

**Muay Thai Boran: The Martial Art Of Thailand By  
Arjan Marco De Cesaris**

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Muay boran (Thai: มวยโบราณ, rtgs: muai boran, IPA: [m j b r n], lit. "ancient boxing") is an umbrella term for the unarmed martial arts of

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who introduced him to a more authentic format of the Muay Thai and Muay Boran my passion in Martial Arts work and Muay Boran workshops with Arjan Marco De

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Muay Boran (or "Ancient Boxing") is a Thai martial arts that focuses on techniques such as kicks, punches, elbow strikes, knee strikes, grappling and headbutts. It is

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Marco De Cesaris was born and raised in Rome(Italy)and has been training in Muay Thai since 1978; he devoted most of his life to the study of the martial traditions

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Muay boran, and therefore Muay Thai, was originally called by more generic names such as Toi muay or simply muay. Mixed martial arts . Muay Thai,

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To Westerners, Thai martial arts is Thai kickboxing or, (Thai traditional weaponry) and muay Boran (the forefather to muay Thai) for decades.

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is a style of fighting derived from Thai Martial Art s(Muay Boran), techniques that are new to Thai martial arts are Grand Master Marco de Cesaris.

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