



WELCOME TO TAO SUAN MUAY THAI INSTITUTE

HOME OF TIGER-DRAGON MUAY
THAI BORAN FIGHT GYM



WHAT IS MUAY THAI BORAN?

The main medium of instruction at Tiger-Dragon Muay Thai Boran Fight Gym is the Martial Art of Muay Thai Boran or Muay Boran. Muay Thai Boran is translated as “Ancient Thai Fighting”, It is an ancient combative martial art, originating on the battlefields of Thailand. Muay Thai Boran incorporates techniques of striking, take downs and manipulation. This is a true ancient form of mixed martial arts. From the ancient art of Muay Thai Boran, various forms and arenas have developed, including the modern Muay Thai arena; Muay Kaad Chiek, also known as bound fist fighting, incorporating takedown techniques; and Muay Pram which is Thai Grappling. Therefore studying the martial art of Muay Thai Boran gives you the striking skills to compete in a Muay Thai arena and the takedown, grappling and submission skills used in the modern MMA arenas.

What’s the difference between Muay Thai Boran and Muay Thai? Muay Thai Boran incorporates all the striking and clinching techniques that are used in a modern Muay Thai arena, but includes so much more with its takedown and submission techniques.

MEMBERSHIP INFORMATION

Tiger Dragon Muay Thai Boran Fight Gym offers a 6 month contract only.

Fees are payable monthly in advance as follows:

Beginners = R400 per month (Up to 3 Training sessions per week, inclusive of Saturday morning)

Intermediate and Advanced Students = R450 per month (Up to 5 training session per week, inclusive of Saturday morning)

When joining, you will pay prorata for the month you are joining in and be registered on a debit order system for the period of your contract.

You may pay your contract in full upfront as an alternative to a monthly debit order. If paid in full, the gym offers you a discount of one free month. You will only pay for 5 months. An administration fee of R200 is payable per annum.

When you start training at Tiger Dragon Muay Thai Boran Fight Gym, you will need a few items of **equipment**:

1. Grappling gloves or Boxing Gloves (10oz for those under 67kg and 12oz for heavier weights)
2. Hand wraps
3. Club T-shirt
4. Club MMA shorts or Muay Thai shorts
5. Running shoes for roadwork.
6. Club reflective vest for night roadwork

YOUR TRAINING

The beginner’s class training incorporates flexibility, strength and conditioning exercises performed through a ‘stamina’ and ‘endurance’ driven schedule. We apply the development of defensive and offensive skills. Through this proven approach we build a strong and toned body that will have the capacity to deliver all skills it has learnt.

You will fall into either:

Monday and Wednesday class from **18h00 to 19h30**, or
Tuesdays and Thursdays from **19h30 to 21h00**.

You must stick to our scheduled classes as we cannot accommodate unscheduled attendance in classes.

The first approximate 3 months of your training will be focused on the striking techniques of Muay Thai Boran. An evaluation will be scheduled at approximately 3 months to advance you to the intermediate class, where interaction begins through sparring. The training also widens to incorporate the takedown, grappling and submission techniques of Muay Thai Boran, and street savviness.

At intermediate level you will be able to customize your weekly training schedule, as you will be able to attend four formal sessions per week: Mondays and Wednesdays at 19h30 to 21h00 and Tuesdays and Thursdays 18h00 to 19h30.

As an intermediate or advanced student, you will also be provided with one-on-one training when necessary in competitive season.

The Institute is also open to members on a Saturday from 9h00 to 12h00, where you can put in an extra training session on your own time and sharpen your skills.



Martial Arts and Games
Committee of
South Africa



Muay Thai Boran
South Africa



Kru Muay Thai
Association

INSTRUCTION AT TIGER DRAGON FIGHT GYM

The Chief Instructor at Tiger Dragon Fight Gym is Kru Yai Mario Da Silva. Kru Yai Mario is the highest qualified Muay Thai Boran and Muay Thai instructor in South Africa, holding a **Khan 13** accredited by the **Kru's Association of Thailand**, the only body in Thailand to recognize and qualify instructors in Thailand. Kru Yai Mario has over 30 years experience in martial arts, as a fighter and teacher. Kru Yai Mario was ranked in 2000 as World Continental Thai Boxing Champion (Professional).

Kru Jonathan Lee holds a **Khan 11** and is also accredited by the Kru's Association of Thailand. He furthermore has earned coaching qualification through study in Thailand through the World Muay Thai Federation. Kru Jonathan was ranked the national Pro-Am Muay Thai Champion in 2010.

Kru Joanne Riley holds a **Khan 12** accredited by the Kru's Association and also holds coaching qualification through the World Muay Thai Federation. She specializes in training women. Kru Joanne was National Amateur Thai Boxing Champion in 2002.

AFFILIATIONS AND THE BIGGER PICTURE

Tiger Dragon Fight Gym is a member of Muay Thai Boran South Africa (MSA), a nationally recognized sporting body, recognized through the Martial Arts and Games Committee, a body sanctioned by and a member of the South African Sports Confederation and Olympic Committee.

MSA is recognized internationally in Thailand by, the Muay Thai Conservation Centre of Thailand, the World Muay Thai Federation, the Association Institute of Thai Martial Arts, and its instructors are qualified and recognized through the Kru's Association. MSA also has ties to the Muban Crom Bueng Rajabhat University's Muay Thai College. The international ties are fully backed by the Thai Government through the Sports Authority of Thailand, the Ministry Tourism and the Department of Education

Through these international ties, MSA is able to offer instructors development of an internationally recognized career in Muay Thai Boran teaching.

GYM ETIQUETTE

When you enter and leave the gym, you greet in the Thai manner of Wai with palms together.

You greet your instructor as "Kru", meaning "teacher" and your trainer as "Num", meaning apprentice.

Swearing is not permitted in the gym.

Discipline and respect are strongly emphasized as a vehicle to receive information and education in the use of a weapon, namely your mind and body.

If your Kru/Num has explained something to you, you respond with "kru" or "num" appropriately to indicate you have understood.

RELIGION VERSUS CULTURAL RESPECT

The decorative cultural items you may see at Tiger Dragon Muay Thai Boran Fight Gym and in the training equipment is in celebration of the Thai culture. In no manner or form does it represent any religious manifest or connotation. However, the instructors of Tiger Dragon Muay Thai Boran Fight Gym are, to their own discretion, of Christian faith.



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