

# Thai Kickboxing For Beginners

A guide for individuals wishing to take up the sport of Kickboxing or Muay Thai  
A step-by-step technique photo guide



**Peter Belmar**

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## About the Author

Peter Belmar is an accomplished Thai kickboxer who has been competing in the sport since 1984. He has competed internationally in kickboxing and Thai Boxing, winning a number of titles in Western amateur boxing, representing the Fitzroy Lodge Boxing Club against teams from Holland, Germany, Gibraltar and Guernsey.

Peter fought as an amateur boxer for five years. As a successful professional Thai kickboxer for 15 years he competed around the world in America, France, Holland, Italy, Sweden and Thailand with a fight record of 79 wins (35 being KOs); 7 defeats and zero draws.

In 1993, wanting to give something back to his fans and to share with others the sport he loves, Peter turned his attention to coaching.

As well as being a professional martial artist he has a wealth of experience in the recreation and leisure industry having worked for nine years as a professional sports instructor coaching adults and children of all ages, both male and female.

Peter currently teaches Thai Kickboxing for beginners. He runs special Thai kickboxing courses and personalised private training sessions and is the author of the “Online Thai Kickboxing Guide” at [www.kickboxingonline.org](http://www.kickboxingonline.org)

## **Dedication**

This book is dedicated to Mr and Mrs Carpenter for their love and support and for always believing in me.

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## Side Knee

**Purpose:** The *side knee* technique is executed using the back leg while aiming for the side of your opponent's body – the area between the waist and the ribs.

### Step 1:

Place both hands on the back of your opponent's head, following the same instructions as for the *front knee*.



### Step 2:

Having gained control of your opponent's head, raise your right knee so that it is directly in line with the target area. Your toes should be pointing upwards (**Figure 2**).



(Figure 2)

**Tip:** Keeping your toes pointing upwards will tense the whole of the leg, thus making the knee stronger.



**Step 3:**

Make contact to the side of your opponent's body using the inside of the knee (**Figure 3**).



(Figure 3)

**Step 4:**

As you drive the knee sideways into the side of your opponent's body, simultaneously turn their head downwards in the same direction as the knee.

**Tip:** Wherever the head goes, the body will follow.



**Tip:** To get more power and leverage behind the knee, try raising yourself up on the ball of your foot with the standing leg when delivering the knee strike.

This knee strike can also be delivered off the leading leg in the same way.

**Common mistakes to avoid:**

(See "front knee")