

# **The 3 Simple Steps of Muay Thai Kickboxing that Help You Fight Fat, Get Healthy and Learn the World's Most Effective Strike Martial Art.**

## **A quick note:**

Below is information, links to videos, and more on how Muay Thai fighters get in awesome shape. You'll find how-to videos, full-body workouts, and powerful nutritional advice to give you a strong, lean look.

Of course, nothing beats training with qualified instructors - so if you're ready for the full-on experience, then come on by for your risk-free trial now: [http://bit.ly/dg\\_qs](http://bit.ly/dg_qs)

If you're too far away to train with us, check out our "[Muay Thai Essentials](#)" Online Course

# Step #1

## Muay Thai Conditioning:

Muay Thai & MMA fighters don't workout like other athletes. Their workouts are efficient, well-oiled routines that enhance, strengthen, and tone your entire body. For the best results, do them at an intensity that challenges you - without going overboard (that just leads to injuries).

Go hard, go fast, and watch as your body gets ripped and toned over time.

Below are 3 workouts we've found that combine true & tested MMA & Muay Thai conditioning to get you ripped and strong and full of stamina.

# 1. A Full Muay Thai Workout:

Here a classic Muay Thai Workout. Check it out, and you can start to get a sense of what Muay Thai workouts can do for you.

Most of this can be done on your own; of course, training with a group or partners is motivating.

After the run, the whole workout would take about 45 minutes.

- Run 2-4 Miles
- Jump Rope – Three 2-minute rounds with 1 minute rest in between rounds
- Shadow Boxing – Three 2-minute rounds with 1 minute rest in between rounds (When you shadow box, don't just throw random techniques. Work on specific combinations)
- Pad Work or Sparring – Three 2-minute rounds with 1 minute rest
- Clinch Work – Three 2-minute rounds with 1 minute rest
- Stretch
- Meditation: just sit down, close your eyes and concentrate on your breathing for a few minutes

## 2. A 15-Minute High Intensity Time-Crunched Workout

This is a quick “burner” conditioning workout. It’s high intensity by design, so don’t pace yourself. It’s all out for 15 minutes! (Warm up first 😊 )

- Every round is 30 seconds of work, it should feel like a “sprint” followed by 15s of rest

**Round 1:** Footwork – Practice all of your footwork and movement only pausing occasionally for a Jab, Cross, Hook, Uppercut or Elbow

**Round 2:** More footwork – Keep moving around and start using your legs. Throw Knees, Leg Checks and Push Kicks

**Round 3:** Footwork 3 – Move around as much as possible, throwing combinations of upper and lower body strikes

**Round 4:** Alternate Push Kicks (Heavy Bag optional)

**Round 5:** Right Leg Down Kicks /Round house Kicks (Heavy Bag Optional)

**Round 6:** Left Leg Down Kicks / Round house kicks (Heavy Bag Optional)

**Round 7:** Air Squats: Make sure to keep your feet flat, back straight and lock out the hips every time

**Round 8:** Pushups: Elbows in, nose to the ground every rep!

**Round 9:** Divebomber Pushups: Make sure to look at the sky/ceiling at the end of every rep

**Round 10:** Crunches or Cosmonaut Situps

***Repeat 1 through 10....Push your self, don’t slow down!***

### **3. "Knockout Power" A Workout for Explosive Power**

Having powerful strikes, knees, kicks and clinches requires a rock solid, functional core. Check out this core workout used by some of the best Muay Thai fighters and coaches in the world:

The only equipment you need is your body. Hold each position / do each exercise for at least 30 seconds. Don't rest for longer than 10 seconds between exercises.

1. Plank on the hands, arms locked out
2. Plank and tap the opposite shoulder
3. Plank on forearms
4. "Up-Down" planks. Keep switching from palms to forearms
5. Side plank on right palm
6. Side plank on left palm
7. Left palm down, right arm up, Right foot down, Left leg up plank
8. Right Palm down, left arm up, Left foot down, right leg up plank
9. Plank on palms, alternate bringing the right knee to the right elbow and the left knee to the left elbow
10. Plank on palms, alternate bringing the right knee to the left elbow and the left knee to the right elbow.

***Rest for 1 minute then repeat!***

# Step #2: "Disguise" Exercise in a Fun Sport and / or Hobby

Muay Thai fighters get in awesome shape mostly through...you guessed it: Training Muay Thai! Sometimes folks get distracted by "strength and conditioning", but fighters spend 80% of their time training in their martial art.

Muay Thai is a powerful workout in itself. And it's a ton of fun. In fact, with some good music in your headphones, you can get "lost" in the technique, and 15, 20 minutes can just fly by.

Before you know it, you've just performed a killer, fat-melting workout.

After scouring the web, we decided to just make you two quick videos of our own. A quick YouTube search will give you more – but, as you know, with YouTube videos you can't always be 100% sure with what you're going to watch.

You don't want to injure yourself by trying moves you're not ready for yet or develop bad technique.

First, try the moves very slowly so your body can adapt and adjust. After you really have them down, then speed it up, and repeat in intense, 30-seconds intervals for a killer workout. Rest 10 seconds between each interval.

Do this for 10-minutes, and then rest for 2. Repeat 2-3 times for an energizing experience.

1. How to Jab: [https://youtu.be/bnExWa\\_ICqM](https://youtu.be/bnExWa_ICqM)
2. Shadow Boxing tips: <https://youtu.be/Qpt3h1H43Ac>

# Step #3:

## Muay Thai Nutrition:

**Muay Thai fighters need a few key things from their nutrition plans:**

1. Energy. To sustain them in their training and in fights.
2. Weight-stability. The diet can't make them gain weight. They need to stay lean, ripped and toned. If they need to lose weight, the diet has to accommodate this as well.
3. Health. They need their bodies to be at 100%. Healthy foods help the body perform at optimal levels.
4. No hunger! Training builds a big appetite. Fighters can't worry about calories and such. They need to be full from every meal, and for that full feeling to last.

***Here's a nutritional plan that combines all four of these - and you DON'T have to count calories! Now, that's not to say you should over-eat and go crazy. You want to eat just enough to get full - and not a single bit more.***

Eat a low-glycemic diet (don't worry, I'll explain what that means in a second!).

When you eat carbs of any kind, it causes fluctuations in your blood sugar levels. Foods with a lot of white sugar cause your blood sugar levels to go crazy. They also cause you to gain fat, reduce your energy levels, and lead to overeating (see, after your blood sugar levels spike up, your body reacts by bringing them back down - which causes you to get hungry and crave MORE bad foods!).

Low-glycemic foods keep you fuller, longer... help your body eliminate excess fat... and keep your energy levels sustained all day long.

So, the question is... "How do I know what foods are low / high glycemic?"

Luckily, there are a few websites loaded with thousands of foods and their glycemic indexes. Here's the best one:

- <http://www.glycemicindex.com/>

**Basically, you want every meal you eat to contain:**

1. A healthy source of fat (to keep you full)
2. Protein (to build muscle, reduce fat, and help strengthen your body)
3. Veggies, especially green, and may be some fruit (these aid digestion, boost metabolism, and help your body process what you're eating)



## Here are some examples of meals:

- Breakfast: Two eggs, avocado, steamed broccoli with an apple or other fruit.
- Lunch: Tuna salad with spinach and tomato.
- Snack: Smoothie with whey protein or greens
- Dinner: Pan-fried filet of salmon, lightly-baked asparagus, sweet potato

As you can see, each of these meals contains “good” carbs, fat, protein, and fresh fruit / veggies. As long as you stick to this structure, and make sure your carbs are low- glycemic, you can replace these foods with any others in their categories.

Smart Phone Pro-Tip: If you're at the grocery store - or out to eat - and want to know if the food you're looking at has a high glycemic index... just open up your smart phone, and Google "glycemic index of [food]".

You'll know within seconds if the food is okay to eat ;-)

So there you have it!

I hope to see you for some expert Muay Thai training - whether you're looking for an awesome, fat-melting hobby, or want to compete in tournaments.

Check out the link below for our exclusive, two-week muay thai quick start course: [http://bit.ly/dg\\_qs](http://bit.ly/dg_qs)

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**BONUS**

**FREE REPORT:**

**A Guide to Choosing a Martial Arts School  
and Muay Thai Program**

**Presented By:**



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Dragon Gym Muay Thai  
[www.dragongym.com](http://www.dragongym.com)  
610-363-7575

**FREE REPORT:**  
**A Guide to Choosing a Martial Arts School**  
**and Muay Thai Program**

Dear Muay Thai Shopper:

Choosing a high quality Muay Thai kickboxing program is not easy.

Why? Lately, it seems like so-called “kickboxing” programs are sprouting like weeds. We are all being bombarded by a ton of advertising and misleading information as to which school is best and what style is effective.

There is a ton of material to sift through: super low prices, high pressure sales tactics, unqualified instructors and substandard teaching methods.

With all that, how to find a qualified, competent and professionally run school?

That is why we put together this consumer guide. Over the next several pages you'll find valuable information and useful insights on choosing the right martial arts school and the best program for you. You'll read about the misconceptions of martial arts training and rip-offs to watch out for.

We created this guide to help you better understand the martial arts schools that are out there and enable you to make an educated decision on choosing a program.

We are here to help! If you have any questions about Martial Arts, Martial Arts Schools, please feel free to call us at 610-363-7575. We've dedicated our professional lives to spreading the benefits of high quality, authentic martial arts training. We'll be happy to help you in any way we can.

Sincerely,

Lonnie Beck III  
Co-Owner  
Dragon Gym Martial Arts & Fitness  
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## ABOUT THE AUTHOR

### **MASTER LONNIE BECK III**

I am one of the co-owners of Dragon Gym Martial Arts & Fitness, a martial arts school with over four decades of high quality service to its community.

I began my martial arts training over 30 years ago. Since then, I've trained under a lot of different masters and been to a multitude of martial arts schools. I've been lucky to observe a variety of programs and study several different martial arts in depth. I know what is effective, what teaching methods work, and how lacking true professionalism is in the martial arts industry.

I've dedicated my business to educating my students and improving my local community. To that end, I've studied Taekwondo, Hapkido, Muay Thai, Boxing, Brazilian Jiu Jitsu, Karate, and Kali-Silat from some of the top masters and instructors in the country.

I continue to learn Muay Thai from the best and regularly travel to Thailand to train.

I welcome your inquiries and will gladly answer all of your questions.

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## **COMMON MISCONCEPTIONS ABOUT MARTIAL ARTS SCHOOLS AND MUAY THAI TRAINING**

### **Misconception #1 – You need to be “in-shape” to start training Muay Thai.**

This is not true as long as the school has a progressive and educational program. A high quality, professionally run program will have a process to bring in any new student, whether they are a beginner or seasoned veteran. Part of that process is a ramp-up course and beginner class to help get you both physically prepared as well as apprised of the basic techniques that you will need to know in order to get the most out of your classes.

### **Misconception #2 - Only fighters train Muay Thai.**

Actually, most of my students are just average people looking to get in shape while learning a new and valuable skill. We train full contact fighters, beginners, and everyone in between. The beauty of learning the fundamentals of Muay Thai in a structured and educational model is that you will reap all of the physical benefits that most people seek AND still have an authentic knowledge of the martial art.

### **Misconception #3 - All schools/styles/programs are equally effective, or all kickboxing is the same.**

In the realm of stand-up martial arts it is hard to deny the effectiveness of Muay Thai. Furthermore, there is a great deal of variety in kickboxing styles. Some are kicking styles with a little bit of boxing or boxing with a little bit of kicking; worse yet, some so-called kickboxing programs are really just glorified aerobics classes. Muay Thai is an authentic and complete martial arts system. Well, you may be thinking: “I don’t need to learn a martial art, I just want a workout and to get in shape”. That’s great! Studies have shown that educational courses (like a progressive Muay Thai program) are 1.5 times more effective in meeting fitness goals than typical “workout only” programs.

## **Misconception #4 – The Size of the Facility / Quality of the equipment doesn't matter, only how good the instructor is**

Let's face it, you are interested in results. Your instructor's "talent" doesn't matter as much as his or her ability to teach you effectively and help you reach your goals. To do that, you need space to train and the right equipment to train with. Honestly, how good is an instructor if he or she is unable or unwilling to invest in the facility for his/her student?

## **Misconception #5 – Price is a good indicator for choosing a martial arts school**

Many consumers that are new to the martial arts choose a school based on price alone. While you have to choose a program that fits in your budget, carefully weigh the value that you are receiving versus what you're paying. If it's low-cost but low-quality, you might still be over paying. Carefully evaluate the facility, instructor, schedule and the depth of the program that is being offered.

## **WHICH MARTIAL ART IS BEST FOR YOU?**

Ultimately, you have to find the school, style, and program that is the best fit for you. At the Dragon Gym we actually offer several different martial arts courses, each taught by experts in that style. Make sure to look for a martial arts style that interests you and you think would be fun to learn. However, you also want to make sure that it will be effective in helping you reach your goals.

### **What you will (should) learn in a Muay Thai Program:**

**Footwork-** This is the most basic and important part of Kickboxing. Learning how to properly move, close distance and create distance is the essence of all martial arts

**Punches-** Whether it is a jab, cross, hook or uppercut you will learn the proper way to throw effective hand strikes with pinpoint accuracy

**Kicks-** High kicks, low kicks and teeps (push kicks) are an effective way to create distance from an attacker and to easily dismantle them at the same time

**Knees and Elbows-** This is what separates Muay Thai from everything else. No other Martial Art uses Knees and elbows as effectively as Thai Boxing.

**Clinch-** When it too close to kick or punch is when we use the world famous "Thai Clinch". Pulling in your opponent and controlling their head, neck and shoulders allows you to in turn control their whole body.

There are many more aspects of Thai Boxing that students will experience that cannot be expressed in words. You will learn more about yourself than you ever knew possible. Build friendships and experience true teamwork. It is often said that when a student discovers Muay Thai the also discover themselves at the same time. A well run Muay Thai Program will have a lot more than good technical instruction; there will be a great deal of camaraderie and a strong sense of community.

## **MISTAKES TO AVOID WHEN CHOOSING A MARTIAL ARTS SCHOOL**

### **Mistake #1 – Choosing a school based on equipment alone.**

Yes, a Muay Thai program needs first-rate equipment, but shiny pads are not enough. High quality instruction is equally important

### **Mistake #2 – Choosing a school based on low price**

Low cost without good instruction and good equipment is a recipe for disaster. Most of the time, you get what you pay for. Quality isn't the cheapest option.

### **Mistake #3 – Choosing a school without a guarantee**

A highly quality program will be confident in and accountable for their instruction.

### **Mistake #4 – Choosing a School that doesn't have a certified AND established instructor**

With the popularity of martial arts and kickboxing, schools are popping up everywhere without qualified instructors. This is one of the worst ways to get started. Make sure that the instructor is certified, has good lineage, and has experience. Unfortunately, these days it is too easy to "get certified" by attending a 2 hour workshop or even an online course!

### **Mistake #5 – Choosing a Martial Arts School that doesn't use the most up-to date cleaning methods**

Many schools don't even know how to properly clean their mats and training equipment. Make sure they are using the correct cleaning products and/or the school is being professionally cleaned. Most school are too cheap to do either.



## **THE IMPORTANCE OF VALUE AND PRICE**

Price is what you pay. Value is what you get.

When you select a martial arts school and program you will be presented with a wide variety of options.

If you join the cheapest option, you will get some training. However, will you get the training that will be the most effective in helping you reach your goals? Will it be high quality provided by certified and experienced instructors? Will there be enough availability in the schedule so that you can get the most out of the program?

Conversely, if you want to learn from an accredited and experienced instructor with a progressive, educational model that will truly help you reach your goals, you need to make sure you make the right decision on choosing a martial arts school. You have to be ready to make the commitment and investment in that program.

## **YOU WANT A CLEAN AND SAFE SCHOOL**

Many martial arts studios are not professionally run and maintained. We have our schools professionally cleaned to provide you with a safe and clean training environment.

## **HOW TO AVOID MARTIAL ARTS RIP-OFFS**

### **RIP-OFF #1 – SUPER LOW PRICES**

We are all attracted by a low price since we have to operate within a budget and are constantly seeking a great value. However, some schools use low prices and other membership gimmicks to lure customers in because of their lack of credentials and teaching experience. A good and professional martial arts school will be willing and able to explain all of the associated costs up front. They won't shy away from this because they believe in the value they provide and that you will be confident in your investment.

### **RIP-OFF #2 – UNSUPPORTED CLAIMS AND GUARANTEED ADVANCEMENT**

If a school claims "super-secret techniques", rank advancement is within a set/finite period of time, or the ability to overcome an opponent with minimal training it should raise a red flag. Every student's abilities, dedication, and goals are different and that will reflect upon the outcome their training. You will get awesome results from Muay Thai, but it takes time, hard work, and dedication

### **RIP-OFF #3 – OUTDATED BELIEFS**

We have a saying: "Traditional is an attitude, not a technique". As Muay Thai is an authentic martial art, we do have a very traditional attitude towards martial arts training. However, it is not dogmatic. A school should not adhere to techniques and methods just because they are "traditional". Rather a martial arts school and its instructors should be constantly researching, learning and evolving in order to be using the best methods and techniques for both martial arts training and athletic development.

### **RIP-OFF #4 – INADEQUATE FACILITIES**

When you are evaluating martial arts schools, take a good account of the facility. Remember, you are not just paying for lessons, you are paying for the facility in which the lessons are located. Is it clean? Do they have a pro-shop and information area? Do they have what you will need to get the most out of your training? Do they have high quality mats, weights, Kettlebells, Thai pads, jump ropes, and Punching Bags? After all, how can you learn Muay Thai without the proper space and just punching the air?

## **THANK YOU!!!**

Thank you for taking the time to review this report. I hope that you found this information helpful in your pursuit of a Martial Arts School and Muay Thai Program.

If you have any questions or comments, or would like to check out my program, Dragon Gym Muay Thai (DGMT) please call us at 610-363-7575.

We've dedicated the Dragon Gym to martial arts education and helping people reach their goals. We'd be happy to help you however possible and look forward to hearing from you.

Sincerely,

Lonnie Beck III

PS. Check out the following pages for a summary of some of the other courses being offered at Dragon Gym

PPS. If you're too far away to train with us, check out our "[Muay Thai Essentials](#)" Online Course

## **BRAZILIAN JIU JITSU**

The Jiu Jitsu Program at the Dragon Gym is a great course of study on its own. However, it is also a great compliment for students of striking martial arts like Muay Thai, Tae Kwon Do, and Karate. Brazilian Jiu-Jitsu (BJJ) is a martial art and combat sport that focuses on grappling and especially ground fighting with the goal of gaining a dominant position from which to force an attacker to submit. The system is based a modified version of traditional Japanese Jujutsu called “Jiu-do” which is based on the idea of soft overcoming the hard. In other words, smaller, weaker person using leverage and proper technique to defend themselves against a bigger, stronger assailant. BJJ can be trained for self defense, sport grappling tournaments (gi and no-gi) and mixed martial arts (MMA) competition. Sparring and live drilling play a major role in training, and a premium is placed on performance, especially in competition.

## **TRADITIONAL KOREAN MARTIAL ARTS**

This program is the root of the Dragon Gym. Until the early 1980's martial arts were not commonly taught to children in the US. Adult programs are where the true heart of the martial arts lies. You can expect to build great camaraderie with fellow students as you learn and absorb martial arts culture. Students are exposed to self-defense, traditional forms and dynamic stretching in each adult class. Developed by Grandmaster Chae Goh and Master Somnath Sikdar, the program blends the best of Tae Kwon Do and Hapkido. Additionally, Master Sikdar has incorporated kettlebell conditioning as well as some of the realities of bare knuckle boxing into the program. This system is indeed a modern application of the ancient and traditional Martial Arts.

## **RUSSIAN KETTLEBELLS**

The Kettlebell is a great tool for all around fitness. Used with proper methods, the cast-iron weight with a handle can be used to develop all-purpose, applicable strength, maximize power and efficiency, blend strength with flexibility, and develop a fighter's physique.

The Kettlebell program is headed by certified and highly qualified Kettlebell instructors. They have all gone through an extensive and rigorous training process in order to provide students with the an effective and intelligent approach to strength and fitness training.

## **HOT YOGA / POWER YOGA**

Vinyasa flow or power yoga is a great way to stretch and strengthen the body. The heat is on in the studio during class, but is not to be confused with Bikram Yoga. Heat provides your muscles with the ability to move more freely and stretch out your body. A common misconception of yoga is that you need to be flexible. Most people are not!

Yoga increases flexibility at your own pace. Moving at your own skill level, whether beginner or advanced is the key to a successful practice. Yoga of any kind can provide essential benefits to your mind and body. Not only can you see results physically, but your stress level and mental health can benefit as well.

## **PERSONAL TRAINING**

The Personal Training Program at Dragon Gym was created with one goal in mind, to help you be your best. Your goals are as important to us as they are to you and with our expert leadership you will be on the right path to achieve them. Our staff has years of formal education, certifications, and decades of combined experience in strength and conditioning. Whether you are a student athlete looking to boost your level of performance or an "average Joe" wanting to lose weight or gain muscle personal training may be your answer.