



BRISTOL MUAY THAI

The Dugout – Barton Hill Road – Barton Hill – Bristol – BS5

Interested in taking up an effective martial art either for fitness, competition or self defence?

If so why not give Muay Thai a try?

Muay Thai or Thai Boxing as it is also known, is a fighting style which originated in Thailand (formally Siam) many centuries ago, it is also known as the science of the eight limbs - consisting of the 2 fists, 2 elbows, 2 knees, and 2 shins, this enables Muay Thai to string together unique combinations consisting of punches, kicks, knees and elbows to form an efficient and effective fighting system that is now practised all over the world.

Our aim is to teach Muay Thai to the standards expected from the sport, and exceed the expectations of our students by encompassing a rigorous fitness regime whilst maintaining the values of Muay Thai, these include a sense of honour, respect, integrity, and the will to succeed.

Class Details

Tuesdays	7pm – 9pm	(19:00 – 21:00)
Thursdays	8pm – 10pm	(20:00 – 22:00)

For further information

Visit our website @ www.bristolmuaythai.pwp.blueyonder.co.uk or contact us directly -

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