

Kru Philip Nurse

PROFILE

Kru Philip Nurse is a traditional Muay Thai master who strategically marries the footwork of Mohammed Ali with crafty execution to create one of the most exciting and effective forms of Muay Thai practiced today. Kru Phil's strength is in the application of the philosophy that his fighters should be conditioned and ready to fight at a moment's notice.

His style of Muay Thai is constantly evolving to meet the needs of mixed martial artists. Kru Phil is an active trainer who does not require his fighters to perform a task that he cannot complete himself.



Kru Phil combines the sophisticated use of leverage and bodyweight along with clinch work to make his fighters tactically valuable on the inside while enabling them to be able to avoid and initiate takedowns. His camp, The WAT, is renowned for their offensive and defensive use of clinch work in competitive arenas.

The exposure to Asian, European and American Muay Thai has enhanced Kru Phil's reputation as a trainer and teacher whose skill is unsurpassed over a career spanning 30 years.

Kru Phil Nurse began his formal training in Muay Thai at age 17. His training carried him from the UK to the camps of Thailand where he lived and trained alongside other Thai Masters.

Kru Phil's professional Muay Thai bouts span the globe and include the UK, Hong Kong, Italy, Sweden, Switzerland and the US. While successfully retaining and defending his various professional Muay Thai belts, Kru Phil also competed and won titles on the British Professional Boxing Circuit.

Kru Phil has developed more than 20 Muay Thai champions. Because of his proven track record, his tremendous work ethic and unblemished integrity, Kru Phil is a coveted coach and trainer of many professional MMA athletes, Thai Boxers, celebrities and fitness enthusiasts.

REPUTATION

“Walk Like A Champion”

Record: Muay Thai

32 Wins; 3 Losses; 0 Draws
15 Wins by Knock Out

Titles & Belts

~British All Styles Super
Light Welterweight
Champion

~Double British Champion

~European Light
Welterweight Champion

Record: Boxing

14 Wins; 3 Losses; 0 Draws

Ranking

~11th in the United Kingdom



WAT PHNOM



RESULTS

- ◆ UFC Welterweight Champion Georges St. Pierre
- ◆ UFC former Light Heavyweight Champion Rashad Evans
- ◆ UFC former Lightweight Champion Frankie Edgar
- ◆ UFC Light Heavyweight prodigy Jon “Bones” Jones
- ◆ UFC Middleweight Nate Marquardt
- ◆ UFC Heavyweight James McSweeney
- ◆ USKBA Muay Thai Light Heavyweight Champion Derek Riddick
- ◆ ISKA Super Lightweight Champion Caleb Archer
- ◆ Golden Gloves Champion Susan Merlucci
- ◆ WKA Amateur Middleweight Muay Thai Champion Brett Hlavacek
- ◆ WBL Intercontinental Super Middleweight Muay Thai Champion Sean Hinds
- ◆ WKA North American Welterweight Muay Thai Champion Michael Reno
- ◆ WKA North American Middleweight Muay Thai Champion Joe Sampieri
- ◆ WKA North American Muay Thai Champions: 2009-4 Gold, 4 Silver; 2008- 7 Gold, 2 Silver; 2007- 7 Silver; 2006- 4 Gold, 3 Silver; 2004- 1 Gold, 2 Silver; 2003- 2 Gold, 2 Silver
- ◆ IKF US National Amateur Muay Thai Champions- 2001; 2002

“Even if I reach a good level of fighting, I have to keep my mind open, keep studying and keep learning new stuff. Phil Nurse for me is one of the best Muay Thai guys I have seen.”

Georges St. Pierre- UFC Welterweight Champion

“Nurse has an incredible reputation amongst Muay Thai practitioners. The word on the playground is that if you were given the option of a cardio workout with Phil, or a painful death, the decision wouldn’t be as easy as you may think.”

Sherdog.com Article

“If Greg Jackson is the maestro, Kru Phil Nurse is the machine...like a game of chess, Nurse trains his fighters two steps ahead...”

Fox Fight Game- Mike Straka

Wat fighters are recognized as the “...well oiled machines that are Kru Nurse’s trademark...”

Muay Thaimes

“...Kru Phil Nurse...is known not only for his traditional Muay Thai techniques but for a cardio workout that is pure torture on a good day and the closest thing to death on bad days...”

UFC.com Article

REVIEWS

