

Muay Thai

for Self-defense and Fitness



Muay Thai is an ancient art of self-defense from Thailand. It has now developed into a competitive sports, skills for self-defense and fitness purposes. It is also called the art of eight (8) limbs where it employs parts of human body as natural weapons such as fists, knees, elbows and feet. This art has gained massive popularity across the globe as it is not just effective for self-defense but also help one to get in good shape and improve the fitness level greatly.

TRAINER: Mr Kevin Kho

Mr Kevin Kho has started to learn authentic Muay Thai martial arts in Thailand since year 2013. He has completed his Muay Thai course for self-defense in year 2014 and Muay Thai Instructor courses which both courses certified by the Ministry of Education, Thailand.

He has numerous experiences in teaching new boxers from different ages and genders at the Muay Thai Academy, Thailand. He also trained boxers for competitions and worked as cornerman in international competitions. As an experienced Muay Thai instructor, he customised training lessons according to individual's level of fitness, training preferences to help them achieve their objectives.



MUAY THAI MY WAY OF LIFE

26 July—25 August 2022

(Every Tuesday & Thursday)

7.00PM — 8.30PM

15 HOURS (90 Min X 10 sessions)

Gym Room 1, Punching Bag Area, Club House

RM210.00 (Staff/ Student/Alumni)

RM230.00 (Public)

inclusive of 6% SST

FOR ENQUIRIES & REGISTRATION, PLEASE CONTACT:

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