



ORIENTAL MUAYBORAN ACADEMY

MUAYTHAI BORAN KHAN 1 and 2

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From the teachings of

Grandmaster Sane Tubtimtong



CODE: NM 1-2

TOTAL HOURS: 50

CERTIFICATION : KHAN 2 (YELLOW)

SUBJECTS	HRS	DESCRIPTIVE TITLE
HEALTH 1	1	VITAL POINTS OF THE BODY
MUAYTHAI HISTORY 1	1	VITAL POINTS OF THE BODY
VALUES 1	1	THE ORIGIN OF MUAYTHAI, BENEFITS OF PRACTISING MUAYTHAI
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WORKING VOCABULARIES

NAK MUAY - a practitioner or student of Muay Thai

KRU - a title awarded to a teacher of Muay Thai who have undergone and passed all the necessary trainings and requirements of the khan system

AJARN - a master in the art of Muay Thai Boran

Counting in Thai numbers

1 - neung
2 - song
3 - sam
4 - see
5 - ha

6 - hok
7 - jet
8 - pet
9 - gao
10 - sip

HEALTH 1 (VITAL POINTS OF THE BODY)

VITAL POINTS OF THE BODY

Nerve endings

- **Temple** - thinnest part and junction of the four skull bones. A big artery and many vessels run in this area.
- **Eyes** - sense of sight and also controls balance.
- **Nasal** - aside from breathing it is the passage of five vascular arteries known as Kiesselback's plexus which make a nose to bleed on trauma.
- **Jaw line** - the mandible is movable and easily broken. It is connected also to the vagus nerve.
- **Ears** - sense of hearing and balance through the vestibular cranial nerve.
- **Nape** - a trauma to the back of the neck area may cause damage to the spinal cord or blood vessel supplying blood to the brain.



- **Neck** - there are main vital arteries situated in this area which flows the blood to the brain. Secondary injuries may arise with a severe trauma. In this region it contains the three critical compartments:
 - cervical vertebrae - c1 to c7 of the spinal column
 - visceral glands - (thyroid, parathyroid, thymus), the larynx, pharynx, and trachea
 - vascular - the common carotid artery, internal jugular vein, the vagus nerve on each side of the neck
- **Groin** - unlike the other parts of the body, the male testicle is not protected by strong organ of the body. It contains numerous sensory nerve endings making it sensitive to even mild trauma.
- **Kidney/liver area** - a high-impact, often fight-ending punch targeting the liver on the right side of the opponent's torso, typically delivered with a left hook or shovel hook beneath the ribs.

BREATHING

1. **The pit of the stomach** - I got used to call this as the 'solar plexus', the third chakra associated with the color yellow, as taught to me by my first yoga guru. A nerve plexus of the abdomen that is positioned behind of the stomach and front of the aorta and the crux of the diaphragm. It contains several ganglia distributing nerves fibers to the viscera. Significance on combat is more on the impact on organs around it, diaphragm spasm leading to difficulty in passing of airflow.
2. **Trachea** - the primary transporter of air to and from the lungs. A trauma to the throat or chest can cause narrowing of the passage of air.
3. **Floating ribs** - there are twelve pairs of human ribs. First to seventh are attached to the sternum; the eighth, ninth, and tenth ribs are connected to the seventh rib by cartilage. The last two pairs, eleventh and twelfth, are shorter and not connected to the sternum are called floating ribs.



MUSCLE

1. **Deltoids** - the large triangular shaped muscle that covers the shoulder joints. It serves to raise the arms laterally.
2. **Triceps** - a large muscle that arises from three heads. Especially the large extensor muscle along the back of the upper arm.
3. **Rectus femoris** - one of the four muscles that form the quadriceps femoris muscle, it is situated in the middle of the front of the thigh. It is responsible for the knee extension, and hip and thigh flexion.
4. **Tibialis anterior** - a muscle in humans that originates in the upper two-thirds of the lateral (outside) surface of the tibia and inserts in the medial cuneiform and first metatarsal bones of the foot. It acts to dorsiflex and invert the foot. This muscle is located near the shin.

JOINTS

Movable joints

1. **Ball and socket** - allow free movements in all directions. The (16) Hips and (17) shoulders.
2. **Hinge joints** - allows movement in one plane. The (18) elbow, (19) knee, and (20) fingers.
3. **Pivot joints** - permits rotation only. The first two vertebrae of the (21) neck regions. The head rotates from side to side on a joint called axis.
4. **Gliding joints** - surface of the bones moves a short distance over each other. The (22) wrist and (23) ankles. Vertebral column joints



The **vertebral column** is subdivided into five regions the cervical (C1 to C7), thoracic (T1 to T12), lumbar (L1 to L5), sacrum (S1 to S5), and coccyx. Comprising of 33 vertebrae, hinged together by the intervertebral disc. The vertebral column protects the spinal cord.

The **central nervous system** is comprised of our spinal cord and the brain. These 2 are responsible in various functions of the body; like muscle movements, sensory functions, autonomic functions like blood pressure, heart rate, and others.

Dislocation or fracture of the vertebral column leads to serious damage of the spinal cord.

IMMOVABLE JOINTS

The human (24) skull is composed of several bones including the five major parts. These bones normally fuse together as the infant reaches the full growth of the brain. It has no range of movements for adult skull for the purpose of protecting the command center of the body, the brains.

Traumatic injury to the skull may lead to temporary loss of brain functions or worst comatose to death.

SKIN

The (24) T-zone of the upper part of the face. The eyebrows and the top part of the nose bridge have thin skin. It is prone to break easily because it has no flesh in between the skin and bone. An elbow strike is often a culprit in an eyebrow cut. Between the eyebrows is vital as the blood will flow to the eyes which causes burning sensation and affects sight.



HISTORY 1

THE ORIGIN OF MUAYTHAI

How Muaythai started could have been easier to find out for us modern day practitioners, should not the Burmese army have burned down Ayudtaya more than 2000 years ago. Essential history of early Muaythai were lost also. Thanks to the archives from the literatures of the early European visitors in Chiangmai during the Lana Kingdom and from the annals of the Burmese and Cambodian invaders; researchers found what we knew of Muaythai today.

This is also a national tradition that has been passed down from clans or families through practice and word of teachings; from grandfather to father to his son.

All points the story of this fighting system that the Thais used and practiced muaythai to defend their lives and land from assault of neighboring countries. Another story claims that this fighting style was carried down by the Chinese people who came to the old Siam. These two theories are possible, however, the earlier has academic and archeological evidence as proofs.



Thailand means land of the free, boasting the fact that this country has never been colonized by foreign Nations. And they proudly claim that Muaythai of the golden times saved them.

During war time, the Thais codified a warfare method using their farming/fishing tools as weapons and wrote a manual called 'chupasat'. The soldiers, warriors, and no less than the kings practiced and refined these techniques.

Then they came out with combat arsenals using the body parts called 'nawaawuth', when there is the need to use the fist and foot as a spear and tip of the knife, the elbow as a battle axe, the arms are blades of the sword and armament of defense, the knees are the scythe and arrow, the shin are the stuffs for defense and blades to cut; thus the Martial art Muaythai begun its upsurge during the Ayudthiya period, the reign of King Naresuan in 1584.



BENEFITS OF PRACTICING MUAYTHAI

EDUCATIONAL (ARTS, SCIENCE, AND HISTORY)

Muaythai is a rich cradle of art which is an expression of a beautifully molded battle-hardened techniques. It is a fatal fighting sequences that can decapitate or kill a target. The story of muayboran is marked in the history of the Thais and passed on to the world as a legacy. Learning muaythai boran covers other interlocking knowledge like the language, the culture and tradition, the people, places, and the country's past and present.

The martial arts Muayboran was conceptualized in a scientific and logical manner. Like a potent weapon of war, it passed to a series of systematic methods of study. During war time they recognized their weaknesses in combat, so they think of techniques to protect as well as how to counter the offense. During trainings they practiced and sharpen these formulas to perfection of potentiality, applicability, and beauty. The developers behind these system of warfare are no less than the Royalties and Army Generals of the ancient Siam.



HEALTH

Muaythai develops the 5 aspects of health;

PHYSICAL - Regular training will improve the physique, and one of the best tested methods to lose weight and stay in good shape. Above all, it improves the immune system and many organs of our body. It is ironic that some work so hard to earn money but neglects to exercise so at the end, the hard earned money goes to medicines of acquired sickness. Prevention is still better than cure as the adage goes.

INTELLECTUAL - Steadfast, alert and composed in managing problems or situations; our trainings in muaythai develops our mind to work quick so our action is fast too. We learn to resolve our state of affairs by analyzing first the strength and weakness of the problem before we attack with focus.

EMOTIONAL - Ones sense of maturity in different aspect will be developed. Having the wisdom to do what we ought to and capable of doing, and taking the courage not to do what we should not; the art of self-discipline.

SOCIAL - We are trained to focus on ourselves during trainings, on how to strengthen our power, and we are rewarded for our achievements. Through this we gain traits on how to be confident and bring out our best selves in this diversified community. To be a team player and take responsibility which cultivates obedience and leadership.



PSYCHOLOGICAL/SPIRITUAL - The highest aim of this practice is spiritual elevation. In muaythai, we should always start and end our trainings with a meditation or prayer. A constant communication with our inner self and The Higher Being will fortify our self-awareness and serenity of spirit.

SELF-DEFENSE- Most especially for children and women, who are the most fragile target of crimes and offenses; having a knowledge and skill in protecting themselves is very important nowadays. It is still the best and most legal weapon to possess in times of adversary at any circumstance. For us parents, who really value the safety of our children, please hand them this legacy of learning how to use their body as a weapon.

SPORT- Amateur muaythai is now a medal sports competed in the South East Asian games (SEAG), Asian Indoor Games, and organized international tournaments.

PROFESSION- For those who are into professional fights or leading a career path in ring fights; there are a lot of competitions. In Thailand, you can find tournaments every day. Muaythai techniques are also essential weapon in kickboxing, boxing, K1 and MMA. The next wise thing you need is a good and capable manager who you can trust. Being a professional referee and judge, coach, promoter, manager or owner of a gym are also another form of profession you can be employed with.



VALUES 1

OATH OF MUAYBORAN

I WILL RESPECT EVERYONE,
ESPECIALLY MY FAMILY, MENTORS, AND MYSELF.
I WILL BE LOYAL AND TRUE TO MY MOTHERLAND.
I WILL LIVE BY MY PRINCIPLES AND CONVICTIONS,
STAND FOR THE GREATER GOOD
AND HOLD ONLY MYSELF RESPONSIBLE
FOR ALL MY WORDS AND ACTIONS.

I WILL WILLINGLY SUPPORT
THE OBJECTIVES AND GOALS OF
MUAYTHAI BORAN
AND NEVER BRING DISGRACE TO ITS NAME.
I WILL FEAR NO ONE IN PROTECTING HONOR,
TRUTH AND JUSTICE.

I WILL KEEP MY SELF-DISCIPLINE,
AND SELF-CONTROL AT ANY CIRCUMSTANCE.
I WILL USE MY SKILLS AND KNOWLEDGE
TO PROTECT AND DEFEND WHAT IS RIGHTEOUS,
AND NOT TO BOAST AND HARM.

THESE I PLEDGE



STANCES 1

YUEN/JOT MUAY THAI STANDING AND FIGHTING POSITION

1. Muaythai Stance
2. Muayboran Stance
3. Clinching Stance

Note: commands are:

Wai: bow, Yen Trong: stand straight, Jot Muay: fighting position

DUEN MUAYTHAI- MOVING STANCES (SAI/KWA- LEFT/RIGHT)

- 1. Seua Lak Hang/ Seup (Tiger Tail)** - same stance moving in a linear parallel direction or sideward step. Normally employed when attacking or chasing a target to gain distance. It can also a movement to evade.
- 2. Seua Yang (Tiger walk)** - changing stance moving in a linear parallel direction. Normally employed when closing a distance, attacking or chasing a target.
- 3. Salap Fan Pla (Zigzag Fish Teeth)** - moving out from the line, going to a diagonal direction. Slide away from the linear movement. Slightly stepping approximately 45 degrees out.



4. Mah Yong (Horse trot) - knee up then step. This is also a defense called 'kao bang' or knee block. It is done in two variations, first is same stance when you move forward or backward; the other is you change stance. Bring the raised leg to the front if moving forward or back if moving backward.

5. Yang Sam Kum (Three Steps Stride) - A fight and wai kru walk moving in three steps. Move two steps forward or backwards in a diagonal angle then raise the following leg to a knee block position, or in a clinch position. The direction set forth by the raised leg will point back to the center.

6. Yang Suk Kasem (Happy winning step) - lightly tapping the tip of the lead leg toes. Approximately eighty percent of weight is carried by the hind leg.

7. Salap Ka (Leg swapping) - slightly jumping fast swapping the legs to change stance. A tactic that can be playful, but deceptive.



ARTS OF KICKS 1

SILAPA GAN CHAI TEEP (NA/LANG - LEAD/REAR)

1. **TEEP TOOP**—high push kick
2. **TEEP TRONG**— straight thrust (flat foot, ball)
3. **TEEP KHANG** – side thrust (flat foot, heel, ball)
4. **KAPLANG TEEP** – turning back thrust (flat foot, heel, ball)
5. **KRADOT TEEP** – jumping thrust (flat foot, ball)
6. **SALAP TEEP**— shifting push kick

ARTS OF SHOVING KICKS

SILAPA GAN CHAI TEH (NA/LANG - LEAD/REAR)

1. **TEH TRONG** - axe kick
2. **TEH CHIANG** - slanting upward kick
3. **TEH TAT** - 90 degrees kick
4. **TEH TAWAT NAI/ TEH TAWAT NOK**- slanting downward kick in/out
5. **KAPLANG TEH** - turning back kick
6. **KRADOT TEH** - jumping snap downward kick
7. **MOON TUA TEH** - 360 degrees turn kick
8. **TEH RIT** - double round house kick
9. **TEH JO** - heel kick
10. **TEE LANGKA TEH** - cartwheel kick
11. **YEAP TEE** - stepping up kick
12. **TEH KA** - leg sweep



SIT KRU SANE SIAMYOUT- PHILIPPINES



March 2026 Edition