



Arnaud
van der Veere

MUAY THAI

- LEARN THE TECHNIQUES OF MUAY THAI & KICKBOXING
- BUILD PHYSICAL STRENGTH
- IMPROVE MENTAL SKILLS

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SPORT

Muay Thai

Word of thanks

Writing a book is something you are never able to do alone. For the publication of this book, I would like to specially thank Miss Jaguar To from Force One Hong Kong who made this book possible. She was my student and the first woman who had the courage to open a gym not operated by a man. I admire her for all the work she has done and still is doing for Muay Thai as she has suffered enormous personal losses and harm yet still has a good mood and a great mind. In addition, you can find her in the gym every day.

I also would like to thank Zheng Wang, my Chinese translator, who always steers my work and helps me to perfect it. I would also like to thank my children Arayana, Anoma and Erawan van der Veere.

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Arnaud van der Veere

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FOREWORD

When I was asked to write the Foreword to this book, I honestly broke out in a sweat. I can talk very well, and I am a man of action. But writing? No, I am not a writer and I will never be. Yet I could definitely not decline Arnaud van der Veere's request. Anyone who knows me and my long kickboxing history knows that I pretty much live for the sport. And that is why I always like to participate in everything that makes a positive contribution to it, be it Radio, TV or Newspapers.



This is also the case for the book "Muay Thai" by Arnaud van der Veere, and that is why I chose to sit down behind my dusty and shaky writing table. I do it because I saw immediately that the book "fills a need." It is clearly written and accessible to anyone and should stand in the bookshelf of anyone who is serious about the sport. All techniques of kickboxing are very well described by Van der Veere on the basis of clear images. Of course I know better than anyone that most of the work is carried out in the gym, but even in kickboxing a bit of theory cannot hurt.

In short, as a multiple European kickboxing champion and owner of – in all modesty – the largest and most beautiful martial arts center in the Netherlands, I can heartily recommend this book. And if I recommend a book, then that means something. Not only that I am far from being a born writer, I am also not really the most avid reader. Even at my "old age" I still prefer to spend my time in the gym.

For "Muay Thai" by Arnaud van der Veere, however, I made an exception.

Jan Oosterbaan

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1 THE SPORT OF MUAY THAI

After years of research, it was discovered that martial arts originally came from India. The roots are thought to be Kalaripayattu, the mother of all martial arts. This dance-like fighting form is not to be used in combat or competition in the ring. Kalaripayattu is currently still practiced in Kerala, a beautiful state located in southern part of India. The legend of this practice begins in the Ramayana, where men were meant to play a part in the heavenly battle between the gods. In the pictures of the Ramayana, there are many battles between gods and supernatural beings. These battles contain the basic fighting forms of Kalaripayattu.

Travelers, monks, gurukul of Kalaripayattu, the army and Ramayana figures have transported the soul and movements of the art all over Asia. Each country took a part of it and formulated its own principles and rules. Because of this, there is great variety within the martial arts. According to legend, Bodhidharma needed monks to stay awake during meditation and created a series of exercises also based on Kalaripayattu. These movements seemed to be the origin of Shaolin Kung Fu. The art then was introduced to Thailand. In Thailand, Muay Thai is a practical application of these actions in real combat.

The increasing number of training classes and gyms that exist today may be proof that people today want a total martial art workout to relax the body from stress and fatigue. Muay Thai provides the opportunity to train safely and, if desired, to also train or fight competitively with a partner or opponent.

In the past, the world of Muay Thai was a men-only world. However, since 1990 an increasing number of women have participated in, and even teach, classes every day. In my lessons and shop, the number of active women is still increasing. It is positive to see that they take the martial arts serious and live accordingly.

Dutch Muay Thai was practiced only by a lucky few (amongst them was Arnaud van der Veere). In the beginning of the 1970s and '80s, the Netherlands was the center of Europe for competition, with Amsterdam known as the "fighting city." Great names arose from the little country.

The first person to introduce full contact fights in the Netherlands was Charles Dumerniet. Thanks to him, the Chakuriki style and its creator Thom Harinck rose to

fame. The "red devils" took the full contact "world" by storm with their own mixed fighting style and red kimonos.

K-1, a Japanese-based organization, made the sport a commercial success. They took the competitive element of the sport to the extreme and maximized professionalism. Behind the master of this organization, Kazuyoshi Ishii, stood a number of famous Dutch trainers, including Jan Plas and Johan Vos. Fighting was combined with show and glamour, making it a fun night out for the family.

K-1 stands for karate, Kung Fu, kickboxing, and many other martial arts to practice combat-like situations in the ring under a tournament system. The system provided the first commercial place for fighters to perform to their top of abilities and earn a good living. At times more than 80,000 spectators watch the performances of the "gladiators." After the great successes, K-1 got competition from new ring styles like Shooto, cage fights, and free fight.

