

A woman with long dark hair, wearing a teal tank top and shorts, is captured in a dynamic Muay Thai high kick pose on a sandy beach. She is barefoot, with her right leg extended high and her left leg planted on the sand. Her arms are extended forward, and she has a joyful expression. The background features a calm sea, a distant lighthouse, and a line of green hills under a clear sky.

Jaz Lopez

MUAYTHAI MANUAL

Tips & Advice to start your journey to
empowerment

Muay Thai Training Manual

Paul Metayo

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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