tiny community of Laupahoehoe under the guidance of Ajan (teacher) Ta. Ajan founded his first school in the tiny town of Laupahoehoe on the Big Island. That was in December of 1998. Some of his senior students continue their training there to this day.

As the curiosity of Muay Thai turned into an understanding of a martial art, the LSMT began to grow. A second branch was opened in the spring of 2001 in Hilo. In the summer of 2002, a third branch was established on the island of Oahu at the University of Hawaii-Manoa’s Athletic Complex. In the spring of 2003, Ajan opened a special class just for the students and staff at Chaminade University. The newest branch to open up started in the summer of 2004. Ajan began conducting classes at the Punahou Fitness Center. **With more branches on the way, the demand for the martial art of Muay Thai continues to grow.**

Martial arts have evolved quite a bit from over the years. Several hundred years ago, it was only reserved for the military elite. But in recent years, the martial arts have been studied for a variety of reasons. **The students in the LSMT study it for their health, fitness and for self-defense, because:**

1. We actually live in a more violent and aggressive society today as compared to 20 years ago.
2. 1 in every 4 women will be a victim of some type of physical violence in her lifetime. You cannot put a price on learning a martial art now and being prepared for the possibility of it happening in the future. Because once it happens, you may have to endure emotional scars that will last a lifetime...
3. **Everyone out there will be a victim of some type of abuse** in his/her lifetime whether it is physical or mental. Criticism is a form of mental abuse... Philosophy can help understand that situation and overcome that.

Ajan teaches his students the art of Muay Thai and nothing more. He is very conscientious as to the way a student behaves during the sessions. Each session is casual and at times can be very entertaining and animated.

Ajan believes that having fun lessens the fear factor of Muay Thai’s powerful strikes and helps his students to retain the knowledge that is being passed down. He teaches the specific movements of each technique, which makes it easier to understand the art. On that note alone, he believes that anyone can learn this art... ***it simply begins with a desire to learn...*** However make no mistake, when the counter formulas and sparring portions begin, the intensity level within his group of senior students and instructors picks up quite a bit!

One Muay Thai session can be very challenging. As an example, a three minute round in a Muay Thai match is equivalent to about four (three minute) rounds of American boxing. He believes that Muay Thai (or any martial art for that matter) is a valuable way in becoming the best person you can possibly be.

This occurs on the spiritual side of the art. **Philosophy & meditation is taught in order to understand the bridges between the spirit, the mind, & the body.** It is his way of empowering his students' confidence in them physically, yet guiding their actions towards humility on a spiritual level.

Ajan believes that **other than being a Champion of the Ring** (which is a short-term accomplishment), **his students are especially taught to become Champions of Life** (which is forever valuable)... *(composed 1998)



FOR MORE INFORMATION ON THE LSMT CALL

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