

Chapter 1 : Summer Camps at Marietta Martial Arts

*The Kids Library of Martial Arts [Not Available] on www.nxgvision.com *FREE* shipping on qualifying offers.*

Our Plano martial arts school is a place to get fit and learn self-defense Did you know that our students experience serious, life-changing benefits beyond physical fitness when they train with us? The benefits of training are life altering and positive. An anchor for more happiness, for a feeling of accomplishment, and a really big boost in confidence! As you progress through class you will realize how amazing and capable you can be. Realizing that makes you feel more confident and sure of your ability to handle whatever other challenges life throws your way. Wallflower students blossom into dynamic leaders in the classroom while adults tackle everyday tasks with gusto and a "can do" attitude. The neat thing is this intense concentration naturally pours into all other areas of your life as you develop laser like focus. Each class is loaded with challenging and fun techniques that will teach you powerful martial arts and give you an amazing workout. Since you are measured by your own personal success, our students see improvements quickly and are able to celebrate their personal victories along the way. Our functional, body weight focused training helps you move your body and uses everything from your head to your toes. These workouts are high-energy, crazy fun, and get you running lean in no time. And our members and instructors are all about support and friendship. Kids and adults both make friends with the other members, and as a result, our community thrives. We provide the kind of environment that fosters friendship, encouragement, and motivation. Stuck in a fitness rut or tired of hitting up bootcamp style classes just to be yelled at on your personal time? Ugh, who can blame you Action-packed and totally fun, focused on your success, and always changing. No two workouts are the same and we use positive motivation. No military style yelling or body shaming, ever. Both kids and adults both work hard, but also play hard too. Laughing, smiles, and high fives are part of every class. Ready to make your life better? Here, you will experience self-defense, combat techniques, exercise, sport, and even inner-growth and meditation. Our classes are taught to adults of all ages in the Plano area as well as nearby surrounding areas. But at the same time, we go beyond the traditional martial arts techniques to impart discipline and a deeper sense of respect to our students. As a result, kids become better-behaved everywhere they go and perform better in school. Kids of all ages love these martial art classes

Chapter 2 : Martial Arts Demo for Kids with Dream Martial Arts – Montclair Public Library

Rosen Publishing, Inc. is an independent educational publishing house that was established in to serve the needs of students in grades Pre-K with high interest, curriculum-correlated materials.

We focus on the personal development aspect of martial arts, not just self-defense moves. Our facility is always clean and features a viewing area for parents, as well as matted floors throughout. Equip them with the tools to succeed in the real world with kids martial arts. Our students regularly go on to join Ivy schools and become community leaders. The values they learn during their martial arts journey are the same you teach at home and last a lifetime. Learn Goal-Setting Skills Belt testing provides an excellent exercise for kids in learning how to set and achieve goals. Their self-esteem will continue to rise with each accomplishment as they watch their hard work pay off. A Strong Sense of Respect The traditional nature of martial arts teaches kids respect in their classes, whether they are taking a bow or waiting patiently for the next set of instructions. This sense of respect also helps kids improve their grades, while improving their listening skills at home and in school. What Other Parents Are Saying: Your instructors in Vienna are exceptional with kids. Your commitment to real Tae Kwon Do versus "streetfighting" is clear. Corina McAleenan Can not say enough good things about Mt. An absolute hidden gem! You will receive an email with instructions on how to schedule your first class. One of our instructors will call you, or you may call the school directly. Come and see a class for yourself - we all have a blast and our instructors do too. No, our classes are a good mix of men and women of all fitness levels. Beginners train alongside some of the more experienced members, helping each other out in a enjoyable team environment. This is a limited time offer! Only 25 total spots are available.

Chapter 3 : Kids Library of Martial Arts: Jiu Jitsu by Pamela Randall (, Hardcover) | eBay

Lots of today's primary and elementary schoolchildren are getting a kick out of martial arts! Now kids can go to the library to get the valuable background.

By high school, she was spending countless hours in the library reading to avoid social situations and the possibility of being teased. She rarely complained to her teachers, assuming they would just make it worse if they confronted her bullies. I had something to do every weekend. And I was good at it. That was the biggest thing, I think. I excelled at something that terrified most other people my age, and in that, I had some power. Schools with vigorous anti-bullying programming are more likely to stop bullies in their tracks, but not every school has a commitment to stopping the abuse. However, there are things parents can do to strengthen their children before the bullying starts, convince them to tell parents if a verbal or physical attack occurs, and keep them safe. Does your child understand the difference between thinking, feeling and action? Starting when their son was 3, psychologist Tammy Hughes and her school psychologist husband started teaching him. Now, tell me something that someone else did that worked out well for someone else. Strategies to Help Heal the Divide. Develop a sense of self. Parents show their children they know them when they choose an activity with them, discuss personal problems, and talk about their day. Bullying flourishes in school communities when most of the community stays silent while the bullies attack. Bullies have power when the audience of bystanders is silent. Any student can encourage members of their team or club to do the right thing, but those lessons often start at home. Raise your child with character and values, sharing stories of people including you who have done the right thing in the face of adversity. That way they can stand up against bullying or other injustice when it occurs at school. Become aware of your own behavior, because your children will copy you. Parents who are reasonable, calm and practice problem-solving in the face of stress and uncertainty model those skills and attitudes for their children. Once they see it works, children can develop that peaceful approach to their world and the bullies within it. Encourage your children to become involved in after-school activities and clubs that they enjoy. That will help them make friends with different groups of children. Having other social groups lets my child experience something very different. Some children benefit from developing a sense of their own physical strength, whether in martial arts or another discipline. Bullies are predators by nature and prefer the weak as prey. A confident child is less likely to be a victim, and martial arts provides this platform for creating a resilient, confident child. It turned out the girl was provoking other kids to bully her because she was jealous of the amount of attention her parents gave her little brother. I advised them to catch her being strong and pay attention to that behavior. Leave a Reply Your email address will not be published.

Chapter 4 : Life Lessons Kids Learn from Martial Arts | ACTIVEkids

Find great deals for Kids Library of Martial Arts: Jiu Jitsu by Pamela Randall (, Hardcover). Shop with confidence on eBay!

Tweet Hi and welcome! These changes surprise our new students. When you train in our programs, your life will change in so many amazing ways! Here are some of those life-changing benefits students experienceâ€¦

More Confidence One of the first things both children AND adults notice when training with us is a big boost in confidence. And it makes sense when you think about it. After all, martial arts is challenging. Realizing that makes you feel more confident. You feel more sure of your ability to handle whatever other challenges life throws your way. This goes for kids, too. Their confidence boosts quickly as well. Better Focus Taekwondo is so much fun! The neat thing is this intense concentration naturally pours into all other areas of your life as you develop laser like focus.

Physical Fitness Each class is loaded with challenging, fun exercise. Before you know it, the class is over, and you not only learned powerful martial arts Being physically fit boosts energy, mental clarity, and confidence as well.

Community Matters What do you think of when you hear the word community? We think of a group of like minded students, struggling through tough training times together, celebrating successes together, and encouraging each other no matter what. We think of teamwork and truly belonging no matter what your background is. We provide the kind of environment that fosters friendship, encouragement, and motivation.

Loads of Fun Working out and having fun? Our classes are a blast! Martial arts is a way of life for us and we want you to have a prosperous life too. We work hard, but we play hard too. Did you know that the average adult laughs only about 20 times per day? Our classes strive to make you a high achiever in every way - including your mental well-being. Laughing and smiling are part of every class here, as are high fives and TONS of support. Make the next chapter of your life amazing! Snag the super-sweet web special and try us out. No ifs ands or buts. More comfortable signing up over the phone?

Chapter 5 : Jupiter Martial Arts Classes For Kids & Adults - Summer Camp - Birthday Parties & More!

Kids' Martial Arts Workshop Join us Wednesday mornings for a free session of martial arts instruction for beginners. The practice of martial arts helps build confidence, leadership, focus and empowerment skills, as well as self-protection.

Have you been wanting to take control of your life for a while now but have been unsure how to do that? Our Worthington Martial Arts school can certainly help you with those things. At first glance, most people think Martial Arts is a way to get fit and learn self-defense Martial arts is so much more than just kicks and punches! Our students are amazed at how Martial Arts truly enriches their lives in ways most people are not prepared for. These life-changing benefits are more "subtle" than the physical benefits you see from our classes. While we can see lean muscle forming, and feel the effects of cardio training within the first week, the benefits below are felt on a deeply personal level and with some phenomenal side effects. Read below to see how amazing your life is about to get from taking a chance on yourself and leaping feet first into the action-packed world of Martial Arts. Tremendous Confidence Martial arts is tough. Know what that means? Even if that means completing one single push up, perfecting a difficult new technique, or simply watching your kids progress through their training. Tons of Focus Because the techniques are challenging, they require your full attention. You have to concentrate hard on listening to the instructor, then performing what they taught you. The neat thing is that this intense focus naturally pours into all other areas of your life too. Adults find themselves focusing more easily at work. Kids pay better attention and focus more in school. Your Best Fitness Ever No matter what your starting fitness level is, each one of our students improves from where they were when they took their first class. From total beginner to elite athletes. We strive to make sure each class is loaded with challenging and fun exercises that work your entire body. We provide a safe, non-judgmental environment where we all want each other to succeed. Our members and instructors are all about support and friendship. Kids and adults easily make a lot of friends here and, as a result, our community thrives. We provide the kind of environment that fosters friendship, encouragement, and motivation. The sense of fulfillment after every class is more than you can imagine. Stuck in a fitness rut or tired of hitting up boot camp style classes where you get yelled at? Ugh, who can blame you. Action-packed and totally fun, focused on your success, and always changing. No two workouts are the same and we always use positive motivation. No military style yelling or body shaming, ever. Both kids and adults both work hard, but also play hard. Laughing, smiles, and high fives are part of every class. Make the next chapter of your life amazing! Snag the super-sweet web special and try us out. No ifs ands or buts. More comfortable signing up over the phone?

Chapter 6 : Bully-proofing your kids | Kids martial arts in Fargo “ Fargo Bully Proof Kids Martial Arts

On the contrary, science and leading child development experts agree that martial arts can actually teach children a lot of things. Kids who learn martial arts eventually learn discipline, self-control, focus, concentration, and socialization.

Every school has a bully. They prey on smaller kids, and kids with low self-esteem. Jim was the second kind of kid. The bully at his school, Todd, always picked on him. Jim just took it. But after just a few weeks of martial arts, this is what happens! Clear Focus - In martial arts, we have kids do one thing at a time. Then, the better and better they get at focusing, the longer we have them focus for. Eventually, kids might focus the entire session on just one exercise or activity. And they never get bored or antsy. Before you know it, they do this at home too. They focus on their homework! on their chores! on conversations with you! and anything else they put their mind to. Determined to Succeed “ From Day 1 in martial arts your child sets goals, and accomplishes them. The more and more he does this “ the more ambitious he becomes. He learns that fulfillment and respect are earned through completing challenges. Because of this, kids who go through martial arts are much more likely to succeed later in life as well. They then go on to live wonderful, fulfilling lives. And then they pass these principles onto their own children. Finally Paying Attention “ Parents of children with attention problems breathe sighs of relief after just a few short weeks. After just a few short weeks, kids naturally begin doing this at home. Parents and teachers often look at each other with wide-eyes when they reflect on the changes. One of those rules is that when your child is asked to do something “ he does it the first time. But every kid does it because he sees the other kids in the class doing it too. And he wants to make friends and be a part of the group. For parents of children who have a hard time following directions “ this is truly a blessing. They have the confidence to look a bully in the eyes, and stand their ground. This is what nearly always happens! The bully gets scared and backs down! It happens 9 times out of 10. Most confrontations can be talked through. For either situation your child will be prepared. No one will be able to hurt him, or take anything away from him. As a result, many children experience weight problems at a young age. Martial Arts is an amazing form of exercise “ Your child will be active the entire time. And if he happens to be overweight “ martial arts will help him get down to a healthy weight. This reduces risk for many health problems that can occur now, and later on in life. Kids Karate also increases energy, alertness, and overall happiness. There are honestly countless other benefits kids get with martial arts. No other kid in his class shows their teachers this much respect. Boy was I wrong! She gets extremely upset if we ever have to miss a class now. He said the bully backed down, and everyone saw it! I got so choked up that he looked at me and asked me why I was crying. I just told him I was so proud of him. He did his homework the first time I asked! You have put together an incredible program. Thank you so much. Instead, we teach kids self-defense as a tool for personal growth and development. Kids learn to treat others as they want to be treated. They learn to respect all living things “ from their parents to pets. Often, kids who were violent before they joined our class changed, and became non-violent. Will he have a hard time? And they love it. And this can leave some serious scars on their self-esteem. Everyone goes at their own pace. Some kids learn quicker than others “ but the children who advance quickly are not valued more than the kids who advance slowly. Everyone is greatly encouraged “ regardless of his or her athletic level. The crowd is blown away every time! And your child will take great pride in his abilities. And we even have programs for adults. So to be honest “ every age is appropriate. No child is too young or too old. We have a class that fits just right. This is actually the case with most children. Have children gotten injured in my martial arts class? But the injuries were no different than those which kids who play baseball and other sports get. Will he want to stick with the program? But with martial arts, something fascinating happens! Often the children are the ones yelling these things! In fact, I know of many parents who use martial arts as an incentive to get chores done. If the kids are good, do their chores, and do their homework “ they get martial arts as a reward. It will become a part of his life as if it was always there. Or can my girl take martial arts too? But the truth is, there are just as many girls in many of our classes as there are boys. Girls love martial arts just as much, and get the same fulfillment out of it as boys do. Many are even tougher! In fact, the boys may even be the ones who are scared. Now, something

worth mentioning Like with anything, martial arts is not for every child. That way you can use that same money to invest in something else for your child. But chances are you will love it here. And so will your kid.

Chapter 7 : Welcome to the Martial Arts Resource Center

Del Weston's World Of Martial Arts - Episodes 1 - 5 () - Grandmaster James Ibrao, Master Frank Trejo Urigudez (Documentary, Martial Arts, Instructional).

With a martial arts school, you have many ways to advertise to get new students. Here are 20 ways to promote your martial arts school, in no particular order. Some are quick and easy, while some are a bit grander. If anyone on your team is a great writer, try to compose something for a magazine, blog, or newspaper. Editors are always looking for great content written by experts in their fields. Make sure that the content you can provide them with makes sense for their publication and their target demographic. Send these to your students for multiple reasons. First, the attention to care will be appreciated by your students. Second, many people put their Christmas cards on display at their homes or offices. This is inherently good, even if no promotions come from it. That being said, a well-designed charity event can do both. Charity events are definitely a part of a comprehensive martial arts school marketing strategy that creates and sustains a long-term positive relationship with your community. There are a ton of different contests you can run. From in-school contests, to potential student contests, the world is your oyster. Try something amongst your current students, to start. Referral campaigns that have a prize for the students who bring the most friends to class is a classic example. Speaking of contests, what better way to spread said contest than through social media. If you have the budget for it, finding a great social media team to take over your promotions or train your own staff to do it in-house can be an incredibly high return on investment. Marketer service , for more on this. Most martial arts masters have earned the title through many years of trials and tribulations. If your city has forums for public speaking, get on top of them. Find a relevant team, school, or group to sponsor. You can couple this with your philanthropic efforts, by sponsoring kids overseas or helping less fortunate students get to competitions. A quirky, odd, yet effective form of martial arts school marketing might just give you the leg up. Being proactive with your events will keep maximizing your martial arts school marketing potential. Team up with a local business to cross-promote each other, effectively combining your followings. Make sure you think about businesses that are complimentary with yours and make sense. Finding businesses to trade with can be extremely rewarding. If your quality is high enough, you should be able to convert people into full-time students. This is another form of martial arts school marketing that is very guerrilla driven. A blog can be somewhat time consuming but, with enough quality content, you can create a website that is a hub for martial arts people to look up tips, tricks, and thoughts on martial arts practice. With enough traffic, this can become a very good source of promotional awareness, along with boosting your SEO value. This is a no-brainer if you have many young students. Have one day in each month where a student can bring a guest. This creates an easy referral system where the potential student can experience your school along with someone they trust. An easy way to multiply the number of students you already have. Having a guest instructor come in to teach can be an incredible way to get your students and your community excited, while also keeping things fresh. Not every school can pull this off but, if you can, do it. If done well, you will turn a profit while getting an incredible amount of press. This is a tried and true method of martial arts school marketing and with good reason. You can get a lot of people very excited with a really great demonstration, which should help attract a lot of attention. Birthday parties help spread awareness of your school like wildfire and gives you a nice boost in revenue. Use it to your advantage. What quirky ways to market have you found effective for your business?

Chapter 8 : The Kids Library of Martial Arts | Rosen Publishing

Our kids' Martial Arts program also focuses on the development of the mind, including self-control, focus, and discipline. Our young Martial Artists develop a higher level of personal awareness and self-confidence that will serve him or her well in dealing with the pressures of life.

At Northwest Fighting Arts, youth learn important self-defense skills, physical fitness habits, and confidence. Our young Martial Artists develop a higher level of personal awareness and self-confidence that will serve him or her well in dealing with the pressures of life. At NWFA, it is our goal to help all of our students become more focused, confident, and disciplined. Our supportive and varied curriculum inspires students to see beyond their current potential and to reach new levels of personal success. This builds character, improves confidence, and boosts self-esteem. We instill in our students the traditional Martial Arts values of respect, self-discipline, honor, integrity, family, and courage, all while promoting leadership skills and social accountability. We believe that the Martial Artist is meant to be an active and positive influence within their community, and we encourage our youths to proudly accept that role. Students will learn how to listen and lead in a respectable and respectful way. Anti-Bullying

With so many schools affected by bullying, we want to help educate your children on the subject. We take an alternative perspective by showing children how to communicate with bullies in a non-violent way, while informing them on the negative effects of being a bully. We work together to understand the consequences of bullying and how to stand up against a bully without violence. We teach them core strength, flexibility, and balance, aspects that provide long-lasting health benefits and instills healthy habits from a young age. What do kids learn in a mixed martial arts class? We teach with a focus on developing a deep understanding of each of these techniques. We teach our students how to become more courteous, respectful, diligent, patient, honest, and eager to work as part of a team. We believe that these interpersonal skills are vital to success, not just in the Martial Arts, but in all areas of life. We incorporate character lessons into our training by engaging in a discussion of real-life scenarios and how to handle them accordingly. Will martial arts training encourage my child to be more aggressive? It is a common misconception that children tend to become more aggressive or violent after learning karate or another MMA. On the contrary, conflict resolution training is an important part of any Martial Arts class for kids. Children are taught to practice patience and courtesy as well as the ethical responsibilities while in a conflict situation. Peaceful conflict resolution for kids is always the first option and the skills learned in our classes are only to be used for self-defense. How old are the kids who train in your martial arts classes? We welcome kids between the ages of in our youth program. Every class has multiple instructors and we group the students based on age and skill level. How do I get started? Speak to our expert instructors to have all of your questions answered. Using the skills he is learning here at the academy he has been able to work through situations that usually would need parent intervention to help. It is great seeing him have the tools to be more independent. The class has been really good for him it is hard with our busy schedules to make all of the sessions but we have seen so much positive growth in our son sense he started we do whatever it takes to make this a consistent activity for our son.

Chapter 9 : 20 Ways to Promote your Martial Arts School

Also each day the kids will have several times of martial arts lessons which is a great introduction to the martial arts. No prior martial arts experience is required to attend our camps. See the chart below for an outline of typical daily schedule at Marietta Martial Arts Karate Camp.

Bruce Lee was considered one of the most influential martial artists of all time. Then, you have Chan and Li who have been major movie stars that incorporate Chinese martial arts into their films. Many people ask, what is the best martial art out there? Are you looking to start your own martial arts academy? If so, check out this course on Running a Dojo. MMA is a full contact, combat sport, that combines grappling and striking, with standing and ground fighting. MMA allows a wide variety of martial arts and techniques, creating a unique dynamic that favors a versatile martial artist. Martial arts are practiced for a variety of different reasons including self-defense, physical fitness, entertainment and competition. Some even consider martial arts as a way of achieving spiritual growth. I have accumulated a list of the the top 10 martial arts today, not in any particular order. Judo Judo is a competition based sport that originated out of Japan. The primary objective is to throw or takedown your opponent for points. Although it was created for sport and exercise, it has proven to be an effective martial art in close combat through the use of leverage. With proper technique and balance, a person can beat a much larger opponent. The major weakness in the art of judo is the lack of any striking techniques in competition or practice. Kickboxing Kickboxing can be for fitness, self-defense or sport. There are different origins of the sport, but we are most familiar with the American version of kickboxing. Kickboxing combines punches, knees, headbutts, and kicks to disarm an opponent or attacker. A swift front kick to the face is more than enough to disarm any person. The key to kickboxing is speed and agility, the person must strike before the attacker can react and respond. Some highly trained kickboxers will roll a baseball bat across the surface of the shin for hours a day to break down and rebuild the tibia there. After repeated damage, the tibia grows back stronger and thicker each time, until the fighter can kick hard objects without feeling pain in the shins. The major weakness of the sport of kickboxing is that there is very little attention paid to self defense throughout training. Karate Karate originated in Japan and is practiced primarily for sport. It involves the typical kicking, punching, elbows and also incorporates open hand techniques. The main focus is on attack deflection, controlling and disabling attacks that come from directly in front of you. Instead of focusing on hits to the face and head, punches are directed towards the solar plexus, just below the sternum, a weak point on the body. This will effectively knock the air out of the opponent and disable him. Aikido Aikido is a martial art that originates from Japan and is designed primarily for self defense. The creator of aikido wanted to make an art that a person could use to defend themselves, without causing injury to their attackers. The person is supposed to recognize the vulnerability and respond with an attack to ensure that he is not exposed himself. The defender is instructed to go with the movement of the attacker and use his momentum against him, instead of fighting against it. You may recognize Steven Seagal as a movie star that practices Aikido, believe it or not, he is an authentic 7th degree black belt! His trademark move was the forearm return. The attacker will likely be put off balance and may break his wrist in the process. Aikido also includes joint locks, a grappling technique that extends the joints to their maximal degree of motion. These do not take much speed, but rather proper technique to disable an attacker. Taekwondo Taekwondo, a Korean martial art, combines both self-defense and attack, as a way of sport and exercise. The martial art focuses on high kicks and quick hand movements. Taekwondo is based upon the belief that the leg is the strongest and furthest reaching limb that a person has, thus having the greatest potential to be used as a powerful weapon while keeping an attacker at a distance. The sport is very good to enhance agility, power, balance, flexibility and endurance. You may have seen these martial artists on tv breaking wood planks, cement blocks or bricks with their bare hands and legs. These athletes combine their mental focus and acuity with the strength and technique they develop through training. Martial artists are taught vicious and aggressive moves such as eye gouging, choke holds, biting, grappling, hard striking, and joint locks. Once an attacker is brought to the ground, the first step is to grab a limb and manipulate it at the joint until it breaks. After the attacker is

immobilized, the martial artist can unleash an arsenal of fists and elbows to the face. Once you learn to lower your own center of gravity underneath that of your attacker, you can manipulate his body and throw him off of you. There is also an understanding of balance where if your attacker reaches out with one part of his body, the other part must balance. It is the standing leg that the martial artists learn to disable and break. Each defense becomes a counter attack. Traditional Boxing Muhammad Ali would float like a butterfly, sting like a bee each and everytime he entered the ring. Western boxers are known for their agility, both with their punches and without. These athletes can throw punches harder, faster, and more on point than any other martial artist. Just to learn proper punching technique takes several years! There is no kicking allowed, so you best be sharp with your hands and quick with your feet to keep your balance. Boxers are usually very lean, tough, and solid. They are not as thick or heavy as body builders, because they rely heavily on their agility in the ring. Boxers are ingrained with the idea of protecting their head and learn from the very beginning to keep their gloves up. Boxing is very natural to a lot of individuals and it can be a lot of fun. This martial art is readily available at most martial arts gyms and many traditional gyms as well. It provides an excellent outlet for sport, discipline, conditioning, and fighting. Wrestling Wrestling is one of the oldest forms of combat, probably originating from Europe. On the contrary, traditional wrestling is performed on a mat with no ropes. Wrestling is one of the few martial arts that is also practiced in schools everywhere, from middle school all the way up to college. It has been designed for the purpose of street survival and it is taught to the entire defense force of the country. This martial art involves aspects of Jiu Jitsu grappling and ground fighting, Karate kicks and knees, and traditional boxing punches. This is not a simple sport, in Krav Maga, the defense is aimed at killing the aggressor. The defense is also the attack. It is a counter attack of sorts where you protect yourself from attack, while simultaneously incapacitating the attacker. They also focus on attacking weak areas of the body, namely the eyes, groin, and throat. This martial art uses punches, kicks, knees and elbows in forming an attack. The sport can be very violent and brutal, but due to many safeguards today, it has become a more universal sport for fun and entertainment. Muay Thai is also one of the staples of MMA style fighting because it not only incorporates western boxing punches, but also brings in kicks, knees and elbows. If self-defense is your motivation, also try looking at our course for busy and working adults, 30 Minute Self Defense.