



# Mastering Muay Thai Kick-Boxing: MMA-Proven Techniques

By Joe E. Harvey

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**Mastering Muay Thai Kick-Boxing: MMA-Proven Techniques** By Joe E. Harvey

In *Mastering Muay Thai Kick-Boxing*, author Joe Harvey, an experienced martial artist with close to 20 years of active training and teaching, covers Muay Thai stances and such moves as:

- Upper body strikes and defenses
- Lower body strikes and defenses
- Plum/clinch tie up defenses
- Stalking and retreating

Also, read about what equipment is best to use, training and endurance drills, and specific problem areas.

*Mastering Muay Thai Kick-Boxing* is an outstanding aid to anyone training in Muay Thai or MMA—new students will learn the moves efficiently through clear diagrams that include centerline, levels, directional angles, and linear positioning. Over 200 color photographs supplement the diagrams, making it easy for more experienced students to refine their techniques. Joe E. Harvey, who began official training at the age of ten, understands what students need, and presents learners with many aids, training drills, tips and more!

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### Editorial Review

#### Review

"...I cannot recommend a better representation of Muay Thai than that found within these pages." —**from the foreword by Patrick Tray, four-time combat veteran with the US Navy Seal Team and instructor for the Thai Boxing Association of the USA (TBA-USA)**

*"Mastering Muay Thai Kick-Boxing: MMA-Proven Techniques* was designed to bring the experiences of 20-year martial arts veteran Joe E. Harvey to practitioners like you. Full color and 180 pages long, the book teaches movement, strikes, defenses, the clinch and drills." —**Black Belt Times**

#### About the Author

**Joe E. Harvey** is an experienced martial artist with close to 20 years of active training and teaching. Fascinated by the martial arts early on, Joe began official training at the age of ten in Youngstown, Ohio, where he was born. Joe holds black belts in several different disciplines and has trained extensively in Muay Thai, Filipino martial arts and Jeet Kune Do concepts. He lives in Virginia.

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##### **Steve Franklin:**

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