

# McMahon Kickboxing & Muay Thai



## Training Manual

Welcome to  
McMahon Muay Thai

Congratulations, you have just made the first step on a life-changing journey. Our goal here at MBJJ and Muay Thai is for every one of our students to experience the maximum benefits of a great martial arts program. It is important to understand that your success is based not only on our teachings, but on the environment we create. You as a student play an integral role in this environment, and thus the momentum of the academy as a whole. This manual is designed to help your transition into the Muay Thai family, to make you aware of what you can expect from us, and what we expect from you. Muay Thai is not only the most effective striking art in the world, but also a way of life. Through Muay Thai you will learn balance not only in a physical sense, but balance in your life. You will learn skills that will increase your self-esteem, self-confidence, and improve your ability to concentrate. This discipline will support you in becoming a healthier, happier, more productive and effective individual.

When you step into the academy, you will see high-energy, physical and technical instruction delivered in the most positive atmosphere. As a student, you are expected to contribute to this atmosphere. Your conduct on and off the mat is a reflection of Muay Thai. You will be an ambassador of the art of Muay Thai and a representative of our school. As your practice deepens, you will see many positive applications in your everyday life.

This handbook is designed to give insight into the philosophy behind MBJJ, as well as highlight basic training practices. We want to ensure that your progression through training is consistent and permanent. Please feel free to address any of our staff members regarding any concerns.

Congratulations on your acceptance, and thank you for choosing McMahan Brazilian Jiu-Jitsu and Muay Thai.

Welcome to the McMahan Team!

Professor Finnie and Coach Josh.

# History and Philosophy

Muay Thai is referred to as “The Art of Eight Limbs”; and using eight points of contact the body mimics weapons of war. The hands become the sword and dagger; the shins and forearms were hardened in training to act as armor against blows, and the elbow to fell opponents like a heavy mace or hammer; the legs and knees became the axe and staff. The body operated as one unit. The knees and elbows constantly searching and testing for an opening while clinching and trying to spin an enemy to the ground.

The history of Muay Thai can also be traced to the middle of the 16th century. During the battles between the [Burmese](#) of the [Konbaung Dynasty](#) and Siam, the famous fighter, Nai Khanomtom, was captured in the year 1767. The Burmese knew of his expertise in hand-to-hand combat and gave him an opportunity to fight for his freedom. Soon after winning the match, he was freed by his captors and allowed to return to Siam. He was acknowledged as a hero, and his fighting style became known as Siamese-Style boxing, later to be known as Muay Thai. This fighting style was soon to be recognized as a national sport.

## Kickboxing

If you’re looking for a great cardio workout and some top-notch striking technique, the kickboxing program at McMahon’s is the right place for you! Designed as an entry-level class to our Muay Thai program, kickboxing will teach you the fundamentals of the sport, including footwork, punches, kicks, and knees. The techniques taught in the kickboxing program are real fighting techniques and also burn 800 calories per hour!

## What is the difference between Kickboxing and Muay Thai?

For students who have not previously trained in Muay Thai, also known as the “Art of 8 Limbs” our kickboxing program will thoroughly introduce its most important elements.

You’ll learn how to properly position your hands, shift your weight, and most importantly, how to strike effectively using your fists, shins, and knees. Since elbows and clinch work are not allowed in sport kickboxing, those will be taught exclusively in the Muay Thai program. The kickboxing classes will spend a significant amount of time on the heavy bags, a time-tested training tool in combat sports. Heavy bags allow students to develop striking power and technique, while using their footwork and motion.

Watch all the top fighters in the world, and you will always see them incorporate the heavy bag in to their weekly training routine. The kickboxing classes will challenge you to push yourself, and they’re sure to get your heart rate up!

# Muay Thai

A student may begin the Muay Thai program after attending 20 kickboxing classes to receive their white shirt. Our more advanced Muay Thai classes are targeted toward students who have more experience, and have a solid working knowledge of the fundamentals. These classes focus on honing these skills, drilling more advanced techniques, and building up a competitive striking game. Instead of working with the heavy bags, Muay Thai students work exclusively with partners, holding Thai pads for each other to strike.

## Sparring

Once a student has reached their green shirt, which is a 40 class minimum, they can begin sparring. The sparring class is designed to apply your techniques in a live, but controlled setting. Sparring at McMahon's is intended to help both partners get better, without worrying about getting hurt. These training sessions will include sparring drills and live, technical sparring rounds. The sparring class is reserved for advanced members only.

## Affiliation

We here at McMahon BJJ and Muay Thai have long been affiliated with Professor Amal Easton and the Easton Team. With seven schools in the northern Colorado area, including Boulder and Denver, you will have access to a larger group of very experienced and professional instructors. You might step in and take a class with professional Muay Thai and MMA fighter Tyler Toner or Chris "Head Trauma" Trammel. We also occasionally have seminars by Professor Toner and we participate in Muay Thai smokers and other events put on by the Easton Team.

# Frequently Asked Questions

## **What do I need to begin training?**

Comfortable athletic clothing, something that allows movement. Boxing wraps are strongly suggested to help protect the hands. Boxing gloves are required. As you progress through the program you may want to bring shin guards and a mouthpiece. At McMahons we have all the equipment that you need, from economical to professional. Wraps, gloves, mouth pieces and shin guards are all available through the pro shop.

## **How will I know what's going on at the school?**

Any upcoming news and events will be announced a number of ways. First, announcements are always placed on the website, on the "what's new" page. Second, we communicate a lot through email, so make sure your email will accept the address [contact@mcmahonbjj.com](mailto:contact@mcmahonbjj.com). Third, announcements will be made at the end of each class to keep everyone up-to-date.

## **What can I expect in class?**

Classes are one hour long. Scan your key card when you enter. We will bow in and out of class. Each class has a warm-up that includes calisthenics and movements specific to Muay Thai. There will be a technical presentation of stand up. Drilling or live training will usually follow the technical presentation. The class will end with stretching and any statement, announcement or training tips from the instructor.

## **What is expected of me?**

Courtesy and respect are valued here at MBJJ and Muay Thai. We expect your best effort and your commitment to learning. The instructors will enable your progress and development, rather than control it. You are also expected to follow our code of conduct at all times.

## **Will I be able to defend myself?**

Regardless of size, strength, or fitness level, the techniques and strategies will dramatically improve your ability to defend yourself.

## **Will I get into shape?**

Many students have lost more than 40 lbs adding only kickboxing to their lifestyle. Classes are divided by technical difficulty and intensity. All students, whether new to exercise or seasoned athletes, will realize improved physical fitness.

### **Is the training safe?**

As with any physical activity, there is a small risk of injury. The classes are structured to minimize major injuries, but it is important to pay attention to your body and how it is feeling. Make sure to rest and heal outside of class times as needed. To minimize spread of infection, make sure your uniform is clean, and that you do not have any skin problems that could be contagious.

### **How will I benefit from Muay Thai?**

It is important to understand that Muay Thai is not just a sport. Although you will achieve all the benefits of a sport, you should expect much more when you put in the effort toward learning a true martial art. Muay Thai is a way of life.

Initially, gaining knowledge of the most proven striking art builds an inherent undeniable confidence into your character. Muay Thai is both an individual and social activity. Unlike team sports, you face your opponents alone. Self-reliance and self-confidence are enhanced, as is personal responsibility. The Muay Thai student learns to deal with setbacks and failure in the process of striving for higher levels of excellence. Muay Thai is also a social activity, as you cannot further develop without the aid of a trusted group of training partners. A student's ability to socialize and become part of a group working towards a common goal is as much a requirement for advancement as technical progress.

There are many benefits yielded by the study of Muay Thai, beyond the ability to strike and defend effectively. As you gain knowledge and a deeper understanding of the core values required to reach your Black Belt, true excellence will become part of your life, fostering changes well beyond your martial arts training.

## **Student Creed**

I intend to develop myself in a positive manner and avoid anything that could reduce my mental growth or my physical health.

I intend to develop self-discipline in order to bring out the best in myself and others.

I intend to use what I learn in class constructively and defensively to help myself and others and never to be abusive or offensive.

# Etiquette

- Please conduct yourself in a calm, courteous and respectful manner at all times.
- There is no cursing in the academy on or off the mat.
- Please address the instructors as “Coach” and any black belt as “Professor”.
- Keep your conversations in the waiting area at a low volume. Please show respect for other students in the school and for classes that might be in session.
- The changing areas must be kept clean. Always place your shoes and personal belongings neatly away.
- Uniforms must be kept clean and neat at all times. Proper attire is a T-shirt or rash guard, board shorts or grappling shorts.
- Nails should be kept short.
- There is no jewelry, gum chewing or personal items allowed on the mat.
- Acknowledge your instructors and staff when entering or leaving the school.
- Enter each class with energy and enthusiasm.
- Stay focused on your instructor. Please sit quietly and respectfully while the instructor is explaining or demonstrating concepts or techniques.
- Move quickly and work hard during training drills.
- Arrive approximately 10 minutes before class ready to train.



There are many ways to wrap the hands and certainly people have different preferences. This is a basic but effective method to keep the small bones in the hands tight and secure.





This is a basic, orthodox Muay Thai stance. The feet are about shoulder width apart with the lead foot pointed straight at the opponent and the rear foot at about a 45 degree angle. The fighter is balanced on the balls of the feet and the hands are up to protect the face.