Substack Archive

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Coming soon

May 1

This is Mahasanae Breakdowns.

Distance Is King: The Art of Mastering Space in Combat

May 1

In fighting and in life distance isn't just measurement. It's art.
It's the invisible thread between you and your opponent.
And it's often where the fight is won or lost.

I'll be honest.
For years, I struggled with distance.

I'd land a clean shot felt good, sharp -
but a second later, I'd get clipped.
Too close to defend. Too far to follow up.
It felt like I was guessing. Reacting. Never fully in control.

Then one day, the lesson came.

Not in the gym.
In traffic.

Fighting and Driving: Same Instinct. Same Muscle.

You're driving. You know without thinking how far the next car is.

You feel the space tighten. You ease off.
Another car creeps up-you feel it before you check the mirror.

That's the same muscle fighters need.
Spatial awareness. Timing. Flow.

You already have it.
You just haven't trained it in the ring yet.

As Lao Tzu wrote:

"The wise do not strive, yet they achieve.
They do not seek, yet they find."

Distance in fighting isn't about forcing control.
It's about sensing space-and flowing with it.

The Three Dimensions of Distance

Distance moves. It breathes. It's not static.
You don't "find range" and stay there forever.
You **work** distance in three ways:

1. **Suffocate the Distance**

2. **Maintain the Distance**

3. **Break the Distance**

The fighter who flows between all three?
They don't chase control.
They *are* control.

1?? Suffocate the Distance

When you smother space, you steal time.

You take away their reach.
You take away their power.
You force them to fight on your terms-inside.

Think of a tall, long fighter.
Their jab is clean until you're chest-to-chest.
Now their tools don't work.
Now you're the threat.

"Strike where they are weak, not where they are strong." - *Musashi*

To suffocate distance is to flip the script.
Make their strength irrelevant.
Make them panic.

2?? Maintain the Distance

This is your golden zone.

That sweet spot where your tools fire clean-
but theirs fall just short.

Against shorter fighters, this is everything.
Keep them at the end of your jab.
Control with teeps. Break rhythm with fakes.

Don't just stand your ground.
Feel it. Own it. Adjust by inches.

"In pursuit of victory, bend like the reed.
But stand like the mountain." - *Lao Tzu*

Posture is a weapon. Rhythm is a shield.

Your range becomes your safehouse *and* your sniper tower.

3?? Break the Distance

Sometimes, the smartest move is no move.
Disengage. Step out. Reset.

Let them chase.
Make them reach.
Control the tempo by taking it away.

"He who knows when to fight and when not to fight will be victorious." - *Sun Tzu*

Breaking the distance isn't retreat.
It's a trap. A rhythm break.
An invitation to overextend-and pay for it.

Train the Feel - Not Just the Footwork

Distance isn't memorised.
It's *felt*.
So your training has to reflect that.

Here's how I build it:

Let the Bag Swing: Don't just hit it. Let it come to you. Move around it. Read the space.

Partner Flow Drills: Not sparring. Not touch-and-go. Just feel the rhythm. Close. Maintain. Break. Flow.

Teep + Jab Sensitivity: Use them to feel-not just to score. These are your antennae. Your probes. Your sensors.

As Musashi said:

"Do nothing which is of no use."

Every step must have intention.
Every inch must teach you something.

Make Distance Your Weapon

If you remember nothing else, remember this:

The one who controls the distance... controls the fight.

It's not about doing more. It's about **feeling more**.
Suffocate. Maintain. Break.

And when you do, you'll stop reacting-and start dictating.

"Victory is in knowing the rhythm of any situation
and adapting to it with ease." - *Miyamoto Musashi*

Train to feel that rhythm.
Make space your strength.
Make distance your weapon.

The Smile That Breaks Opponents

May 1

Rotnarong Daopadriew.

The man who taught Saenchai the cartwheel kick.
500 fights. Never knocked out.
And always smiling.

When his truck rolled into Wor Watthana, the day changed.
Whatever I was doing stopped.
It was time to shut up and listen.

He'd laugh between breaths while watching me train.

"Matt, it's not hard. It's simple."
"Muay Thai is a *Lakhon*." (????)

A drama.
A performance.

He didn't just teach me how to fight -

He taught me how to act.

In the ring, Rotnarong had three faces:

Happy

Angry

Calm

No fear. No panic. No weakness.
Even in round five. Even when exhausted. Even after an elbow.

He smiled.

And not just for the crowd -
For his opponent.

"Smile. You get hit? Smile. You're tired? Smile.
Nothing can phase you. You're undeterred."

That smile is a blade.
It cuts through their confidence.
It breaks their spirit.

When you act like nothing touches you -
You become untouchable.

You turn the fight into a stage.
And on that stage, you are the lead role.
Your opponent? A supporting actor.

Posture upright. Hands relaxed. Eyes calm.
You're bouncing like it's round one - even if your lungs are burning.

It's not about showing strength.
It's about hiding weakness.

And when they start to break, you'll see it.
The hesitation. The collapse.
They realise you're not just fighting back -
You were never hurt to begin with.

Rotnarong taught me more than Muay Thai.

He taught me how to weaponise silence.
How to wear a smile like a crown.
How to break a man without saying a word.

Want to see it for yourself?
Search him: **Rotnarong Daopadriew.**

His smile says everything.

? If you'd like to support the gym that gave me these lessons -
the place that's changing lives through Muay Thai in the heart of Isaan -
please consider donating to **Wor Watthana Muay Thai Gym**.

They provide training, education, and hope for underprivileged Nak Muay who have nothing but heart.

? Click here to donate

Every bit helps.

"Yun Ning Ning": What Thai Fighters Know That Most of Us Don't

May 1

It's 4:30 PM.
The sun is blazing over the rice fields of Isaan.
I'm deep in it - lungs burning, sweat pouring, mind spinning.

And my trainer starts yelling at me:
"YUN NING NING! MATT! YUN NING NING!"

I didn't understand it then.
I thought he just wanted me to keep going.

But what he was teaching me was much deeper than that.

Ning (????) means "still."
Not still like stopping.
Still like unshaken.

Still like calm in the middle of pressure.

When I asked Frances - who runs Wor Watthana, the gym and non-profit here - she said:

"On your hardest days, sometimes the best thing to do is just stay still - ?????????."

It hit.
And once I saw it, I couldn't unsee it.

The fighters here don't flinch.
They don't rush.
They don't show pain.

Their faces stay unreadable like a poker face.
Their strikes are clean. Intentional.
Their rhythm doesn't break, even when the fight gets messy.

That's *Ning*.

It's not just about staying calm.
It's about staying *in control* when everything around you is falling apart.

Most new fighters - even talented ones - lose because they let emotion take over.

Fear.
Desperation.
Proving something.

But when you hold *Ning*, something shifts.

You stop rushing.
You don't chase.
You trust your timing.
You feel tired, but don't show it.
You don't flinch.
You don't blink.

It's like a poker face toward everything that's coming at you.
But not just on the outside.
It's internal.
It's a belief that nothing can phase you.

Some fighters who embody this:

Manasak Pinsinchai

Attachai Fairtex

Superbank

Lamnamoonlek

Watch them.
You'll see it.
It's quiet - but it's there.

YUN NING NING.
Stay still.
Trust yourself.
Move with intention.

-
Matt

This One Principle Makes You Untouchable Under Pressure

May 2

There's a reason some fighters never look shaken.
They take shots.
They absorb pressure.
They keep moving like nothing happened.

It's not luck. It's not toughness. It's something deeper.

In Thai, it's called **Ning** (????).
The word means "still" - but that translation doesn't really do it justice.

Ning is the difference between reacting and ruling.
It's what makes you untouchable under pressure.

What Ning Really Means

It's not still like frozen. It's still like focused.
You're not doing nothing.
You're doing only what matters.

Fighters who master Ning don't waste energy.
They don't bite on feints.
They don't swing just to feel busy.
They wait. They choose. They strike on their own time.

I've seen it most clearly in Lamnamoonlek.

How Lamnamoonlek Uses Ning

He doesn't react.
When Samingdet came at him with power, Lamnamoonlek stayed still.
Guard up. No flinch.
No panic. No tells.

It made the opponent look desperate.
It made him look in control.
That alone wins points in the eyes of judges - and cracks the rhythm of a fight.

He attacks from calm.
Lamnamoonlek has this steady rhythm, almost like a slow bounce.
He moves just enough to stay loose.
Then he strikes with precision.

He's not trying to be fast. He's trying to be sharp.
Big difference.

He protects his moments.
After he lands a kick, he doesn't step back and admire it.
He follows up with a teep to stop the counter.
It tells the judges he's still in control.
It keeps the pressure on.

That's Ning too - not just landing, but owning the aftermath.

He feints with patience.
One fake.
Opponent bites.
Guard drops.
Then the real shot lands.

Simple.
But most people can't wait long enough.
They flinch or chase. He doesn't.

He controls the space.
No wasted steps.
No panicked footwork.
He inches forward, resets when he hits the ropes, and always keeps center.

It's subtle.
But it's total ringcraft.

Why This Matters Off the Mat

You don't need to be a fighter to feel pressure.
Maybe it hits at work.
Maybe in conflict.
Maybe when you're chasing something that matters and it's not working.

The default mode is to push harder.
React fast.
Scramble.

But most mistakes happen there.
That's when your form breaks.
When you say the thing you didn't mean.
When you shoot before the opening's real.

Ning teaches the opposite.

Stay composed.
Wait for the gap.
Make one clean move.

That's how you stay untouchable.

Train It

Start by noticing when you're rushing.
In movement. In decisions. In conversations.

Pause for half a second longer than you want to.
Breathe.
Then move.

This isn't about being passive.
It's about becoming deliberate.
And the more pressure there is, the more that matters.

Ning isn't stillness as in silence.
It's stillness as in clarity.

Hold your rhythm.
Trust your read.
Strike when it counts.

That's how you win - and not just in the ring.

Matt

Why Most Fighters Get Read Like a Book (And How to Break the Pattern)

May 2

I remember the exact moment I realised I was being read.

Pads were clean. Sharp. I was landing everything.

But the second sparring started, it felt like I was a beginner again.
Every shot I threw got blocked. Every entry shut down.
I felt like I had no clue what I was doing like my partner could see into the future.

That's when I heard it again.
Not out loud. In my memory.

"Awk Lei."

The voice of my trainer in Isaan.
Over and over, every round - **Awk Lei.**
Let it out. Let it go. Don't think. Just throw.

This is one of the most frustrating experiences a developing fighter can go through.

You feel like you're growing on the pads.
Your power's there. Your technique is improving.
But in sparring, you freeze. You hesitate.

They see everything coming and you don't know why.

This is why I love Muay Thai.
It's not just fighting. It's high-stakes decision-making.
It forces you to confront what's happening *mentally*, not just physically.

Because most of the time, it's not your technique that's off.
It's your mindset.

There's a quote from Bruce Lee that put words to what I was feeling:

"There is 'being' without the contrivances of 'becoming,' the frictionless, undifferentiated unfolding of the moment - the now."

That's what I was missing.

Frictionless action.
No pause between thought and strike.
No internal loading. No pre-move hesitation.

Just *move*.
Just *be*.

Whenever I spar beginners or intermediates, I can feel it instantly when they're about to throw.

They telegraph it all:
The eyes dart to their target.
The shoulders twitch.
They tense up, overthink, and load the shot.

Even before they move - I already know what's coming.

But ironically, the beginners who are hardest to deal with?
They just throw.
No hesitation. No care in the world.
They're unpredictable because they're unburdened.

There's no friction between their thought and their strike.

This is what **Awk Lei** taught me.

I still hear it sometimes.
At the gym. On the bag. Even when I'm walking alone.

It's not about throwing hard.
It's about *releasing*.
No doubt. No pause.

Just **Awk Lei** - let it out.

The best way I learned to train this?

Throw every shot like it's going to land - even if the last ten were blocked.
Because the moment you start pulling short or second-guessing,
you start broadcasting your fear.

Fear creates hesitation.
Hesitation makes your shots easy to read.
And being readable makes you beatable.

My trainer didn't need to say all that.

He just kept shouting:
"Awk Lei."
Until it became part of my nervous system.

Muay Thai always finds a way to teach you what life couldn't say directly.

This isn't just about sparring.

It's about anything you keep holding in.

That project you haven't started.
That message you didn't send.
That truth you know - but still haven't said.

You already know what to do.

The question is:

Will you let it out before the moment passes you by?

Awk Lei.

Let it out.

Don't wait for it to feel perfect.
Don't ask permission to move.
Just throw.

If this message landed - share it with someone who needs to stop holding back.

? *Subscribe for deeper breakdowns every week:*
mahasanaebreakdowns.substack.com

? *Follow the daily breakdowns + reels on Instagram:*
@mahasanaebreakdowns

? *Support the gym that changed my life:*
Wor Watthana Donation Page ?

Your Weekly Fight IQ Drop: Switch Head Kick Set Up

May 3

(Content could not be rendered due to complex HTML formatting)

How Thai Fighters Stay Calm Under Fire (And How You Can Too)

June

It's 4:30 in the afternoon.
Heat pressing down on the rice fields of Isaan.
My body's done.
But I'm still on pads, trying to keep up.

And my trainer?
He's yelling at me like it's round one.

"YUN NING NING! MATT! YUN NING NING!"

At first, I thought he just meant push through.
But there was more to it than that.

In Thai, the word **???? (Ning)** means *still*.

Not still like frozen.
Still like composed.
Still like your face doesn't change when pain hits.
Like your breath doesn't spike when you're behind.

Stillness that holds its shape in chaos.

I asked Frances, who runs Wor Watthana - a Muay Thai gym and home for underprivileged kids in the most impoverished region of Thailand - what it really meant.

She said,

"On your hardest days, sometimes the best thing to do is just stay still."
?????????

That stuck with me.

I started to see it.
In the way Thai fighters move.
Or rather in the way they *don't* move.

No rushing.
No flinching.
No wasted shots.

When they get hit, they don't panic.
When they're tired, they don't show it.
When things get wild, their rhythm stays smooth.

That's not natural.
That's a mindset.
And it's something most beginners never learn.

A lot of fighters lose because they let emotion take over.

They get hit and start swinging.
They feel tired and show it.
They feel behind and try to win everything back in one combo.

You can see it in their body.
In their face.
In how their movement shifts.

But the ones who have *Ning*?

They stay in control.
They hold posture.
They don't show you anything.

That's how they win.

Ning taught me to stop reacting.
To trust my rhythm.
To fight with presence instead of panic.

It's not about hiding your fear.
It's about not feeding it.

If you want to study this, watch:

Manasak Pinsinchai

Attachai Fairtex

Superbank

Lamnamoonlek

You'll notice it in the way they don't break rhythm.

In how they stay upright.
Calm. Collected.

They move like they've been here before.

So next time you're in sparring and it gets messy, remember this:

You don't need to match their pace.
You don't need to prove anything.
You don't need to show pain or fear.

Yun ning ning.
Stay still.
Trust yourself.
Move with intention.

That's the real fight.

-

With calm fists,
Matt
Mahasanae Breakdowns

?? Support Wor Watthana Gym: www.worwatthana.com/donate
?? Follow MHB on Instagram

Your Weekly Fight IQ Drop: How Ronnachai Tricked Bovy Into Eating a Clean Knee

June

Matt Rintranulux
June 15, 2025

Most beginners don't use knees in sparring.
Not because they don't know how,
but because it feels risky.

It feels like you're going to get hit walking in.
Or it just feels awkward.

But there's a smarter way to do it.

? Clip: Ronnachai vs Bovy Udomsorn (2003 - OneSongchai Promotions)

Here's how Ronnachai lands his knee clean:

He teeps a lot during the round.

Bovy starts reacting to it lifting his leg or dropping/lifting his hand to block.

Ronnachai fakes the teep.

Bovy reacts again but this time, it's a trap.

Ronnachai steps in, frames the head, and lands the knee safely.

? What to Learn:

Use your teep to *set up* the knee.

Watch your opponent's habits.

If they always react the same way, fake it.

When you see that reaction again that's your green light.

Frame the head when you enter. It gives you control and protects you.

Don't force knees.
Set them up.
Then take the space when it's there.

Matt
Mahasanae Breakdowns

?? Follow on Instagram
? Subscribe for next week's Fight IQ Drop: https://**mahasanae.substack.com**
?? Support Wor Watthana Gym - a Muay Thai gym and home for kids in rural Thailand:
https://**www.worwatthana.com**/donate

What to Remember When You're Tired, Losing, and Questioning Everything

June

There was a night in Isaan I still remember like it just happened.

I was lying on a thin mattress, eyes on the wooden beams above me, asking a quiet question most fighters ask eventually:

"Am I still meant to be doing this?"

Not because I hated training.
Not because I wanted out.

But because I felt completely emptied.
Physically, mentally, and spiritually.
Nothing left in the tank.

When Showing Up Becomes a Fight in Itself

I was living and training at **Wor Watthana Muay Thai Gym**.

A Muay Thai gym in rural Thailand built to support kids from tough backgrounds.

Every day was full:
Training, chores, helping others, noise, repetition.

No breaks.
No comfort.
No room to fall apart.

And the standard?

Show up. Get it done. No excuses.

I watched kids fight sick.
Train through injuries.
Run after fights.
No complaining. Just survival.

And meanwhile, I was crumbling inside.

I wasn't tired from overtraining.
I was tired from **comparison**.

They were fighting to eat.
I was fighting for an idea.

And when I started losing fights...
I started losing myself too.

I Almost Quit

After one particularly rough loss, something collapsed inside me.

Not from the fight.
But from everything I was holding up just to stay in it.

I questioned everything.

My dream.
My identity.
Whether I was built for this.

And I almost walked away.

The Quote That Found Me

Frances, who runs the gym, picked up on it.

She didn't try to fix it.

She just sent me this:

"And once the storm is over,
you won't remember how you made it through,
how you managed to survive.
But one thing is certain.
You won't be the same person who walked in.
That's what this storm's all about."
- Haruki Murakami

I didn't fully get it then.
But it stuck with me.

The Book That Helped Me Breathe Again

Weeks later, she gave me a Murakami novel.

And every night - after the gym was quiet, after the kids were asleep - I would read.

No noise. No pressure. No expectations.

Just breath.

The book didn't inspire me.

It calmed me.
Held me.
Made space.

That's what I needed more than motivation.
Space to fall apart safely.

The Storm Didn't Break Me - It Built Me

After that year, I didn't come back a better technician.

I came back more grounded.
More honest.
More still.

I understood what it meant to keep showing up
even when your spirit feels like it's on its last legs.

That's where real Fight IQ starts.
Not just strategy.
Stillness. Endurance. Presence.

If You're in the Storm Right Now...

Don't rush through it.
Don't try to make sense of it too early.
And definitely don't shame yourself for feeling done.

This is part of it.

The storm will shape you.
And when it passes, you'll have something more valuable than just another win.

You'll have **depth**.

Stay in it.
Show up.
Someone is watching.
And one day, they'll need your strength.

-

Matt
Mahasanae Breakdowns

? Follow on Instagram for technique, mindset, and spiritual Fight IQ
? Support Wor Watthana Gym - the place that gave me this lesson, and gives that chance to kids every day

Your Weekly Fight IQ Drop: The Simple Trick That Makes Your Elbows Invisible

June

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First YouTube Breakdown Is Live Attachai Fairtex's Fakes

June

Hey family,

The first ever **Mahasanae Breakdown** is now live on YouTube and we're starting with one of the smoothest to ever do it: **Attachai Fairtex**.

This free video dives into:

How Attachai fakes without even throwing

The rhythm that freezes opponents

The feint formula that makes his style so dangerous

? For Paid Subscribers:

I'll be dropping **full-fight commentary** exclusively inside the paid tier ... not just highlights.

We'll break it down:

Moment by moment

Decision by decision

With live-style commentary focused on fight IQ, energy, posture, and timing

If you want to **see the fight through a monk's eyes**, the full commentary will be posted this week inside the members-only section.

Upgrade here to access:

Let's keep improving.

- Matt (Mahasanae)

Your Weekly Fight IQ Drop: The Rare Sweep Defence Most Fighters Don't Know

June 2

(Content could not be rendered due to complex HTML formatting)

Most People Hold Pads to Get It Over With.

June 1

Header image: Photo by Scott Hirano

In Thailand, It's Survival.

Most gyms in the West?

Pad holding's just... something to get through.
You hold for me. I hold for you.
No one really cares. Everyone's half-asleep, just waiting for the round to end.

But when I lived in Thailand ... I saw something else.

Something deeper.

Over There, It's Not a Drill

I remember watching these old trainers.

Ex-fighters. Some with over 300 fights.
Sweating buckets. Sun beating down. Holding pads for hours.

Not because they *loved* it.
Because they *had* to.

It was rent.
It was food.
It was survival.

They held pads for foreigners twice their size. Every day. With barely a break.
And somehow...

They still showed up.
Still gave energy.
Still *cared*.

They Gave When They Had Nothing Left

Even when they were exhausted, they gave you a show.

They'd shout *"Oowee!"*
Pretend to get rocked.
Make your jab feel like a missile.
Make the round feel like a war.

But it wasn't fake.

It was heart.

It was rhythm.
It was *Muay Thai.*

I Hold Pads Different Now

Back then, I used to just hold pads to get through the session.

Now?

I treat it like training.

Even if I'm not throwing a strike ... I'm still learning. Still sharpening.

Here's what I figured out over time:

---

1. You can train your eyes.
In Thai, it's called *Sai Ta* (?????).
You see everything.
Tiny shifts in weight. Patterns. Habits.
It's like slow-mo sparring with no damage, all learning.

---

2. You build real rhythm.
Good pad holders don't just bark combos.
They guide the pace.
They lead when needed.
They adjust the energy mid-round.

That awareness? It makes you deadly in the ring.

---

3. You get conditioned without knowing it.
Hold pads for someone stronger than you?
You *feel* the power ... even through the padding.
Your body starts to adapt.
You stop flinching. You start absorbing.

Freestyle Pad Work Changed Me

Some Thai trainers are so slick, they don't even call combos.

You just throw.
And they catch. Clean. No flinch.

It's not luck.

It's years of holding.
Years of paying attention.
Real feel.

What Most People Miss

They see pad holding as a warm-up. A rest round.

But it's not.

If you treat it properly, you get:

sharper timing

better reactions

mental stillness under fire

conditioning *and* awareness

You grow. Even when you're not hitting back.

Hold like it matters.

Because in Thailand?
It's not "just training."

It's how they eat.
And they still gave us everything.

? This is something I learnt firsthand.
If you want to give back to the place that raised some of the best fighters in the world support the kids at Wor Watthana. They're the future. www.worwatthana.com/donate

? Want weekly fight IQ drops like this?
One deep concept. One real technique. Straight to your inbox.

90% of Fighters Have a Weak Guard - Here's The Fix

June 1

Sawadee krup, nak muay.

And thank you, seriously, for being part of this paid community.

You didn't have to subscribe. You could've stayed outside the rope, watching clips like everyone else.

But you're here. Which tells me something:

You're not just trying to fight
You're trying to understand

And that's what this space is for
Not just highlight reels but deeper principles
The things that don't trend... but win fights

Let's talk about one of them

The Guard

Most fighters don't build it
They just assume it'll hold

It's there ... sure. Hands are up. Chin's tucked
But is it alive?
Is it calm under fire?
Does it know when to move... and when not to?

Everyone Wants the Fireworks

? More speed
? More cardio
? Fancy fakes
? Knockout power

But if your walls are weak, none of that matters

Weapons are useless if your fortress is falling

The guard isn't just about blocking
It's about saying with your body
"Not today"

It's presence
It's structure
It's confidence

The best guards don't just stop punches
They drain your opponent's belief

What You're Really Supporting When You Join Mahasanae Breakdowns

June 2

Hey friend,

I want to tell you where this all started.
Not in a gym with fancy bags.
Not in a camera studio.
But in a small village in Isaan, Thailand.

At a place called **Wor Watthana Muay Thai Gym**.

It's not your typical fight camp.
It's a family.
A safe haven for kids who had nowhere else to go.

I lived and trained there for three years.
And it changed the way I see Muay Thai ... forever.

What I Learned in That Village

The kids fought with smiles on their faces.
Not for YouTube views. Not for belts.
But for rice. School books. A future.

They ran before dawn. Shared food. Slept side by side.
No ego. No drama. Just discipline, love, and survival.

The gym is run by Frances and Boom Watthanaya
two people who've poured everything into these kids.

It's where I truly understood what Muay Thai *is*.

Not just elbows and rhythm.
But an ecosystem.
A lifeline.

My Fight Name Was a Gift

Before I left, Frances gave me a name.
A Thai fight name.

Mahasanae - ????????? - meaning *Great Charm*.

I carry that name with me now.
In every breakdown. Every post. Every idea I share.

It's a reminder.
That I'm not here to farm likes.
I'm here to **preserve the art**,
to **share what I learned from the kids**,
and to **give back to the place that gave me everything**.

(Content could not be rendered due to complex HTML formatting)

How to Break a Pressure Fighter Without Throwing Wild Punches

June 1

? Attachai Por Somranchai vs. Khunpinit Kiettawan

What happens when pressure meets posture?
When a knee fighter runs into a legendary Muay Femur?

This is one of the cleanest Muay Thai performances ever recorded.

Attachai doesn't just survive pressure he thrives in it.
With balance. With stillness. With pure fight IQ.

Inside this breakdown, you'll get:
? A full fight commentary
? My personal notes and coaching insights
? Exact timestamps to study and apply
? Lessons on feints, guard, elbows, sweeps, clinch defence, and more

And this is just Episode 1.

? *This content is for paid subscribers only.*
Every month, I break down fights like this to teach real Muay Thai from a fighter's eye.
And $3 AUD from each subscription goes directly to **Wor Watthana Muay Thai Gym** to support the kids.

Want to train smarter? Unlock the fight below.

Your Weekly Fight IQ Drop Jala Ket Fha Tung - The Ancient Kick That Whips Like a Crocodile's Tail

June 1

This week's drop is special.
It comes straight from **Muay Boran**, and it's been taught by two of the greatest to ever live:
Somrak Khamsing and **Samart Payakaroon.**
Both golden era legends. Both masters of timing, distance, and deception.

The technique?

? **Every week, you'll get 2 drops that sharpen your fight IQ:**

1 Weekly Fight IQ Drop - real techniques, ancient tricks, and coach-level insights you can apply immediately

1 Deep Concept Breakdown - from Thai words to mindset shifts, we explore the hidden layers of striking mastery

Jala Ket Fha Tung (????????????)
"The Crocodile Whips Its Tail."

A rare, spinning heel kick - full commitment.
And when it lands, it lands heavy.

? How It Works

It's not just a spin for the sake of flash.
Watch closely: Somrak steps in *first*.
That short step cuts the distance and gets the opponent standing tall, bracing.

Then the whip comes -
a full-body spin, aiming to land clean with the **heel**, not the foot.

It's fast, sudden, and if they don't see it coming...
it ends the round.

? Why It Works

It breaks rhythm with surprise

It lands from angles most fighters don't expect

The spin generates power

The step-in loads your base and gets them frozen in place

But here's the key:
You **don't spam it.**
Like any powerful tool, it's only deadly when used with timing and awareness.

? How To Train It (With Respect)

Start slow and work the **step-in** before anything else

Shadow the movement: step, pivot, whip and land with your **heel**

Use it in drills, not sparring yet

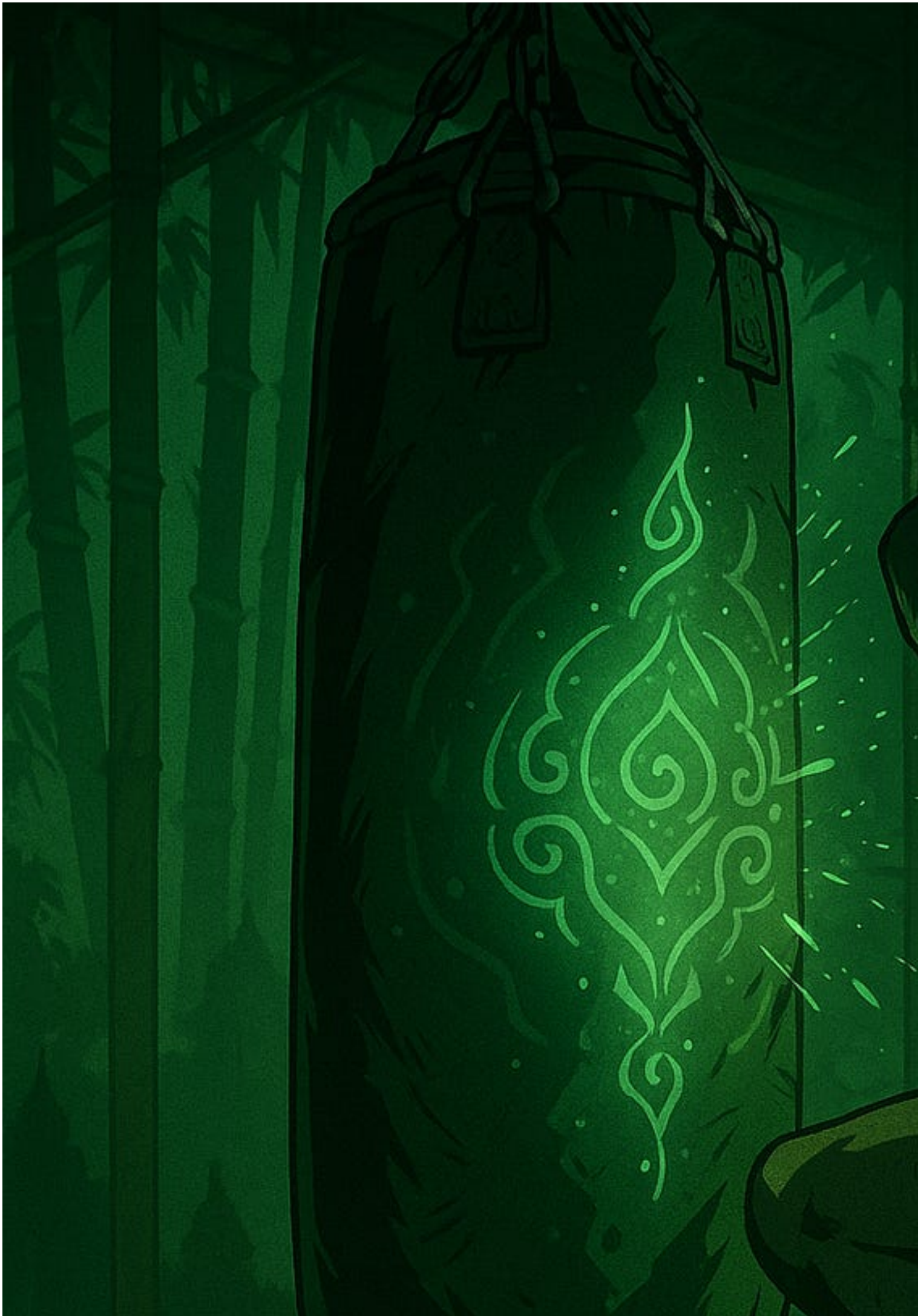
This is **Muay Boran**, not just Muay Thai.
You're borrowing from the ancestors.
Use it with wisdom.

Matt
Mahasanae Breakdowns

?? Follow for weekly fight IQ
? Subscribe to learn the old ways and new
?? Support Wor Watthana Gym: worwatthana.com/donate

This Bag Workout System Works Like Magic

June



There are hundreds of bag workouts online.
Most of them look cool. Some even make you sweat.

But this one?
This one made me better.

I call it:

Sharpening of the Tools

I used to do it on weekends.
When no one else was training.
Just me, the bag, and a quiet room.

And honestly?
Those were the rounds that made the biggest difference.

Why This Matters

If you've got access to a bag, and you love putting in extra work but you also want structure this is for you.

Most people hit the bag without a plan.
A few combos. Some kicks. Burnout.

But that's not how you grow.

Real improvement comes from *repetition with presence*.
From doing one thing. Over and over.
Until your body starts fixing itself.

This workout is simple.
But if you take it seriously, it'll compound.

The Setup

Round Length: 5 minutes

Rest: 45 seconds

(*Not there yet? Start with 3-minute rounds. Take a full minute rest. Work your way up.*)

You'll do **two rounds per weapon**. That's it.
You don't need to be creative.
You need to be consistent.

This One Fix Makes Your Teep 10X Better

June

MUAY THAI
CLASSROOM
TEEP
ทีทจาง

Stop pushing. Start stabbing.
Welcome to the Muay Thai classroom.

Most beginners push their teep.

They treat it like a shove.
Like pushing a heavy object. Force vs force.

But in Muay Thai, that's not what a teep is.

The teep - or **"teep trong"** (??????) - the straight foot jab -
isn't a push.

It's a **stab**.

And once you understand that, the whole technique shifts.

Why This Actually Matters

Muay Thai isn't about collecting tricks.
It's about **refining the simple** until it becomes razor sharp.

The teep is one of those tools.

Watch enough fights in Thailand, and you'll see it:
from champions at Rajadamnern,
to 12-year-old kids at temple fairs.

They all use the teep. Why?

Because it's one of the most **annoying, effective, and underestimated** weapons in the game.

ONE

The Most Common Mistake

Here's how most people throw a teep:

Lift the leg

Place the foot on the opponent's body

Then try to push

What happens next?

They get caught and dumped.

They fall off balance.

They get countered.

They panic.

This isn't just poor technique.
It's poor **thinking**.

You're waiting for the "safe moment" to apply force.
You're reacting, not striking.
You're trying to "check" your opponent - not stop them.

That's not how Thai fighters do it.

Think of the Teep Like a Jab

You don't wait until your fist touches someone's face,
then push it further.

You snap it.

Quick. Sharp. Straight from the floor.

Same with the teep.

Ground contact first

Engage your core (**"khuang glang"** - ????????)

Lift the hip

Snap your foot forward like a spear

You're not trying to knock them back.
You're trying to **interrupt** them.

Like a spear to the gut.

www.yokkao.com
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www.yokkao.com
www.yokkao.com

Quick Technique Fixes

If your teep is getting caught, falling short, or lacking power - fix these today:

Toes up - Flex your foot. Hit with the **ball**, not the heel.

Stay upright - No leaning. Keep your posture tall (**"yeen dii dii"** - ??????? - stand properly).

Snap and return - Teep. Then recoil fast. Don't leave your leg out there.

Prioritise timing - A sharp teep beats a strong one.

Start slow. Practice on the bag.
Refine the motion. Then add speed.

Why The Teep Is A Weapon (Even at High Level)

The best fighters in Thailand don't use it because it looks good.
They use it because it wins fights.

It controls range

It breaks rhythm

It frustrates pressure fighters

It makes people hesitate - and hesitation is the beginning of defeat

You've seen it before:
A clean teep to the stomach.
Suddenly that forward-charging fighter? Slowing down. Thinking twice.

That's **"chaang yom"** (???????) - the moment the elephant yields.

That's control.

That's real Muay Thai.

10 Reasons You Should Master The Teep

Let's break it down.

Distance Control - Own the space.

Disrupt Rhythm - Break combos before they begin.

Build Ring IQ - Learn timing, baiting, reading movement.

Safe Scoring Tool - Low risk, high reward.

Defensive Weapon - Stops knees, punches, pressure.

Energy Efficient - Save gas. Stay sharp.

Body Conditioning - Core, hips, balance all improve.

Fight Off the Back Foot - Crucial for counter-fighting.

Set Up Strikes - Follow with kicks, feints, dumps.

Mental Warfare - Stab the gut, shake their confidence.

Final Notes from the Gym Floor

There are many teeps.
Front leg. Back leg. Low teep. Long teep. Jumping side teep.
Even the sneaky fake teep to dump.

But for now?

Just get this one right.

Stab. Recoil. Reset.

Clean. Sharp. Annoying.
The kind of teep that makes people *not* want to spar you.

Want More Like This Every Sunday?

If you found this helpful - this is exactly what I send out once a week:

One clean technique breakdown (just like this)

One deep Thai concept or mindset (the kind you don't get on YouTube)

Real stories from real gyms in Thailand

Zero fluff. Just real fight IQ.

It's $3 AUD/month.
Most of that goes to **Wor Watthana Muay Thai Gym** - the same gym where I learned all of this.

Your $3 might not feel like much.
But over there, it helps keep the lights on and the kids training.

? Subscribe to Mahasanae Breakdowns
? Or donate directly: www.worwatthana.com/donate

Thanks for reading.
Train sharp. Stay calm.
See you next Sunday.

- Mahasanae

Your Bag Work Will Never Be the Same Again ... I Promise

July 0

Sawadee Krup family,

One of my favourite topics.

Bag work.

It looks simple.
But if you know what to look for, it becomes a *masterclass* in balance, rhythm, posture, and control.

Most people just hit the bag.
They swing hard. They go fast. They throw combos.

But they don't study the bag.
They don't *listen* to it.
They don't know how to *make the bag teach them*.

Last week, I went deep on Yodsanklai's bag work.

And I mean deep.

Not just *how* he hits the bag...
But *when* he hits.
Why he waits.

What's happening in his posture, his shin, his breath and even the way the bag swings before he throws again.

I made a full breakdown video for the paid crew.

And honestly if you watch it and actually try the things inside...

Your bag work will never be the same again.

? **There's also a free snippet version on YouTube.**

The full breakdown with timing cues, flow patterns, stillness, drills, and my exact notes ... is *only available to paid subs*.

You can unlock it below this message. ?

How To Shut Down a Puncher Without Getting Clipped

July 0

How To Shut Down a Puncher Without Getting Clipped

The ancient trick that broke bodies in K-1

If you fight a puncher the wrong way, you'll get hurt.
If you fight them the right way, their arms will be dead by the end of the fight.

The secret?

A switch kick timed to their commitment.

Why It Works

Most punchers fight like bulls.
They pressure.
They plant.

They throw everything.

But here's the thing:
The moment they commit... they're exposed.

That's when you switch kick.

You're safe on the exit

Your balance stays intact

You land shin to bicep and damage their weapon

Rear round kicks take longer.

Switch kicks are built for interception.

Tight. Fast. Efficient.

Watch Buakaw's K-1 Era

He didn't just outstrike punchers.
He dismantled them.

Switch kick after switch kick
until their arms stopped working.

How To Train It

Shadow Drill: Switch + return to guard (30 reps each leg)

Bag Drill: Imagine a pressure fighter stepping in and time your switch to the bicep

Partner Drill: Have your partner step in with jab-cross time your switch mid-entry

Timing Focus: Look for planted feet, forward lean, or head down

Always land with the shin.

Never the foot.

Lead-Leg Mastery

In Muay Thai, the lead leg is a weapon rack.

From it, you can:

Teep

Trip

Sweep

Switch kick

Against a puncher, it's your shield and sword.

One well-timed switch can change the entire rhythm of a fight.

Thai Layer

Most Thai coaches won't explain this directly.

But if you watch the best...
They don't stand and trade.

They time.
They control.
They punish.

Kicking the arms isn't just damage.
It's weakening their attacks.

When the arms die, the punches stop.
And the pressure fades.

Want more concepts like this every week?
Subscribe to Mahasanae Breakdowns below.

This is how we train smarter.
This is how we honour the art.

Matt
Mahasanae Breakdowns

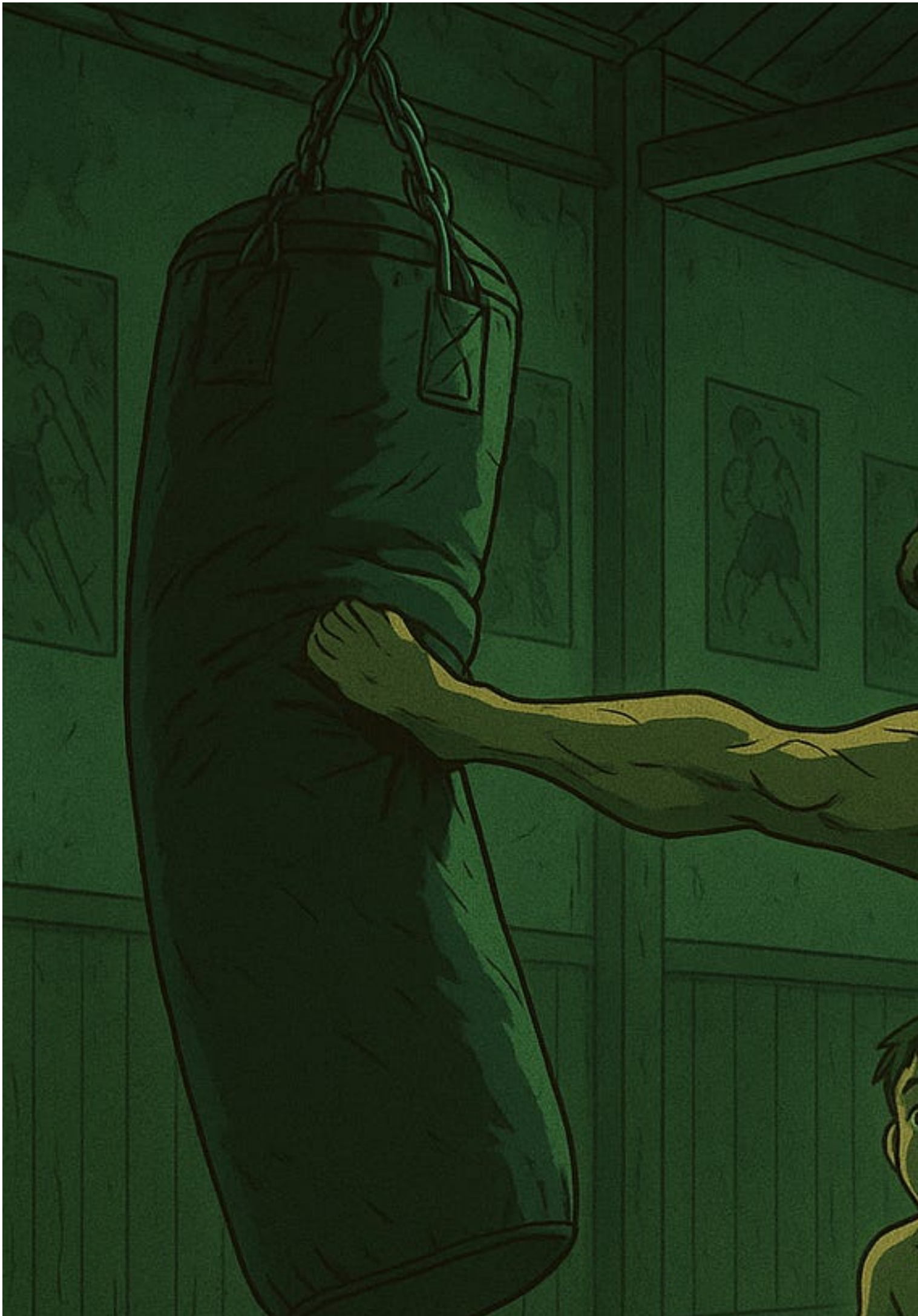
Follow on IG for visual drills
Subscribe for weekly Fight IQ drops
Support Wor Watthana Gym: worwatthana.com/donate

Want deeper access?

Upgrade for $10/month - unlock the full Fight IQ library and give $3 a month to the next generation of fighters in rural Thailand.

The Thai Secret to Landing More Kicks (Even When Your Opponent Knows It's Coming)

July 0



The Roundhouse Kick Everyone Knows... But Only Thais Seem to Land

The more years that go by that I practice and study the art of 8 limbs, the more I come back to the basics.

I've been getting so deep into my study of the art form that I started asking myself why thousands of people learn, drill, and practice the same kick - but the Thais can land one simple roundhouse kick over and over again, even when you know it's coming.

Why have guys like Panpayak, Superlek, Petchpanomrung, and Tawanchai been so successful - and most of the time they're just using the bread and butter of Muay Thai ... the rear roundhouse kick?

You can watch their fights over and over and you won't see much else.
Hardly any switch kicks. Just that one weapon - the rear roundhouse kick.

So what's the secret?

Other than years of doing the same kick over and over again, there isn't one.

But if I had to use all my brainpower to think of one, something comes to mind.

The Thai Word That Holds the Key

The beautiful Thai word **??????** "JUNG WAT."

It loosely translates to rhythm, but I believe it has more to do with timing. I've heard it so many times from Thai trainers:

"Ha JUNG WAT" (?? ??????) - *find your rhythm* or *find your timing.*

It is, again, one of those Thai words that ultimately comes down to feel.

In the West, we search for pinpoint answers, formulas, techniques, and counters. But this phrase - find your rhythm/timing - has such deep meaning that I truly believe it will transform how you see the sport and your own development.

We have more access than ever before to tutorial videos, training in Thailand, and international Thai trainers.
The problem isn't some miracle kicking technique that will guarantee you'll land 10X more kicks just by doing it.

If you've ever sparred with an excellent kicker, especially one from Thailand, you'll realise it all comes down to timing and rhythm.

Why Their Rhythm Is So Hard to Read

I want you to really think about the natural bobbing Thai rhythm. Every fighter has their own, but I want you to realise that within this rhythm, a feint is built in.

Without needing to fake a kick or feint a punch, before they even kick they can throw strikes that feel impossible to read or check, even when you know it's coming.

This is because Thais are amazing at what I like to call off-beat rhythm and timing.

They use their bop to lull you.
To get you stuck in a trance.
Every sway and every bop of that traditional Thai rhythm looks like it could turn into a punch, so you're either on edge or lulled into thinking you're safe.

They're so good at throwing kicks at moments that feel off - maybe right after they reset, or fix their shorts, or right after you blocked one of their kicks and it wouldn't make sense for them to throw again.

They're brilliant at slowing down, speeding up all within that bopping rhythm.

Sometimes they're bopping fast only to slow down and throw a kick straight after. Sometimes they randomly stand still out of nowhere and then fire a kick from what I call *'nothing'*.

If you watch Saenchai, he does this a lot.
He pauses or slows down, then out of nowhere he explodes.

They find their rhythm.
They find moments as *you* step in to fire.
They kick as *you* decide to throw something - cutting your momentum before you can even close distance.

They throw their kicks like they're going to land every time, with no hesitation.
They don't rush.
They're patient.
They find their rhythm. *"Ha Jung Wat."*

Can You Learn This? Yes

100 percent.

I think you can study film and watch the timing of the kicks. It's not as random as you think. Watch the rhythm they're in *before* they throw the kick.

Someone great to watch is Karuhat - how he hides his kicks inside his rhythm.

The key to all of this is making everything you do look the same as your normal movement.
Can you *hide* all your weapons - especially your rear roundhouse - inside your bopping rhythm so it comes out naturally?

Another great thing is to spar with Thais if you ever have the chance.
And be *very* aware of how they constantly land their kicks.

Jung Wat is the idea of finding rhythm and timing.
When a Thai trainer tells you to do this, it means your timing is off.

It means you haven't found the timing that gets in before your opponent can block or check.
It means not rushing.
It means looking for the *right moment* to kick.

Try This in Training This Week

I challenge you going into this week to play around with this idea.

Start watching great kickers on YouTube and *study them*.

Start asking why they can throw kicks that everyone knows how to do but somehow, they land far more often than others.

Of course, these elite Muay Thai fighters have lightning-fast kicks.
But it isn't always the speed that separates them.

It's their ability to get into a rhythm.
To *hide* their strikes behind that rhythm.
To find the *perfect* timing to fire the same kick ... again and again.

Be more aware of this in your training and you'll begin to see huge differences in how often you land.

Change your pace.
Change your speed.
Find your rhythm.

-

Matt
Mahasanae Breakdowns

If you found value in this, consider subscribing to the paid version for just $10 AUD/month.

You'll get access to elite-level breakdowns, bag workouts, deep fight studies, and more.

And here's the best part: **$3 from every subscription goes directly to Wor Watthana**

Muay Thai Gym - supporting underprivileged Nak Muay in one of the poorest regions of Thailand.

Or if you'd prefer to give directly, you can donate here:
? worwatthana.com/donate

This is where I learned many of the lessons I share.
Your support helps keep them going.

Why Saenchai's Pad Work Is The Blueprint for Clean, Dangerous Striking

July 1

Sawadee krup, family.

This one is special.

We all think we know what Saenchai is about.

The cartwheel kicks.
The footwork.
The cheeky grin.

But most people never really study his pad work.

They see the show.

They miss the foundation.

Free Sneak Peek

Watch free on YouTube:

But if you want the full 27-minute breakdown with slow-motion studies, mechanic-by-mechanic commentary, deep timing notes ... it's below.

For paid subscribers only.

The Secret Timing That Knocks Out Skilled Fighters Cold

July 1

You won't see it in beginner classes.

But legends like **Veeraphol "Death Mask"** used it again and again.

It's one of the rare windows where *defence becomes offence* and it catches even experienced fighters off guard.

Here's the setup:

You catch your opponent's kick.
They panic. They balance themselves.
Most fighters will widen their arms to stay upright, bracing for a sweep or reset.

This is where the knockout opportunity hides.

The mistake?

Most fighters either rush the sweep
or throw a lazy return kick.

But the *gold* is in what happens **as you drop their leg**.

The secret:

Hold their leg for just a moment.

Not too long. Not too fast.

Then **drop it gradually** as if you're done.

They think the danger's over. Their brain resets.

But here's what really happens:
As they land, they're off-balance, arms wide, mind still in defence mode.

This is when you fire.

A straight punch. Clean through the guard.

Aim for the chin. Don't rush it. Don't swing wild.

Let timing and accuracy do the damage.

Why it works:

They expect a sweep, not a punch

Their weight is shifting mid-air

Their guard is wide as they brace to land

Their mind is reacting, not attacking

You've interrupted their rhythm
and created a window most people never see.

Train it slowly.
Watch tape.
Use it sparingly.

But when it lands ... it's fight-ending.

-

If this helped you fight smarter...

Share it. Pass it on.
That's how the knowledge stays alive.

This page doesn't grow with ads or tricks.
It grows because **fighters like you** care about real Muay Thai.

Share

Drop a comment

What's one lesson that changed how you fight?

Leave a comment

Restack this post

If it taught you something restack it.

Help more nak muay sharpen their game.

Restack Mahasanae

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? $10/month = Full access to the breakdowns + you help the next generation.
Learn the game properly. Honour the craft. Build your name.

- Matt (Mahasanae)

I Studied 50+ Muay Thai Champions - Here's What They All Do Differently Under Pressure

July 1

Most fighters train for years.

They learn every combo. Every trick. Every counter.

But when the pressure hits ... something breaks.

They flinch. Freeze. Force.

As a Thai myself-growing up both inside and outside of the culture-I've always looked at Muay Thai a little differently.

And the more time I spent in Thailand, especially deep in Isaan, the more I noticed something:

It's not just about skill. Everyone learns how to punch, kick, clinch, and counter.

But the greats? The ones who rise above when the pressure hits?

They carry something else.

It's not visible unless you've lived it. But it's there.

What I Found Studying 50+ Champions

Over the past few years, I haven't just watched Muay Thai - I've lived it.

Again and again, I kept hearing the same 3 phrases:

???? (Ning)
??????????? (Ya Awk Agan)
?????? (Awk Lei)

You won't see these taught on YouTube.

But every great fighter I studied had them.

1. **???? (Ning) - Stillness Under Fire**

In Thailand, you hear it all the time:

"????????"

"????...????...????..."

"????????????? ??????????"

Still. Hold. Wait.

But not in a passive way.

They're not freezing. They're choosing to be still.

When pressure rises, most fighters panic.

They flinch. They rush. They lose control.

But the Thais?

They **????**.

Stillness Beyond the Ring

In Isaan, I heard this word everywhere.

Not just in gyms.

In temples. On runs. Around the dinner table.

It's not just a tactic. It's a way of life.

Ning means: You can throw everything at me and I won't break.

I won't rush. I won't flinch. I won't leave my rhythm.

What Ning Really Means

It's more than posture.

It's:

Don't rush.

Don't react to every feint.

Don't play their game.

Hold your centre.

You move when you choose.

You control the pace.

You decide when the exchange starts.

That's real stillness.

Training Ning

Before you can train it, you have to choose it.

"I'm unshaken. I stay composed no matter what comes."

Now - you train it.

Stillness Rounds: Begin shadow rounds with 60 seconds of no movement. Just stand, breathe, watch.

Calm Face Conditioning: After rounds, close your mouth. Relax your eyes. Breathe slow. Build the mask.

Pressure Sparring: Let your partner walk you down. No striking. Just posture, vision, and breath.

---

2. **???????????? (Ya Awk Agan) - Don't Show It**

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The Little Muay Thai Power Principle Nobody Talks About - 'Sum Mat' Explained

July 1

Most fighters never hear the word.

But once you understand **sum mat**, you'll stop chasing sound on the pads and start landing shots that cause real damage.

It's one of those quiet principles hidden deep in Thai boxing. Passed down from coaches who care more about impact than noise.

Let's break it down.

What Is 'Sum Mat'?

In Thai, the word **"sum mat"** (??????) refers to *landing flush*.
Not with the glove. Not with soft flesh.
With the **knuckles**. With **bone**.

It's not a technique. It's a principle.
And it separates amateurs from professionals.

When you throw a cross, hook, or uppercut, there's a world of difference between slapping and piercing. Most people hit with volume. Thais aim for optimal damage.

Flesh absorbs. Bone transfers.

Why Veeraphol Matters

Veeraphol Sahaprom is one of the most overlooked masters of this detail.

Former WBC Bantamweight World Champion

4x Lumpinee Stadium Champion

Over 70 knockouts across boxing and Muay Thai

Calm posture. Relentless pressure. Nothing wasted.

He is one of the best fighters to study from the golden era for Muay Thai punching meechanics.

Why Most Fighters Miss This

Training culture has shifted.

Most fighters are raised on the sound of pads. Loud combos. Fast hands. Bag sessions designed to echo through the gym and to look good online.

But loud doesn't equal sharp.

When you train for sound, you often land with the wrong part of your hand.
You develop poor alignment.
You mistake slaps for strikes.

The Thai approach is different.
Land with precision.
Line up the skeleton.
Let the structure do the work.

You'll hit quieter ... but harder.

What You'll Learn in This Breakdown (27 minutes)

Inside the full video, I walk you through:

Footage of Veeraphol landing with clean sum mat, slowed down and explained

A simple thing you can do today to rewire your contact point

How to develop *bone-awareness* and proper connection

This is not about technique for technique's sake.

It's about transforming the way you deliver force.

Final Thoughts

If you care about real power ... stop chasing noise.
Study your form. Watch where your punches land.

Line up your body like a spear ... not a slap.

You don't need to throw harder.
You need to **land smarter**.

And once you train this into your system, you'll start to feel it:

Opponents feel your power.

You hurt people even when going soft

Your power is effortless

That's the mark of a Nak Muay who studies properly.

Full The full 27-minute breakdown is now below:

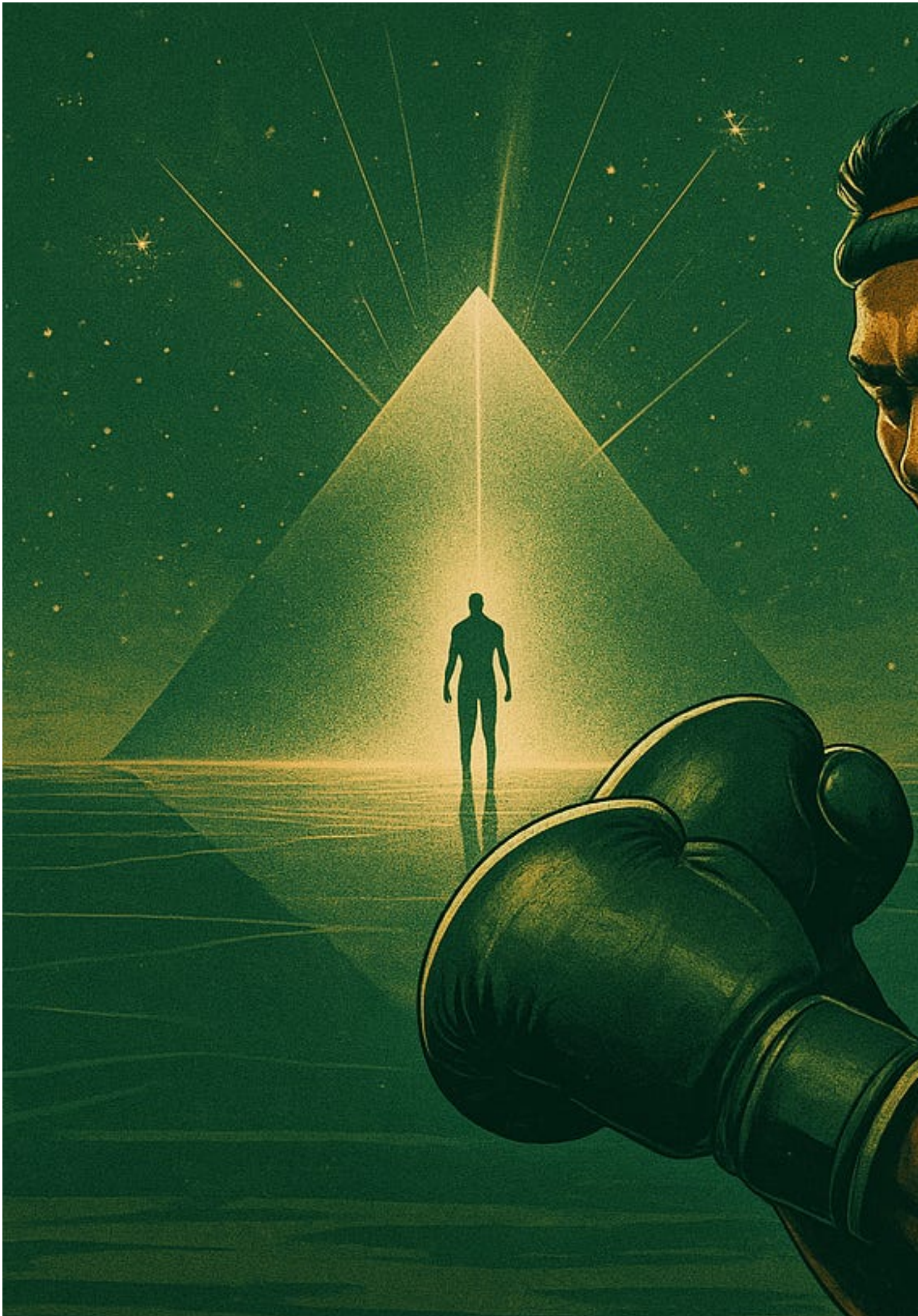
The Small Detail That Makes Your Elbows 10X Deadlier

July 1

(Content could not be rendered due to complex HTML formatting)

Why Sai Ta Is the Most Overlooked Skill in Muay Thai

July 2



In Thailand, when I asked old trainers what made the legends different,
what made *Saenchai* untouchable...
what made *Samart* flow like water...

They never said speed.
Or power.
Or toughness.

They said one word:

Sai Ta.
?????.
Vision.

Not just eyesight.

Not just awareness.

The kind of vision that reads a fight like a book.

That sees things most people miss.

That notices the tiny opening between intention and action
and slips through it like smoke.

When I was living in Isaan, I kept asking the question:

"Why are these guys so special?"
"What made Saenchai different?"
"How did Samart make world champions miss by inches?"

And the old trainers would smile.
They'd tap the side of their head, then their eyes.

"He see before it happen."

They were talking about sai ta.

It's a skill most fighters never train.
We shadowbox for power.
We hit pads for speed.
We clinch for control.

But we don't train our **eyes.**

And that's why we miss the real fight.

Sai ta means keeping your eyes open **even in a war.**

Most people blink when shots fly.
They flinch.
They turn away.
They throw back blindly just to survive.

But the greats?

They keep their eyes open.

The ability to keep your eyes open will open up opportunities to fire back.

To find the opening thread.

Every counter is born from sai ta.

You can't land a perfect elbow if you don't first **see the opening.**

You can't slip a cross if you're not watching the shoulder twitch.

You can't catch a kick if you don't read the hip.

It's not about guessing and just reacting.

It's about *reading.*

And the only way to read...

is to stop closing your eyes.

How do you train sai ta?

You start with this:

Don't chase the strike. Watch what comes before.

When you watch fights, pause and rewind.

What moved first?

Did the foot step in before the jab?

Did the eyes drop before the body kick?

What was the giveaway?

You do that again. And again.

You can also do drills to keep your eyes open.

Let your training partner hit you in different positions,

and practice keeping your eyes locked on to the incoming shots.

Until your brain stops needing time.

And one day, in sparring ...

you'll feel it before it happens.

And your body will move without panic.

That's SAI TA.

Saenchai didn't just play. He saw.

He knew when you'd reach.
He knew when your balance was off.
He knew when you were too emotional.

So he'd sweep you.
Or teep you.
Or smile and lean just out of range before touching your ribs with a left hand.

That wasn't reflex.
It was vision.

Samart was the same.

You watch his fights and you think:
"He's barely moving."
But really, **he's seeing more.**

He reads you like a tired book.
And once he's read enough...
He closes the chapter.

With a counter.
A left hook.

Or a pullback you never expected.

Sai ta is trained slowly.
By being still in chaos.
By looking where others flinch.

By keeping your eyes open
even when you're getting hit.

Especially when you're getting hit.

Because once you stop blinking,
once you stop guessing,
once you start seeing...

You'll realise something terrifying:

Most people don't fight blind because they're scared.
They fight blind because they've never trained their eyes.

Train your eyes. Train your timing.

And one day, when the storm comes...

you'll see it before it lands.

And when you see it early
you don't need to panic.

You just need to be there.
Present.
Calm.

Still.

Like Samart.

Like Saenchai.

Like every Thai legend who fought with vision, not just violence.

If this breakdown helped you...

Consider sharing it with a training partner, coach, or someone who's serious about mastering the details.

Share

Restack this post to help spread real fight IQ.

Share Mahasanae Breakdowns

Leave a comment if this changed the way you think about striking.

Leave a comment

Tell me how you're applying it in your training.

Leave a comment

This community isn't built by algorithms.

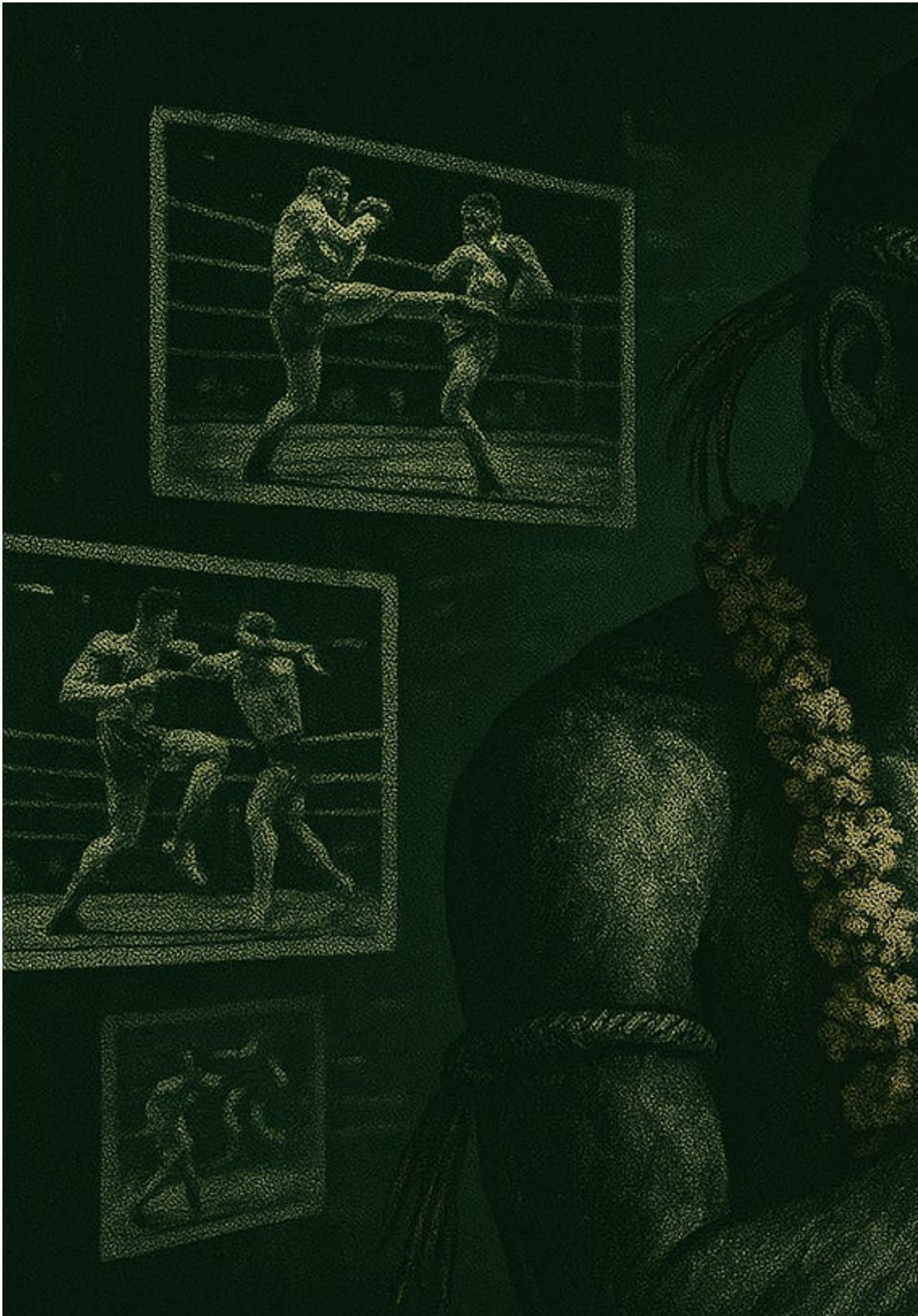
It's built by fighters who care about learning.

Thanks for being here.

- Mahasanae

How This One Jab Beat Thailand's Most Dangerous Puncher

July 2



Sawadee krup, family.

I've watched this fight more times than I can count.

Petch-Ake Sitjaopho vs Anuwat Kaewsamrit - *The Iron Hands of Siam.*

Anuwat was known for his raw violence.
Walk-forward power.
A knockout artist with hands like bricks.

Petch-Ake?
Tall. Long. A classic Muay Femur.

And on paper, it looked like he was going to get crushed.

He even got dropped in round one.

But that's what makes this fight special.

Because it's not just a technical masterclass.
It's a lesson in adaptability.

A fighter changing mid-fight.
A corner's voice cutting through the chaos.
A stylist choosing to fight forward - *when it mattered most.*

?? **Watch the Full Breakdown Video (23 mins) - Below**
(Paid Subscribers Only)

Not a paid subscriber yet?
It's $10 AUD/month - cancel anytime.
? And $3 from every subscription goes directly to *Wor Watthana Muay Thai Gym*, helping underprivileged Nak Muay in rural Thailand.
Or donate directly here: worwatthana.com/donate

How to Go to the Body Without Getting Lit Up in Muay Thai

July 2

How Pangtor Broke Malaithong's Rhythm With Sharp Body Work

Most fighters kick or knee to the body.

But punches to the body?
Still rare. Still risky. Still misunderstood.

You're taught to stay long. Stay upright.
And in Muay Thai, going to the body with punches feels dangerous.

Why?

Because if you enter wrong
you eat a knee or elbow clean.

But Pangtor shows you how to do it *right.*

Two Key Rules When Going to the Body:

1. **Never Go Naked**

Never throw a body shot without setting it up.

The easiest setup?
The jab.

Draw the high guard.
Create space under the elbows.
Then go downstairs.

The jab hides the entry.
It **opens up the stomach**
and **makes your next shot safer**.

The difference between landing clean or getting caught
is often that **one extra beat of deception.**

---

2. **Speed Is King**

If you jab and then slowly drift to the body
you're getting punished.

You have to **enter fast, exit faster.**

No hesitation. No half steps.

Either:
- **Rip the shot + bounce out**
- Or **enter the clinch immediately** after the shot

Pangtor shows both.
It's why he lands without eating damage.

Bonus Layer: Go Low First... Then Come Up

Once you've built the body threat,
you'll start to see Malaithong brace mid-section.
That's when Pangtor goes upstairs with power.

Body. Body. Head.

Knockout.

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Deeper fight studies with elite Thai champions

Mental frameworks you won't find on YouTube

Visual breakdowns of hidden tactics like ning, awk lei, and ya awk agan

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Help spread these teachings

Restack this post to your Substack feed it helps more than you know.

Share

Send it to a fighter or coach who'd get value from it.

Share Mahasanae Breakdowns

Leave a comment: What stood out to you most?

Leave a comment

Special thanks to Wor Watthana Muay Thai Gym.

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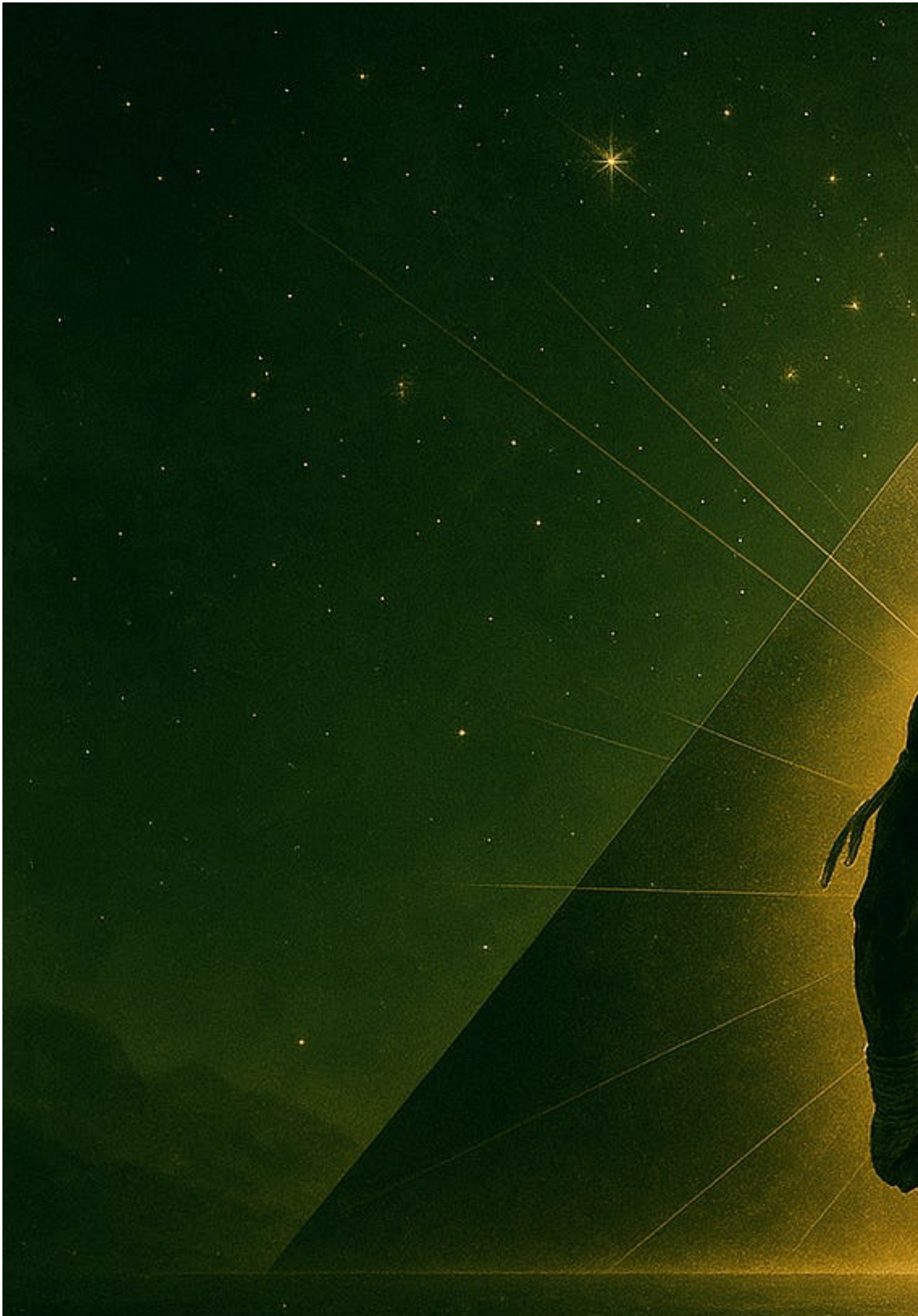
The Art of Solo Training: How to Get Better, Even When No One's Watching

July 2



Sawadee Krup,

This one's a bit more philosophical.

When I was living at Wor Watthana Muay Thai, I had to learn the art of training by myself. Most of the gym was filled with young kids, so there weren't many pad holders, and sparring partners were few and far between.

At first, I thought this was a setback. But funny enough

I ended up transforming and improving my skills in the art of 8 limbs *because* I had to train alone.

One thing I want to encourage you to do:

Turn your solo sessions-whether at home or in the gym-into a small ceremony.

This doesn't mean doing anything crazy.

I'm not saying light candles and burn incense.

But when you treat your training time like it *matters*-when you walk in like it's sacred-you can reach such deep states of flow that it changes how you move, how you feel, and how fast you grow.

Obsession as a Tool for Growth

I'm someone who needs something to focus on. Something to obsess over.

When I was training alone, sometimes it got boring.

15 to 20 rounds on the bag. Skipping. Bodyweight drills. Day after day.

But then I realised something that's shaped the way I train ever since:

What if I treated every single drill, every rep, every step... like I was trying to master just that one thing?

What if I tried to do *every part* of training perfectly?

It sounds obsessive.

But that obsessive focus improved me both as a Nak Muay and as a man.

Training Became a Ritual

When I wrapped my hands, I asked:
"How can I roll these wraps perfectly? How can I be fully present, every time I wrap?"
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The 1 Secret That Made My Kicks Snap Like a Whip

July 3

Sawadee krup, family.

If you've been kicking for a few years, you know the feeling.

Your technique is solid.
Your stance is sharp.
You've got good rotation.
But something's missing...

It's not landing any harder.
It's not snapping any faster.
And it's definitely not breaking arms.

I was stuck there too.

I used to think I just needed to drill harder. More reps. More bag work.

But no matter how much I kicked nothing changed.

Until I started going **micro.**
Frame by frame.
Studying legends from Kiatmoo9 and beyond.

And in doing that, I found something I call...

Delayed Timing.
Delayed Snap.
Delayed Force.

These might sound technical but once you *feel* it, your whole kick changes.

It's like whipping a towel.

It's like baiting a check, then smashing through it anyway.
It's what the great kickers do without ever talking about it.

?? **Watch the Full Video Breakdown Below (Paid Members Only)**
In this 18-minute breakdown, I walk you through how to train the delayed snap in real time even if you're training solo.

? $3 from every paid subscription goes to support the kids at Wor Watthana Muay Thai Gym.
Or donate directly if you'd rather support the mission without subscribing.

What You'll Learn in This Breakdown:

Why "timing" is more important than "speed"

How to generate power without tension

The real reason your kicks aren't breaking the guard

Why delayed force lands **harder** and makes counters miss

A simple drill to build kick timing even on a bag

How to beat fighters who are good at checking kicks

The Simple Trick That Makes Rear Teeps Land More Often (Without Losing Power)

Augus

The secret behind Rittewada's precision

In this clip, you'll see Rittewada - one of the modern greats - land a clean rear teep.

But the real lesson isn't in the kick itself.
It's in *why* it lands.
And why it doesn't for most fighters.

Let's break it down.

The Real Reason It Lands:

FEAR.

FEAR.

FEAR.

Not fear like your opponent is going to cry and quit.

I mean calculated fear.
Caution.
A hesitation in their body.

When they're bracing for something you've *already made them respect*.

You Have to Earn the Teep

If you want your rear teep to land - especially on a skilled fighter - you must first give them a reason to worry about something else.

Enter: The Rear Roundhouse Kick.

If your opponent *thinks* the roundhouse is coming...
If they've already eaten it...
If they've seen you *commit* to it...

They'll brace for it.
Shift weight.
Lean back.
Shell.

That's when you *disguise it* and turn it into a teep instead.

Make the Teep Look Like the Kick

This is the technical key.

You need the chamber, the hip, the load-up...
All to look identical to the roundhouse.

Only at the last moment do you redirect.

Think of it like this:

9 kicks make 1 teep land.

Not because the teep is random...

But because the kick made the teep **available**.

Why You Should Keep Throwing the Kick

Even if your rear kick doesn't land every time - throw it anyway.

Because:

You're training your opponent to react.

You're building the disguise.

You're making the teep more dangerous every time.

The more you throw the kick, the more weight they put into defending it.
And that's when you take it away and stab the teep into their gut.

Don't Underestimate the Rear Teep

The rear teep isn't just a defensive push.

Thrown right, it's a:

Gas tank killer

Rhythm disruptor

Damage dealer

Rittewada uses it like a sniper uses a rifle.

Sharp.
Precise.
No wasted motion.

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Share

Send it to a fighter or coach who'd get value

Share Mahasanae Breakdowns

Leave a comment: What's one weapon you're disguising right now?

Leave a comment

Follow on Instagram: **@mahasanaebreakdowns**

See you in the next round.
- Matt

The Fastest Way to Become a Dangerous Nak Muay (That Everyone Overlooks)

Augus

I'm going to reveal to you the single most powerful technique, hack, and protocol I would use to go from beginner to elite-level fighter in only a few months...

There isn't one.

The moment you realise this, you're going to become a way better Nak Muay. You'll start to embrace the grind as the very reason you love the art and the sport. You'll begin to love the blood, sweat, and tears. You'll realise that the true joy and fulfilment comes from the stacking and collecting of endless training sessions - with others and with yourself - that no one will ever see or care about.

For Those Chasing the "Muay Thai Dream"

This is for everyone who believes they need to:

Quit their job

Move to Thailand

Abandon everything for Muay Thai

I'm not telling you not to chase your dream.
I'm telling you **how to get better** whether you do or don't.

BANCHAMEK GYM
BANCHAMEK G
BOOSTER
BOOSTER
BOOSTER

Focus on the Basics

There are 8 limbs.

It's the art of 8 limbs.

If you watch fights from the golden era or from great modern-day fighters, you'll notice not much has changed. The game is still this:

Use the same 8 limbs - over and over again - at the right time, in the right place.

That's the secret.

What Actually Makes You Improve Faster

Beyond fighting heart (jai su) and working hard, here's the truth:

Improvement comes from getting bored

Doing the same kick, again and again

And still doing it like you love it

As Mike Tyson said:

"You have to do it like you love it."

Drill Until It's Yours

Pick a single weapon.

Let's say the **rear roundhouse kick**.

Now drill it from every possible scenario:

After a check or block

After leaning back

After long guard

After getting hit

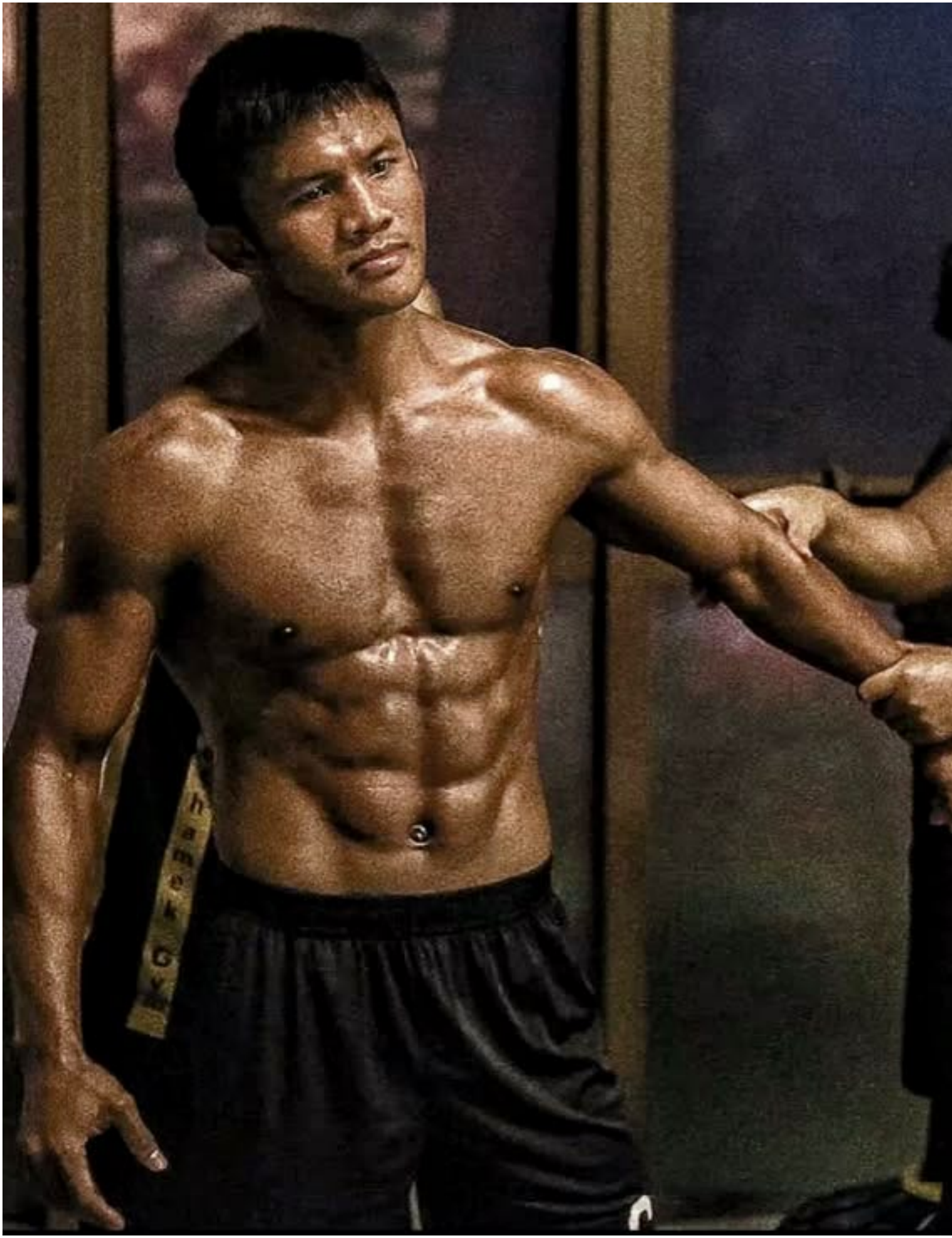
After throwing a jab

After a one-two

After a switch kick

After a teep

You get the idea.
Don't move on.
Master that one weapon from **every position, every entry**.



Why You'll Win

If you train this way ...
with intention, simplicity, and obsession
you will:

Grow faster than your peers

Build elite-level timing and sharpness

Gain confidence that comes from deep repetition

And when the fight starts and the speed ramps up -
you will default to what your body *knows*.

Make sure what it knows is solid.

BLEGEND
BLEGEND
SXS
SXS
MT
ONE

Look at the Best

In other sports, it's the same:

Kareem Abdul-Jabbar - skyhook

Michael Jordan - fadeaway

Kobe Bryant - mastered Jordan's fadeaway

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Pressure your opponent without throwing a single punch

Augus

Sawadee krup, family.

For most of my journey, I was a Muay Femur fighter.

I'd flow backwards, pick shots, frustrate my opponents.

But I had a hole in my game.

When I needed to turn the tide to walk someone down and make them drown ...
I didn't have it.

I wasn't built like a tank. I didn't have Rodtang's chin.
So I had to find another way.

And what I discovered changed everything.

It wasn't about walking forward blind.
It wasn't just about grit.

It was **ring craft**.

When you really study pressure fighters - not just their shots, but their feet - you start to see something:

The best ones don't chase.
They stalk.
They control space.
They cut the ring and kill your breath.

Fighters break long before they're hit.

They gas not because of punches... but because they can't find space.

They lose rhythm.
They panic.
They start hesitating.

All because you're creating the illusion of pressure.

Here's the truth:

You don't need to throw to make them give up.

You just need to learn the art of stalking.

?? **Watch the Full Video Breakdown (Paid Members Only)**
? $3 from every subscription supports the kids at Wor Watthana Muay Thai Gym.
Or donate directly if you'd rather support the cause without subscribing.

What You'll Learn Inside

How to pressure without getting lit up

The difference between chasing and stalking

Why posture, distance, and presence create fear

How to cut off the ring (not follow them around)

The energy behind Rodtang-style pressure even if you're not Rodtang

A silent solo drill to practise all of this without a partner

---

What Shifted in My Game

Once I started applying this...

I stopped getting countered when I came forward.
I could trap movement-heavy opponents.
I didn't feel desperate to throw ... I just walked them down.

It wasn't about being aggressive.

It was about learning to hunt.

FREE Journal Prompts That'll Make You a Better Fighter

Augus

Sawadee krup, family.

Let me tell you something I've learned the hard way:

If you're not reviewing your training, you're leaving half your progress in the gym.

That might sound harsh, but I say it with love.
Because I've seen it.
I've lived it.

Fighters train for years and stay the same.
Others seem to evolve every month.

The difference?
It's not always skill.
It's not who trains harder.
It's who *thinks better* after training.

The Science of Reflection (Why This Isn't Just a "Nice Idea")

When you reflect on your performance, your brain starts doing something powerful:

It replays movements.
It strengthens patterns.
It connects what happened with what could happen next.

Research in cognitive psychology shows that **active reflection improves both motor learning and decision-making speed**.

This means:

You retain what you learned better

You improve faster without extra physical work

You build "fight IQ" outside the gym

One 2014 study from Harvard showed that **employees who spent 15 minutes reflecting at the end of their workday performed 23% better** than those who didn't.

That was just office work.

You're learning to fight.
The stakes are higher.
The value is even greater.

You Don't Have to Be a Writer to Use This

I'm not asking you to keep a diary or write an essay.

Here's what I suggest:

After training, sit still for 3 minutes

Ask yourself a few key questions

Jot them down in your phone or notebook

Or just *think deeply* about them on the drive home

Even that - just sitting with your thoughts for a few moments - is rare.
And it's where real growth begins.

Ask These After Every Session (And Apply What You Learn

Tomorrow)

This is your system.
Use it daily. Adjust it to fit your style.
But don't ignore it.

1. **Timing & Habit Questions**

Where did I rush my technique today?

Which kicks or strikes felt clean and which felt forced?

Was I moving with rhythm, or just throwing by numbers?

When I missed, was it technical... or was it timing?

2. **Rhythm & Delay Questions**

Did I play with rhythm, or fall into predictable patterns?

Could I have delayed the strike half a beat - would it have landed better?

Did I ever pause to set up - or did I rush to "finish" the combo?

What moments felt like music - and what moments felt off-beat?

3. **Whip Mechanics & Chain of Motion**

Did I feel the power transfer from the floor ? hips ? core ? strike?

Where did the movement break down?

Did I overmuscle it, or did I let the body whip?

Where can I remove effort and gain power?

4. **Relaxation vs Tension**

Was I too tense when I didn't need to be?

What part of my body was fighting itself?

Could I move more fluidly next time by doing *less*?

How would a calm fighter have handled that exchange?

5. **Presence & Intention**

Was I present today, or just trying to get through the session?

What was my intention before training? Did I stay true to it?

Did I visualise my technique? Or just "go through the motions"?

Where did I let emotion control me - and what can I learn from that?

BONUS: Post-Sparring Prompts

1. What did I fall for?

What fake made me bite?

What bait made me commit?

What setup did they use to land clean?

Insight: If it worked on you once, it'll work again. Unless you study it.

---

2. What did I land and why did it work?

Was it a counter? A setup? A rhythm break?

Did they drop their guard? Shift their weight?

Was it planned... or did it just happen?

Insight: Reverse engineer your own success. Turn lucky shots into repeatable tools.

---

3. What pattern did they keep repeating?

Did they always jab after slipping?

Did they always reset to the same side?

Did they panic in the clinch or during pressure?

Insight: Every fighter has a loop. Your job is to *notice it* before they notice yours.

---

4. What did I do out of habit that didn't serve me?

Did I back straight up under pressure?

Did I throw naked kicks without setups?

Did I tense up when getting hit?

Insight: These moments become automatic in a fight. Clean them now.

---

5. What's the one adjustment that would've changed everything?

Could I have faked low before going high?

Could I have taken a step left instead of circling right?

Could I have used clinch to slow the pace?

Insight: Most fights turn on **one small adjustment**. Train yourself to find it - fast.

---

6. How did I read their body language?

Did they show fatigue? Frustration?

Was their stance lazy when tired?

Did they telegraph anything before they attacked?

Insight: This is how you become a **reader**, not just a reactor.

Why This Matters More Than You Think

I'm writing this because I care.
Because most fighters don't hear this enough.

This sport is hard.
It will test your body, but even more it will test your *mind*.

If you only train the physical, you will plateau.
If you train your awareness, your perception, your reflection
you will evolve beyond what others even understand.

This isn't just journaling.
It's self-coaching.
It's building a version of yourself that learns twice as fast - and forgets less.

Don't Let Good Days Go to Waste

Every session has something to teach you.
Even the bad ones. Especially the bad ones.

You just need to ask the right questions.
You just need to *listen* to your own answers.

That's what this post is for.

Use it however you want.

Type it in your Notes app.
Write it in a small notebook.
Or just sit with the questions in silence for 2 minutes after training.

But do something.
Because five years from now, you'll either be proud of how far you've come...
or still wondering why it never really changed.

-

If you found this helpful, pass it on to a fighter who needs it.

See you in the next round,
- Matt

If this post resonated...

You're not alone.

Most people train for years but never truly *feel* their training.
They move but they're not fully present.

What changed everything for me wasn't more technique.
It was learning to treat training as something sacred.
To approach each wrap, strike, and breath like it mattered deeply.

That shift gave me more than sharper tools and it gave me clarity.

Flow. Focus. Fulfilment.

That's what **Mahasanae Breakdowns** is here to explore.

Not just how to fight but how to *train with presence.*
How to build yourself from the inside out as a martial artist.

Subscribe to Mahasanae Breakdowns

For $10 AUD/month, get full access to:

Deep fight studies with elite Thai champions

Mental frameworks rooted in real Muay Thai culture

Visual breakdowns of hidden tactics like **ning**, **awk lei**, and **ya awk agan**

Pad and bag workouts to help you train with presence and precision

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See you in the next round.
- Matt (Mahasanae)

Outclass Anyone With Just Footwork

Augus

Sawadee krup, family.

I've made a few posts about distance across all platforms.

Why?

Because I genuinely believe **distance is king**.

Last week, we broke down the difference between **chasing vs hunting**.

This post builds on that ...
But it applies to **every style**, every fighter, and every body type.

If you haven't already, I highly recommend reading the first post:
? Distance Is King - The Art of Mastering Range

Quick Recap: The 3 Dimensions of Distance

Distance moves.
It breathes.
It's not static.

You don't just "find range" and hold it.
You have to **flow through it** in real time.

The three dimensions:

1. Suffocate the Distance

Walk them down. Take away space. Drown them.

2. Maintain the Distance

Control the space between you. Punish the entry.

3. Break the Distance

Explode in. Collapse. Close the gap and disrupt.

The fighter who can move between all three?

They don't chase control.
They *are* control.

This Week's Breakdown: Petchpanomrung vs Robin van Roosmalen

We're watching **Petchpanomrung Kiatmoo9** vs **Robin van Roosmalen**.
One of my favourite fights to study, even though it's under kickboxing rules.

Why?

Because this fight shows how **elite-level distance control** can dominate someone who's tough, aggressive, and relentless.

Petchpanomrung doesn't win with brute force.
He wins with angles, footwork, and rhythm breaks.

And in this video breakdown, I show you exactly how he does it
In a way you can **understand** and **implement** into your own game.

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What You'll Learn in This Breakdown

How to use distance to completely control a fight

What "range breaking" actually looks like in real-time

How to neutralise aggressive opponents with footwork alone

Why most fighters collapse distance by accident (and get punished)

The hidden patience in maintaining range under pressure

Why distance awareness might be the thing that levels up your entire game

---

This Fight Changed How I See Control

The more I watched this fight, the more I realised:

You don't need to be stronger or tougher to win.
You just need to make them fight *your* fight.

Petchpanomrung shows that beautifully.

He walks when he wants.
He freezes Robin.
He makes a pressure fighter look lost.

It's the **mastery of distance**.

This One Freeze Creates the Perfect Knee Entry

Augus

RAJADAMNERN STADI
SUPER
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GSV
GSV

Sawadee krup,

This week we're studying one of the cleanest, most effective ways to land knees against skilled opponents.

Yothin is an elite clincher turned complete striker in the RWS promotion. He shows how to make a **simple switch step** become a **devastating opening**.

The Setup

Most fighters struggle to land knees clean.

They either:

Rush in blindly

Or **hesitate too long**

But Yothin's approach is different.
He lands knees with **timing**, **control**, and **zero damage taken in return**.

His method is simple.
But it works at the highest levels of the sport.

Why It Works

When Yothin **switch steps**, his opponent momentarily **freezes**.
They're not sure what's coming a body kick? A left hand?

That hesitation is everything.

He uses that beat to:

Close distance

Land the knee clean to the open side

Exit safely or clinch immediately

It's not speed.
It's the **freeze** that gives him the window.

Elite strikers create these freezes on purpose.

Bonus Detail: Control the Arms

Watch how he **secures the biceps** as he lands the knee.

This prevents:

Elbows

Swings

Any sudden return fire

It's a subtle grip just enough to kill the counter and stay safe.

This small act of control **turns a good knee into a great one.**

Micro Tip: Curve the Toes In

Yothin doesn't just knee *into space*.
He **guides his knee like a blade**.

Notice the way he **curves his toes inward** at the last moment.

This lets the point of the knee dig deeper into **ribs, liver, or solar plexus**.

That's how you make knees *hurt*, not just score.

Most fighters just throw weapons.
The elite ones understand *why* each strike lands.

Yothin uses:

A **step** to freeze

A **clinch grip** to control

A **technical knee** to finish

Learn to create the freeze.
Then land with purpose.

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Leave a comment: What stood out to you most?

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(Content could not be rendered due to complex HTML formatting)

Use This 9-Round Shadowboxing Routine to Sharpen Every Weapon

Augus

I've been using this shadowboxing routine for years and it's still my go-to.

Like many fighters, I used to feel like shadowboxing was just a warm-up. Something you do before class, on recovery days, or right before a fight.

But when I lived in Thailand, I saw it differently.

In Thailand, shadowboxing is treated as its own art form. In the Golden Era, it was one of the most essential tools used to sharpen technique, build rhythm, strengthen balance, and develop mental flow. Some of the most beautiful, fluid fighters in Thai history built their style through hours of solo movement.

When done right, shadowboxing becomes a way to sharpen everything without taking damage.

I wanted to create a structured shadow routine I could do anywhere, anytime, and still get real growth from.
So I built this around three core principles.

The Foundations Behind This Routine

Atomic Habits (James Clear)
Small changes, done consistently, compound into massive transformation. This routine is short, simple, and repeatable. You'll get sharper without burning out.

The Book of Five Rings (Miyamoto Musashi)
Musashi believed in mastering one weapon at a time. This structure isolates your tools round by round-so you can refine, not rush.

Flow (Mihaly Csikszentmihalyi)
Flow is the zone every fighter wants to be in. This routine creates it through music, breath, rhythm, and single-task focus. You'll lose track of time, and start moving like you were meant to.

When I Use This

When I'm travelling, on rest days, or when I need to reconnect with my tools.
If you listen to music from different cultures-Arabic drums, Thai flutes, West African rhythms-you'll start picking up movement patterns and rhythm shifts that bring your shadow to life.

You'll notice power leaks you never saw before.
You'll find combos you didn't know were in you.
You'll spot openings and timing that only show up in this kind of focused solitude.

The Routine

5 Minutes Per Round, 30 Seconds Rest

Warm-Up (5 Minutes)

Box Breathing (4-4-4-4)
Inhale for 4, hold for 4, exhale for 4, hold for 4. This calms your nervous system and puts your mind into a focused, parasympathetic state.

Dynamic Stretching
Hips, spine, shoulders-loosen up with movement, not static holds.

Light Shadow
Flow gently to find your rhythm. Breathe. Keep your jaw, shoulders, and hands relaxed. Music should pull you into the moment.

Main Workout - 9 Rounds

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Round 1: Jab - Precision Spear

This is your most-used weapon-so make it razor sharp.
Work singles, doubles, and triples. Step in, step out, jab on the move.

Focus on:

Snapping back fast

Staying balanced after each jab

A clean guard return

Think of the jab like a fencer's sword-it's not for damage, it's for control.

Round 2: Cross - Power Shot

Now load your cross with intent.
Drive through your hip, rotate the back foot, and finish long. Visualise cracking the guard or catching a counter.

Focus on:

Full-body connection from foot to fist

Snapping back into stance

Landing straight through the middle (chin)

This is your knockout shot.

Round 3: Uppercuts - Rising Power

Imagine slipping under a punch and rising with violence.
Let the uppercut come from your legs, not your arms.

Focus on:

Weight transfer and spring

Tight arc, no wind-up

Chin tucked on reset

Round 4: Hooks - Turn the Core

Hooks are your mid-range bombs ideal for catching the chin or digging to the body.
Think torque, timing, and tight rotation.

Focus on:

Rotating from the hips and core, not swinging with the arms

Reducing the load up

Snapping back into stance after each hook

Work lead and rear hooks. Mix high and low. Stay coiled. Every shot should feel like a whip, not a swing.

Round 5: Elbows - Compact Damage

Elbows are your in-fighting blades.
Work horizontal, diagonal, and vertical variations. Stay compact and grounded.

Focus on:

Short, sharp motion

Using the hips and core to cut

Tight guard after each strike

Visualise slicing through the clinch or finishing off an exchange.

Round 6: Kicks - Balance & Recoil

Left and right round kicks, one at a time.
Stay light on the plant foot, rotate through the hip, and return to stance with control.

Focus on:

Proper chamber and recoil

No collapsing your posture

Smooth resets

The cleaner your kick returns, the less likely you'll get countered.

Round 7: Teep - Distance Weapon

The teep controls space and disrupts rhythm.
Target the body, hips, or guard. Push them off their centreline.

Focus on:

Strong upright posture

Driving from your hip

Resetting instantly

Use your teep like a fencer's jab-keep them guessing, off balance, and at bay.

Round 8: Knees - Controlled Violence

Work straight knees, switch knees, and step-ins.
Imagine the clinch. Drive through with the hips, and return to balance.

Focus on:

Explosiveness without falling forward

Core engagement

Quick resets

Knees are underrated. Train them to be devastating.

Round 9: Defence - Sharp & Aware

This is where you sharpen your reactions.
Visualise attacks coming at you: check, block, long guard, pivot.

Focus on:

Staying calm under pressure

Feeling rhythm, not flinching

Finding pockets to get your breath back

Cool-Down (5 Minutes)

5 Minutes Freestyle
Combine everything you've trained. Move without thinking. Flow. Let your body speak.

3 Minutes Stretching
Hips, hamstrings, shoulders, and neck. Unwind and reset the system.

Why This Works

Atomic Habits
1% improvements daily = exponential growth

Musashi's Method
Mastery happens one weapon at a time

Flow State
Music, breath, and full attention create rapid neural imprinting

---

If you've been shadowboxing without direction, this routine will change that.
You'll walk away sharper.
More focused.
More aware.
More dangerous with less wear and tear.

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See you in the next round.
- Matt

Hunting Vs Chasing Masterclass

Augus

Sawadee krup, family.

This one is special.

It's the **first filmed episode**, shot right here in Isaan, Thailand, at Wor Watthana gym with the kids. Couldn't think of a better place to start.

I've written before about pressure fighting.
But words can only do so much.
You need to see it.
You need to feel it.

Because most fighters don't actually understand pressure.

They think they're hunting...
but they're really just chasing.

Chasing vs Hunting: The Difference That Changes Everything

Chasing

You follow your opponent around.

You eat shots trying to close the gap.

You look busy but waste energy.

Hunting

You cut off the ring.

You control the exits.

You make them fight on your terms.

The difference looks small from the outside.
But in a fight, it's everything.

This Week's Breakdown

In this episode, I show you exactly what chasing looks like - and why it fails.
Then I show you how to hunt, step by step, with real fight examples and drills.

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? As always, $3 from every subscription goes straight to support the kids at Wor Watthana Muay Thai Gym.
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What You'll Learn Inside

The #1 mistake fighters make when pressuring.

How to cut off the ring without running forward.

Why the best pressure fighters never look rushed.

Simple footwork adjustments that turn chasing into hunting.

A sparring drill that makes your opponent feel the walls closing in.

The Guard Trick That Opens Up Even the Tightest Defence

Augus

Against fighters with elite defence, waiting for a mistake is a slow way to lose.
They are disciplined. They do not overextend.

Every attack you throw into their guard just makes them more confident.

The best fighters do not wait for these opponents to give them space.

They create space on their own terms.

Sawadee krup family,

This week we are looking at **guard manipulation**, a skill that turns a locked, airtight defence into a scoring opportunity.
It works whether you are elbowing in close or punching at mid-range, and it is a powerful way to shift control back in your favour.

The Problem with a Good Guard

Most fighters approach a strong guard in one of two ways:

They keep firing into the gloves and forearms, hoping something gets through. This drains energy and gives the defender confidence.

They back away, waiting for an opening that never comes. This hands control of the pace to the opponent.

Neither works against a disciplined defensive fighter.

Why Guard Manipulation Works

A guard is not static. It is alive. Every small movement you make can shift its shape.
By making contact with your opponent's arms and subtly changing their position, you can:

Pin a glove to their own head so it cannot block

Pull a glove outward to expose the chin

Hit a forearm out the way just enough to make the ribs vulnerable

---

The Trap Before the Strike

The simplest form of guard manipulation is trapping an arm before throwing.
In close range, a light bicep or wrist catch can freeze one side of their defence.
From there, the path is clear for:

A short elbow over the top

A hook around the side

Even a straight through the middle

The trap does not have to be forceful. It only needs to stop the arm from rising.

Pull to Create the Gap

The second approach is pulling.
If you can catch a glove and tug it just a few centimetres off the cheek, you have created a gap big enough for a clean scoring shot.

But here is the danger.
Pulling away at the guard leaves you open.
Your head movement, stance, and awareness have to be sharp.
You are not pulling to control the fight for seconds at a time. You are pulling for half a heartbeat and striking before they can recover.

Training Tip

I highly recommend drilling this until it is completely subconscious.
Work on seeing how fast you can react to pulling a guard down and firing immediately.

You can do this:

With a pad holder who presents a guard for you to manipulate

In shadowboxing, imagining the guard in front of you

On the heavy bag, visualising the gloves and creating your own openings

The goal is to make the sequence automatic. Trap or pull, strike, reset, without hesitation.

Closing Fight Lesson
Do not just wait for your opponent to make a mistake.
Make the opening yourself, but do it in a way that feels invisible until it is too late.

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See you in the next round.
- Matt

The Ancient Thai Game That Shaped Saenchai's Style (And Nobody Talks About It)

Augus

When I was growing up in Bangkok, I wasn't training Muay Thai yet. But I remember something else clearly.

At the military base near where I lived - and sometimes even outside local shopping centres - I would see groups of men jumping, twisting, and flipping through the air.

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Their legs moved like whips. Their posture stayed tall and balanced, no matter how wild the play got.

They were playing Sepak Takraw.

At the time, I didn't think much of it. Just another part of daily Thai life. But years later, during a long training camp in Thailand, one of my coaches - who grew up around Saenchai - told me something that changed how I saw the whole thing:

"You know why Saenchai moves the way he does? Why Lerdsila can explode without warning and still stay balanced? Takraw."

What is Sepak Takraw?

Sepak Takraw is an ancient Southeast Asian sport that blends elements of volleyball, football, and acrobatics. But

instead of using your hands, you use your feet, knees, chest, and head to strike a lightweight woven rattan ball over a net.

It has roots going back centuries in Thailand, Malaysia, and the surrounding region. In Thailand, it has always been more than just a game. It is a test of athleticism, rhythm, timing, and flow. The upright posture of a skilled Takraw player mirrors the stance of many femur-style Muay Thai fighters.

The footwork is fast. The reaction time must be sharp. And the body must remain relaxed while generating explosive power.

In the villages and urban neighbourhoods across Thailand, it is not uncommon to see pickup games between friends or high-level matches in public spaces. It is cultural, competitive, and often overlooked as a serious athletic foundation.

The Muay Thai Connection

In Muay Thai, there is a particular breed of fighter known as the "femur" - a technician. But femur fighters are more than just technical. They are artists. They play with range, rhythm, and timing. They bait. They sweep. They interrupt your rhythm and glide around the ring with an elegance that seems effortless.

Fighters like Saenchai, Lerdsila and Somrak Khamsing are prime examples of this style.

They are light on their feet, yet grounded. They can spring into action from a relaxed posture. They remain tall in stance while their legs snap like springs. Watching them move is like watching someone play a different game inside the game.

And as my coach said, this style wasn't built purely from drills. It was built from play.

After long, brutal sessions of padwork, clinching, and sparring, they wouldn't just collapse. They would play Sepak Takraw to unwind. Nothing serious. Just fun, a few side bets, and a way to entertain themselves without overthinking it.

It trained:

Foot and hip coordination

Timing under pressure

Full-body control without tension

Explosiveness through the legs while staying upright

Check out This Video: Takraw Tiger Muay Thai

Rotnarong's Secret

Later, I met Rotnarong Daopadriew, the man who taught Saenchai the cartwheel kick. One of the most respected legends in Thailand. He told me something that floored me.

"Saenchai's face teep was inspired by the Takraw kick."

If you have ever seen Sepak Takraw highlights, you know exactly what he meant. That flying spike kick, thrown with precision while the body rotates mid-air, looks almost identical to the way Saenchai delivers his push kicks to the face.

Rotnarong told me the motion of the Takraw spike taught Saenchai how to use his hips and legs in ways other fighters hadn't discovered. The teep wasn't just a front push. It was a massive STAB. And it came from studying an entirely different sport.

That is why Saenchai could land teeps without setting his feet. That is why his movement felt so unorthodox. He wasn't just fighting. He was playing.

Why It Matters for You

This isn't just a history lesson.

If you are training Muay Thai, especially if you want to build the femur style ... you need more than drills. You need balance. Timing. Joy. Creativity.

Takraw builds:

Explosiveness in the legs

Fast-twitch hip control

Coordination between your limbs and brain

Rhythm in your footwork

The ability to react with no wasted movement

It is not about becoming a Takraw champion but using the benefits you can get from doing some drills to increase your relationship with your legs and feet for Muay Thai.

The best part is that it's one of the most fun ways to warm up before training, or cool down after training.

How to Start

Buy a Sepak Takraw ball online. They cost around thirty dollars on eBay.

Search YouTube for beginner Takraw drills. Start with knee-ups, inside-foot passes, and controlled juggles.

Use it to warm up your hips and ankles before training.

Play in a small circle with a friend, or challenge yourself to keep it off the ground with both feet.

The benefits will show up fast. Your balance will feel different. Your posture will improve. Your legs will feel more alive.

The Takeaway

The old Thai fighters weren't overthinking it. They were just having fun, passing time, playing games like Takraw after training or during their childhood.

But without realising it, they were rewiring their bodies. Building balance, timing, leg dexterity, and reaction speed ... all the traits that later made them so hard to hit and so fluid in the ring.

If you're a Nak Muay today, you don't need to wait for those traits to happen by accident.

You can study the patterns. You can build them on purpose.

And maybe that starts by picking up a Takraw ball and seeing where it takes you.

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The Overlooked Drill That Fixes 90% of Power Leaks in Your Kicks

Augus

HOW TO MAST

The Mastery of Energy Transference

Why power isn't strength ... it's timing

Sawadee krup, family.

This week I filmed something special here in Isaan.
After the kids at Wor Watthana finished their morning run, I stayed behind in the ring to work on a concept that most fighters never even think about *energy transference.*

It sounds complicated, but it's really not.
It's the difference between a kick that lands like a push...
and a kick that *snaps* like a whip.

The Misconception

Most fighters think power comes from the weight room.
They chase squats and deadlifts.
They think if they just get stronger, their kicks will hurt more.

But strength is only one part.
If you don't know how to move energy, you'll always leak power.

The Shift

The truth is, snap comes from *fluidity*.
From learning when to transfer momentum.
From letting energy travel through your body at the exact right time not too early, not too late.

Think of it like a whip.
The power isn't in the leather.
It's in the crack and the transfer at the very end.

The Drill of the Week: The Snap Transfer

I filmed this drill to really show you the ins and outs of how energy moves through the body.

It's taken from my study of baseball and other sports - because the principle of transferring momentum is universal.

Pitch ? Shadow the motion of a pitcher. Feel your weight shifting forward.
Swing ? Imagine a bat. Notice how the power doesn't come from muscling it, but from timing the turn.
Kick ? Now apply it to your Muay Thai round kick. Don't throw strength. Throw rhythm. Let the whip come at the last possible moment.

It might feel awkward at first that's exactly what you want.
You're retraining your timing, fixing the leaks, and learning to move like water before you move like fire.

And this is just the beginning.
I've got more drills coming in this series that will keep sharpening your ability to transfer energy the way elite strikers do.

The Reflection

As I watched the kids messing around after sparring, I realised they don't even know biomechanics.
But when they play, they move fluidly. They're relaxed.
That's why their kicks snap without effort.

It's us adults who get stiff, who force power, who forget that energy flows best when the body is loose.

Final Corner Advice

Strength fades. Muscles tire.
But fluidity endures.

Master the art of energy transfer and every strike you throw will carry weight.

?? Full filmed breakdown inside (paid members only)
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The Split-Second Window That Can End a Fight

Augus

Sawadee krup family,

This week we are studying one of the most dangerous, fight-ending moments in striking.
It happens after a kick, in the tiny gap between landing and recovering stance.

If you can recognise that moment and fire your best shot into it, you can knock out even the toughest opponents.

Why This Window Exists

When a fighter kicks, their whole body is committed to the strike.
As the leg swings back to the ground, a few things happen at once:

Their base is still shifting under them

Their guard often drops slightly

Their weight is moving in a predictable path

In that split second, their chin is more exposed than at almost any other time in the fight.

How Veeraphol Exploited It

I have covered Veeraphol Sahaprom, the legendary "Deathmask", in a previous post. He was not just a knockout puncher ... he was a master of timing.

Veeraphol would wait, never rushing in blindly. He did not throw while the kick was in motion. Instead, he let the kick complete, and the moment the kicking foot landed, he sent a clean, full-power shot straight to the chin.

By hitting as the opponent replanted their foot, he caught them at their weakest balance point, when they could not defend or absorb the shot properly.

This clip we are studying today shows the same principle in action, even though it is a different fighter. The concept is identical and just as dangerous.

The Secret to Making It Work

Patience first. Do not bite on the kick itself. Wait them to start resetting.

Positioning matters. You have to be close enough to land instantly.

Commit to the shot. This is not a light counter. It needs to be your strongest, cleanest punch.

Training Tip

Drill this with a partner on pads.
Have them throw a light kick, and as soon as they replant their foot, fire your counter to the chin.
Repeat until your reaction is automatic.

You can also shadowbox this reaction or simulate it on the heavy bag by imagining the moment of their landing and timing your shot.

The goal is to make your counter so natural that you do not have to think ... you just see the foot land and the punch is already on its way.

Closing Fight Lesson
The knockout is not just about power.

It is about knowing when your opponent is weakest.
Find that split second after the kick, and you can change the fight with one shot.

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See you in the next round.
- Matt

Inside the Brutal Simplicity That Shapes Thailand's Toughest Fighters

Septe

Darwin's theory of evolution says that it's not the strongest who survive. Not the fastest or the smartest either.
It's the ones who can adapt.

Muay Thai is the same.

Not just the version you see on TV. I'm talking about the fights in dusty temples. The gyms with cracked pads and no aircon. The countryside stadiums where the only reward is a plastic trophy and enough baht to eat.

Muay Thai is survival of the fittest. But not in the Instagram sense.
It's a system that filters thousands of fighters. Most of them you'll never hear about.

That's something I've been thinking about lately.
How many elite-level fighters never make it out.
Some of them better than the ones who go viral.
But they fall off the map. Because of drugs.
Because they had to stop and feed their family.
Because they couldn't afford the time. Or the travel. Or the fight politics.

It humbles me. And it makes me appreciate the ones who do make it. Because the system itself doesn't care how talented you are. It rewards toughness. Not just physical. Mental. Circumstantial.

And in that system, a lot of things get learned the hard way.

When I trained in Isaan, a lot of things were just normal.

Sparring with no mouthguard.
No shin guards.
No hand wraps.

Not because it made you tougher but because most gyms simply can't afford gear.

I remember watching the boys spar and thinking I wanted to be like them. So one day I left my mouthguard out.

I chipped a bit of my tooth. (lesson learned)

This memory has taught me something that doesn't get explained much in western gyms.

When you remove all the protection, you remove your ability to hide bad habits.

Without a mouthguard, you learn to keep your jaw clenched.
You breathe through your nose.
You realise how dumb it is to take a shot with your mouth half open.

Without shin guards, you think twice before firing careless kicks.
You aim with the shin.
You check properly.
You respect every single shot because it hurts when you don't.

Without hand wraps, your fist has to be a real fist.
No lazy curls.
No floppy wrists.
You feel if your form is perfect every time you hit the bag or pads.

You start learning the real feeling of pain and how to manage it.

I've said it in other posts, but *ya awk agan* is real. That poker face. That stillness.

But it doesn't come from doing rounds in a nice gym with nice gloves.
It comes from life.

When you grow up around violence. Or hunger. Or responsibility way too young.
You learn how to stay calm. You don't show pain. You don't overreact.

The fighters I met in Isaan weren't trying to be tough.
They were just used to the pressures of life.

That's something you can't teach. But you can learn from it if you see it.

I'm not trying to say one style of training is better than the other.

But I've realised how easy it is to forget where Muay Thai came from.
How the lack of gear actually shaped the technique.
Why the fundamentals are so clean when you watch these fighters move.
Because they had to be.

This post is just to get you thinking.

To appreciate what you have.
To understand what gear can sometimes hide.
And to train with a little more intent. A little more context.

If you care about Muay Thai, it helps to understand its roots.

Even if you never step into a temple ring or kick pads in a rural gym.
You can carry that same discipline with you.

In how you train.
In what you notice.
And in the little things.

Maybe next time you train, try taking the gear off.
Ask your partner to do a light round with no shin guards.
Feel the difference when a check lands clean.
Do some boxing drills without your mouthguard and pay attention to how you breathe.
Notice what happens when you clench your jaw and when you don't.

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Hide Your Weapons: Karuhat's Switch-Hitting Setup That Dropped Kaensak

Septe

This is one of the most legendary knockdowns in Muay Thai history.
Karuhat Sor Supawan faced Kaensak Sor Ploenjit, a clash between two of the greatest technicians of their era.

What looked like another standard switch kick turned into a devastating punch that dropped Kaensak clean.

Sawadee krup,

This week we are studying Karuhat Sor Supawan's rhythm, sway, and deception. The kind of mastery that makes elite opponents second-guess their instincts.

The Setup

Karuhat had been landing switch kicks with his signature rhythm all fight.
Every sway, every setup, every movement looked identical.

This is the genius of his style.
He lulled Kaensak into expecting the same outcome over and over again.

Humans are programmed to build subconscious reactions. If you see the same movement ten times, your brain predicts the same result. Kaensak saw the sway and expected another kick.

But Karuhat had other plans.

Why It Works

Karuhat used his rhythm as the feint.
Because everything looked the same, Kaensak's guard and timing were locked onto defending the kick.

Then, instead of firing the switch kick, Karuhat punched straight through the guard.

It was not about speed or power.
It was about creating a subconscious expectation and then breaking it at the exact moment Kaensak thought he was safe.

Bonus Detail: Sway as the Feint

Most fighters think of feints as big, deliberate fakes.
Karuhat shows the opposite.
When your rhythm is so consistent that everything looks the same, the rhythm itself becomes the feint.

Micro Tip: Hide Your Weapons

Do not show your opponent every tool at once.
Make your setups identical so they never know when the punch is coming, the kick is coming, or the knee is coming.

This is the true art of deception: hiding your weapons in plain sight.

Summary

Repeat the same rhythm until it feels predictable

Let your opponent fall into a subconscious reaction

Break the pattern at the perfect moment

Closing Fight Lesson
Predictability can be your most powerful disguise.
When the rhythm looks the same, the strike they never expect is the one that lands.

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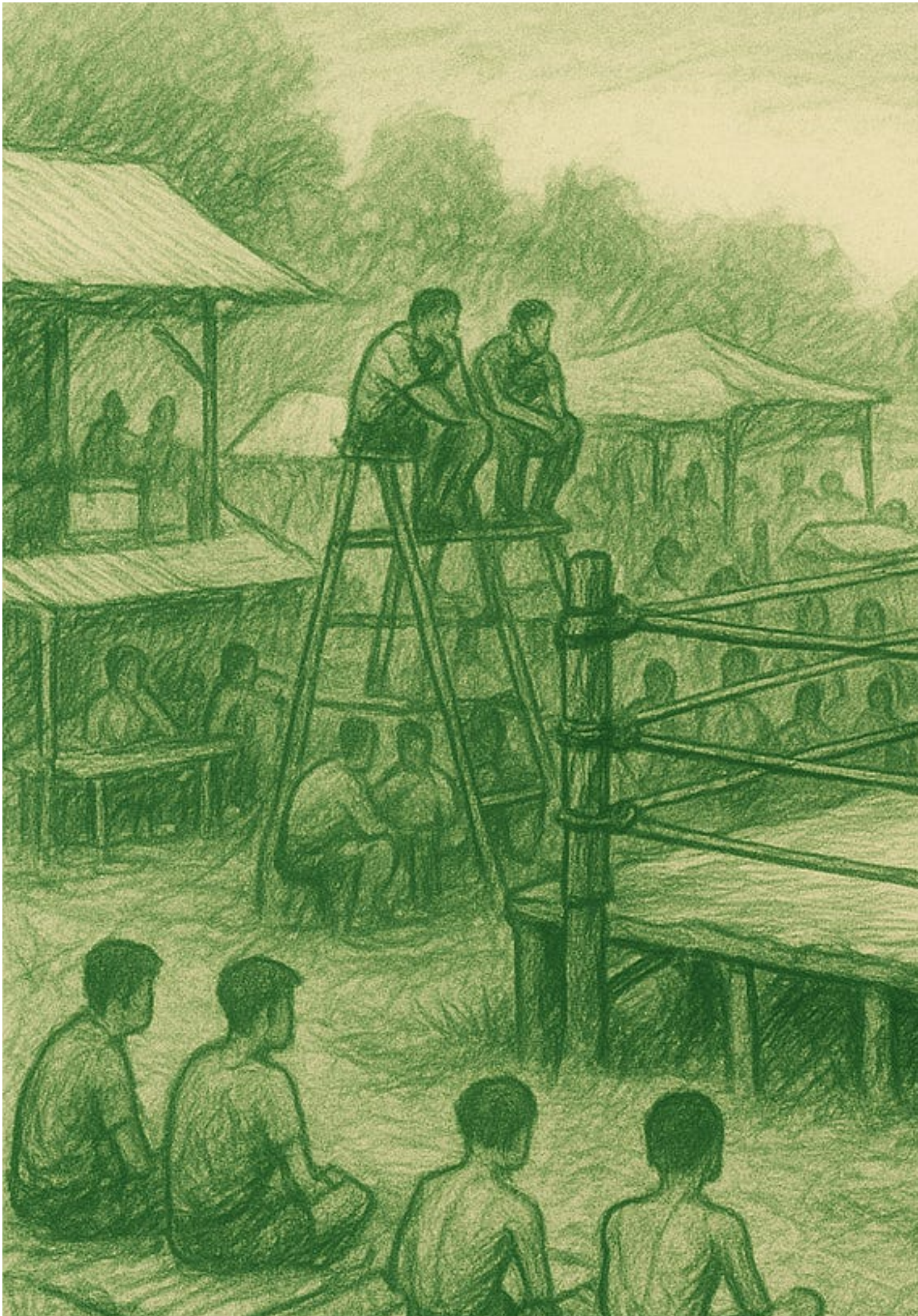
The Forgotten Art of the Exit

Septe



I remember the long temple nights in Isaan.

Sixty fights or more, stacked one after another. Five-rounders that blurred into each other. The gamblers shouting, the drums pounding, the temple music looping endlessly in the background.

After a while, the mayhem turned into something else: rhythmic, almost hypnotic.

Every fight followed the same structure. Entry. Exchange. Exit. Over and over, like verses in a song.

It reminded me of something I once heard about basketball. It is not really a game of four quarters, but a game of runs. Muay Thai is the same. A fight is not one continuous battle. It is a series of exchanges. The fighter who masters those exchanges does not just survive. They take control.

The Invisible System

Every exchange follows a simple pattern.

Entry. How you begin, whether by feinting, countering, or stepping in.

Attack. The strike itself, chosen with intent to score or damage.

Exit. The moment most fighters forget, but the one that decides who truly owns the exchange.

A strong exit leaves you safe, in control, and ready for the next moment. A poor one erases everything you gained.

The Masters of the Exit

If you want to study this in its purest form, watch Saenchai.

As a shorter fighter, he could not always rely on reach. Instead, he played with rhythm. He faked his way inside, changed speeds, landed explosive shots, and then left on his own terms.

Sometimes his exit was a clinch, smothering space so there was no return fire. Other times it was a smooth circle, pivoting away before the opponent could reset. Often it was the classic Muay Thai answer: a teep to the body, pushing everything back to square one.

Each exit was not just defence. It was control.

The Drama of Fighting

In Thailand, fighting is never just about fighting. It is about scoring. It is about story.

A trainer once explained it to me with a single word: *lakorn* (????). Drama. Every fight is a drama being acted out for the gamblers, the crowd, and most importantly, the judges.

Winning an exchange is more than landing shots. It is about looking dominant as the exchange ends. The exit is what leaves that impression. Judges do not just remember what landed. They remember who looked in charge when it was over.

That is why the formula matters. Entry. Attack. Exit. It is not only technique. It is theatre.

A Universal Language

What makes this system powerful is that it is not unique to Muay Thai. You see it in boxing, in wrestling, even in team sports. Entry. Execution. Exit.

But Muay Thai shows it most clearly. Strip everything else awayand what is left is this rhythm or formula. Those long temple nights taught me that the fight is not five rounds of chaos. It is a chain of exchanges. Each one with a beginning, a middle, and an end.

The fighters who mastered all three did not just win. They imposed their will.

Teaching the Exit

For me, the lesson did not come in a single flash. It grew slowly. The more I taught this idea to myself and to others, the more manageable Muay Thai became.

Rounds stopped feeling aimless. They had structure. Purpose. Each exchange was a chance to win, not just to trade.

That made me sharper. Whether it was a kicking duel or a boxing battle, I was already thinking ahead, looking for the exit before my opponent even realised there was one.

It was not just safety. It was a system. A way to make the randomness of fighting feel like something you could control.

One Step Ahead

If a Nak Muay in 2050 reads this, I would want them to remember one thing:

When you already know how you will exit, how you will protect your points, and how you will score, you are already one step ahead of most fighters.

That is the hidden art of Muay Thai.
It is not only about how you enter or what you land.
It is about how you leave.

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What Every Thai Trainer Wants to Tell You (But Can't)

Septe

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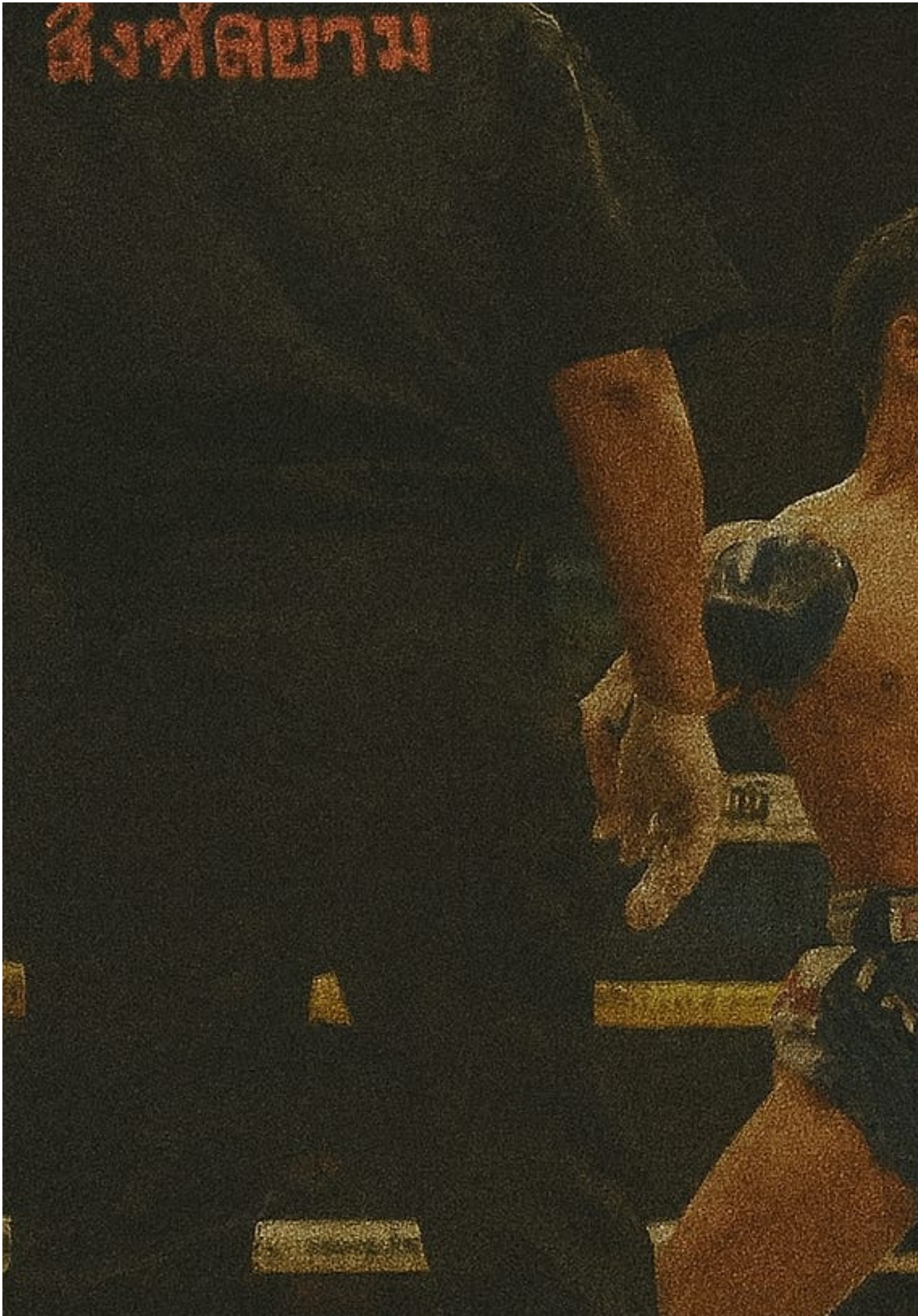

Introduction - Inside the Thai System

If you've trained in Thailand, you've probably felt it. The endless pad rounds. The kicks. The bag work until your shins scream.

And yet, there's something about the Thai fighters, even the kids, that feels different. Their calmness. Their balance. Their timing. Their ability to control the fight without even looking like they're trying.

You ask your trainer how they do it. He smiles. Maybe nods. Maybe laughs. But doesn't explain.

It's not because he doesn't want to teach you. It's because there are things he can't translate, lessons born from survival, instinct, and thousands of fights.

After years living, training, and fighting inside Thailand's system, here are three key lessons your trainer wishes you knew and four insider secrets that trainers never translate, reserved for paid subscribers.

Free Section - 3 Lessons Every Westerner Needs to Know

1. NING (????) - The Power of Stillness in the Ring

Western fighters often think fighting is about doing more. More kicks. More feints. More chaos.

But elite Thais win fights by doing less.

NING means stillness. It's the ability to look calm, balanced, and unbothered even in the middle of chaos.

When you stay still and composed, you do two things:

You conserve energy while your opponent wastes theirs.

You force hesitation because they can't read you, but you're reading everything.

Developing NING isn't about being passive. It's about controlling rhythm. You can train it by:

Sparring at a slow pace to practise breathing control

Pausing mid-exchange to reset balance before attacking

Shadowboxing rounds focused entirely on freezing in posture after strikes

NING makes you feel like you have more time than your opponent. And in Muay Thai, time is power.

2. Yeen Di Di (???????) - Stand Properly, Rule the Ring

Every Thai trainer loves this phrase:

"Yeen di di." *(Stand properly.)*

It sounds simple but it's a deep concept.

Your stance isn't just about defence. It's about owning space and controlling the terms of the fight.

Watch an elite Thai fighter and you'll notice:

They're never off balance after striking

They recover posture before you can counter

They make you feel like you're always reacting, never leading

Westerners chase weapons. Thais master posture.

Once you understand Yeen Di Di, you stop fighting technique versus technique. You start fighting position versus position, and you'll feel the difference instantly.

3. Clinch Weight Tricks - Why Smaller Thais Feel Heavier

Every westerner has experienced it. You clinch a Thai fighter who weighs 10kg less than you, and somehow, they feel twice as heavy.

It's not strength. It's not size. It's technique.

Thai fighters know how to:

Drop their hips just enough to make you carry their weight

Hook inside positions so you're always fighting from weakness

Time micro-shifts to break your balance before you can sweep them

Most trainers won't explain this step by step. They expect you to feel it over time. Start watching where their hips and feet are during clinch. The secrets are hidden there.

Paid Section - Insider Secrets Trainers Never Translate

(What follows is locked for paid subscribers. Free subs see the teaser only.)

I Studied Nadaka's Timing. Here's the Trick Behind His Head Kick KO.

Septe

Fight Context
Everyone wants to know how to throw a head kick. Flexibility drills, balance work, the mechanics of swinging the leg high.

But once you can physically kick to the head, the real question begins: *When do you throw it?*

This example from Nadaka, the Japanese Muay Thai star in RWS, shows exactly how the timing works.

Sawadee krup,

This week we are studying the hidden gap that turns a head kick from a scoring shot into a knockout blow.

It is not about being the most flexible fighter in the room. It is about learning to read your opponent and choosing the one moment when their guard is guaranteed to drop.

The Setup

Most fighters throw head kicks randomly:

They throw without setup and hit gloves

They telegraph too early and eat a counter

Or they simply never find the chance to land clean

That is why so many high kicks score, but so few knock opponents out.

Why This Window Exists

When your opponent throws a punch, their guard is briefly compromised. Their weight shifts forward, their focus goes to offence, and their head is exposed.

If you can feel the rhythm of when that punch is coming, you can release your kick at the same time.

The punch creates the illusion of safety. The kick shatters it.

Nadaka's Example

Watch Nadaka closely.

The moment the punch leaves the guard, Nadaka releases the high kick.
Even if it lands on the glove, it threatens damage. But when it sneaks through, it lands flush and that is where the highlight-reel knockouts are born.

The Secret to Making It Work

Patience. Do not throw the kick first. Let them commit.

Feel, not guess. You will not catch it every time, but even the attempt makes them hesitate.

Confidence. Commit fully. A hesitant head kick is worse than no kick at all.

Training Tip

I highly recommend drilling this until it feels natural.

On pads: Have your partner feed a jab or cross, then immediately open for you to throw the high kick.

In shadow: Imagine the punch coming, then time your kick with the release.

On the bag: Work on throwing the high kick as soon as you visualise the punch leaving the guard.

The aim is not perfection ... it is creating the instinct to fire the kick the moment you sense a punch is coming.

Closing Fight Lesson
Head kicks are not just about flexibility.
They are about timing, rhythm, and catching the moment when your opponent believes they are safe.

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The Laugh That Built a Thousand Fighters

Septe

The laugh that teaches

If you have ever trained with a Thai coach, whether in Thailand or back home, you know the laugh I am talking about. I have seen it many times. Fighters think they are doing great, shots are landing, they feel like the next Golden Era legend. Then the coach laughs.

After fights where I thought I performed well, I heard it too. Even the kids laughed.

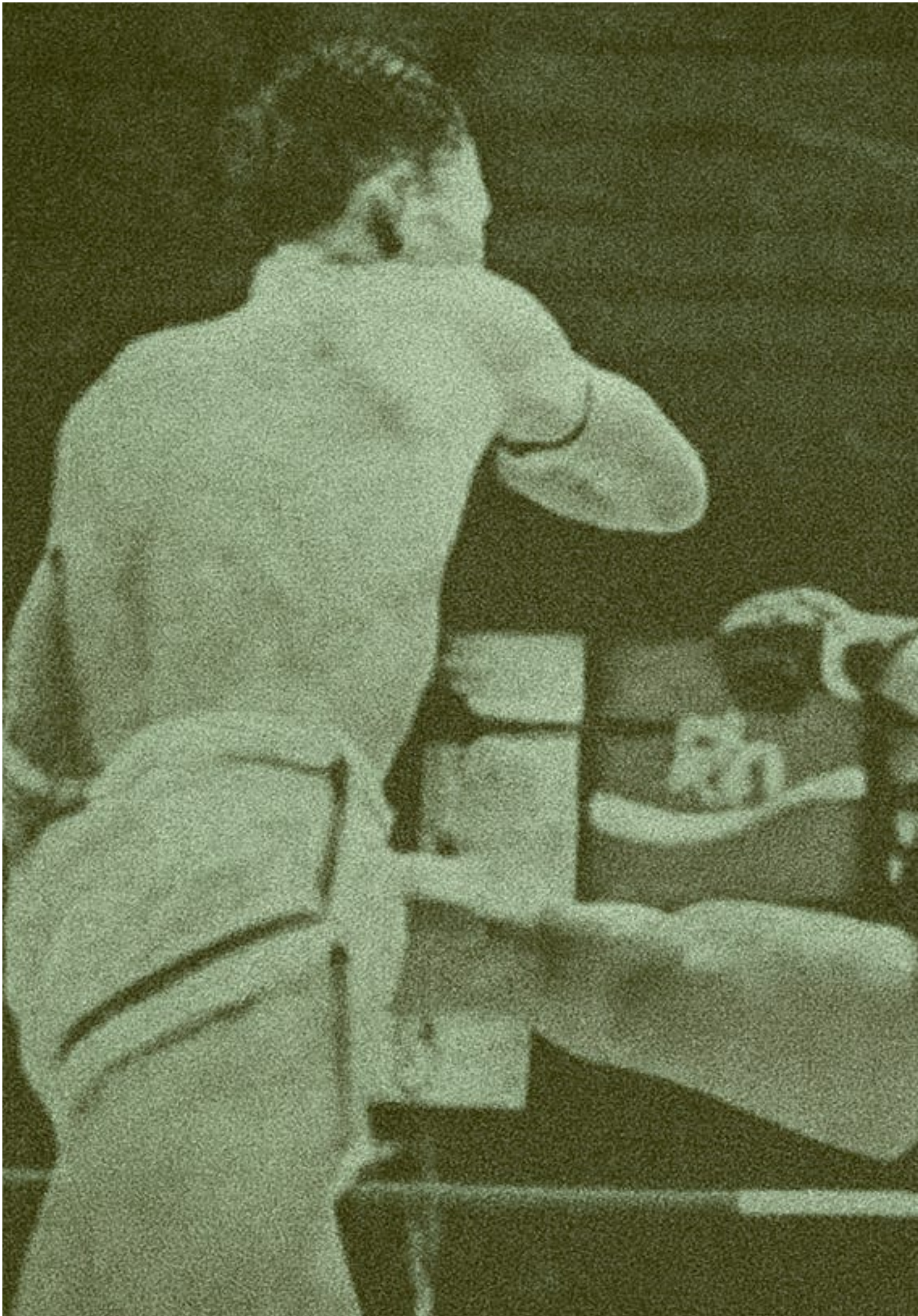
It is not ridicule. It is a form of teaching. The laugh carries a message without words. It hides a deep truth: intelligence is rare. Fighters who take unnecessary damage are not admired. They are seen as careless.

The great fighters of the Golden Era built their reputations not on how much punishment they could take, but on how little they allowed through.

What the laugh really means

The Golden Era Kick Detail That Turns Misses Into Clean Shots

Septe



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Why Most Fighters Struggle to Land Clean Kicks

Every Nak Muay learns to throw the high kick. Flexibility drills, balance, and mechanics become the focus. But once you can reach the head, a new question arises: how do you actually land it on someone who leans back?

Most fighters kick in place. They pivot, snap, and return to the same spot. Against a lean-back opponent this creates distance for them, not for you. If you have ever fought someone who is always leaning back you know how annoying it can become.

The Secret Behind Karuhat's Golden Era High Kick

Watch Karuhat and you will notice something different. He does not stay rooted in one place when he kicks. His torso subtly sways forward, as if pulled by a magnet towards the opponent. This is not reckless lunging. It is balance with intent.

That forward sway collapses the gap that lean-back fighters rely on. What would have skimmed the air now clips the chin or body.

Why Forward Swaying Changes the Outcome

When you step into the kick with your chest, you change distance without breaking posture. The opponent expects safety when they lean away. Instead, your kick follows them and finds its mark.

This detail proves once again that distance is king. The fighter who manages range dictates the fight.

Sai Ta - Training the Eyes Alongside the Body

Karuhat's mastery is not only in his torso. Look closer at his *Sai Ta* (????? - eyes). As his kick lands, his eyes are already locked on the opponent. This prepares him for the next beat - the clinch, the counter, or the follow up.

The body collapses distance. The eyes collapse hesitation. Together they create pressure that the opponent cannot escape.

How to Train This Adjustment in the Gym

Pad work: Ask your partner to move back slightly on every kick. Practise swaying your torso forward into the strike while keeping posture tall.
Shadowboxing: Visualise the opponent pulling back. Sway forward with the kick and freeze your eyes on them after every strike.
Bag work: Combine the sway with simple setups like the jab or a feint. After each kick, check if your chest carried forward into the shot.

Coaching Notes to Remember

Do not overreach. The sway is subtle, not a desperate lunge.

Keep balance and posture upright. The forward motion comes from intention, not collapse.

Lock your Sai Ta early. Land ready to clinch or follow up.

Closing Lesson

Karuhat shows that a small forward sway, combined with eyes fixed on the opponent, can turn misses into potential fight-ending shots.

Train your kicks to close the distance naturally and train the eyes to prepare the next step. Distance remains king, but only when you learn to command it with both posture and vision.

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The Golden Era Secret to Catching Kicks Without Taking Damage

Septe

Fight context

In this clip you will see Karuhat handle a heavy roundhouse in the way golden era fighters always did. Instead of meeting force with force, he converts the incoming power into an opening for attack. This is not luck. It is a system that comes from hundreds of fights and thousands of hours of practice.

Sawadee krup family

If you have trained in Thailand you know there is a practical and ruthless intelligence in the way older coaches teach. They will often ask a simple question: *why would you want to get hurt?*

I love this mindset. The Thais are known for toughness, for bulletproof hearts and never backing down, but the femur fighters also see toughness in a different way. To them it is not brave to absorb damage that could be avoided. It is foolish. Their message is clear. Use your brain.

Concept introduction

Many fighters outside Thailand are taught to catch a kick by simply grabbing the leg and holding it still. Golden era coaches see this as careless. The goal is not to show off that you can "take" the kick. The goal is to survive clean and create a better position to finish the exchange.

Problem

Most fighters fall into one of two traps when catching kicks:

They try to muscle the leg and stop it dead, which hurts and often leaves them off balance.

Or they cling to the leg and wait for a scramble, giving the opponent time to counter.

Both options invite unnecessary damage. The truth is simple. You do not need to be heroic. You need to be smart.

Why the golden era catch works

Watch Karuhat closely. He does not just grab the shin. He steps to the side and absorbs the kick while managing distance. The step takes away the angle of the strike, drains its power, and leaves him in control.

Once the power is gone, the opponent's momentum becomes your weapon. From here you can swing the leg away, return fire with a counter kick, or fold into the clinch.

Absorbing is not the same as stopping. To absorb is to move with the strike, to let its force pass through you without breaking posture. The new body position you create becomes the base for your next attack.

Bonus detail - mentality and economy of movement

Golden era coaches fought hundreds of temple bouts. Fighting was their job. If they took unnecessary damage week after week, their careers would be short. From this experience came a philosophy: efficiency first.

Their mantra is not to get hit more than you must. Every unnecessary scar is time taken away from your career. Absorbing and using momentum is how you extend your life as a fighter while keeping the advantage in the ring.

Training application: Drills to make it real

Partner drill: soft kick to absorb and return

Partner throws controlled roundhouses to your thigh or body.

Instead of freezing the kick, step off the line as you receive it, palm the shin, and rotate the opponent's leg away.

Immediately return a counter kick or short punch.

3 sets of 10 per side.

Shadow drill: imagine absorbing

Shadowbox slowly, visualising a heavy kick coming in.

Step your lead foot slightly off line as you absorb the imaginary shin.

Feel the weight flowing through your chest and into your step.

Release a counter once the kick has passed.

4 rounds of 3 minutes, slow and mindful.

Bag drill: Timing and control

Stand by the heavy bag as if it is the opponent's kick.

Step into the bag as if receiving, then pivot and fire a counter kick.

Focus on balance, posture, and returning your sight line to the target.

Coaching notes: What to avoid

Do not hang back and try to catch everything by brute strength. This will leave you off balance and vulnerable.

Do not overcommit your head or upper body when stepping. Keep your posture tall and your eyes engaged.

Do not over grab. The small grip plus the step is far more effective than wrestling with the leg.

Closing fight lesson

Catching a kick is not heroism. It is intelligence. The golden era taught fighters to absorb, step, and redirect rather than fight against raw power. Learn this economy of movement. Protect your body, extend your career, and turn every incoming strike into an opportunity.

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back to where it began.

Octob

why your thai trainer keeps telling you to relax

Octob

Fighting Is a Job: Why Knockouts Come When You Close the Gap

Octob

I've been taking one of the young fighters, **Monfai Wor Watthana**, from Wor Watthana Muay Thai Gym to fight at a grassroots tournament recently. The level is higher than the usual temple shows and there are fewer fights on these cards. These are the top kids from each province across Thailand.

Watching this tournament reminded me that **fighting is simply a job**. It's a way to feed the family, put food on the table, and survive. It's not about fame, glory, or recognition. It's not about photos, Instagram reels, or social media posts. For these young men and women, fighting is a career born from limited choices in impoverished areas.

In the West, many fighters say, *"I'll die in the ring."* In Thailand, although **jai su (?????)** - fighting heart - is respected, the truth is more grounded: *it's just another night at the office.*
The goal isn't external validation. It's survival.

The Basics Stripped Back

Fight after fight at this tournament opened my eyes to something rarely discussed in training. These bouts were raw, honest, and simple. Most of these kids didn't come from famous gyms or study online tutorials. They learned through experience - hundreds of fights since childhood on the temple circuit across Isaan.

That's what I love about it. It strips Muay Thai back to its essence ... no extras, no show.

And after watching dozens of matches, I started to notice a powerful pattern:
every knockout or TKO came from the ability to fire weapons while moving forward.

It's so simple, but hardly anyone trains this consciously.

When you hit pads, your pad holder is usually planted. Even when they move, they stop to catch each strike. But in these fights, every KO happened when one fighter **followed the opponent as they retreated** - punching or kicking through the space, closing distance with rhythm and forward intent.

This forward momentum multiplies power. Every step becomes part of the strike.

Pad Holding and the Moving Target

As a pad holder, I've been experimenting with moving backward while the fighter throws combinations - stepping, pivoting, circling as punches and kicks come at me.

It's awkward at first. You have to communicate clearly, or your partner could hyperextend or overreach. But when done safely, it's one of the best ways to build real-world timing.

Even in **shadowboxing**, you can start developing this "hunting" mindset.
Learn to strike through your target, not just *at* it.
Coordinate footwork and rhythm so that every punch or kick carries your body weight forward.

You'll immediately feel the difference in pressure, power, and realism.

Don't Brush This Aside

Don't dismiss this as common knowledge. Watch fights live - not on YouTube - and you'll see how many fight-ending shots come from this ability to **cover distance as the opponent retreats**.

When your opponent steps back, they create a window of space. If you fill that space faster than they expect, your strike lands with full momentum and perfect timing.

If they're near the ropes, this becomes even more effective.
Your mindset should be: *run them into the ropes and strike through the barrier.*
That's how you convert control into damage.

Bridging Training and Fighting

The main lesson here is to **bridge the gap between training and fighting**.
If your drills don't translate under pressure, they're just choreography.

That's what I'm focused on now - applying the 80/20 rule to Muay Thai.
Find the small adjustments that deliver massive results.
And one of the most overlooked is this: **strike while moving forward.**

Static pad work doesn't prepare you for the real thing.
Real fights are movement, chaos, distance, rhythm - and learning to fight through all of it.

Implementation

Start small.

Ask your pad holder to take half-steps back while you punch or kick.

Add advancing strikes to your shadowboxing rounds.

In sparring, practice following an opponent's retreat while maintaining your guard and composure.

If you do this consistently, your timing, accuracy, and finishing ability will transform.

Watch live fights, study how KOs really happen, and you'll see it too.

The lesson: Power belongs to the fighter who is able to fire whilst moving forward.
Learn to strike while you advance, and you'll change the way you fight forever.

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Mental frameworks you will not find on YouTube

Visual breakdowns of hidden tactics like ning, awk lei, and ya awk agan

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Restack this post to your Substack feed. It helps more than you know.
Send it to a fighter or coach who would get value from it.

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Special Thanks
To Wor Watthana Muay Thai Gym. This is where I learned many of the lessons I share.
Your support keeps them going.

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See you in the next round.
- Matt

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What the Word "Nak Muay" Really Means

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