

**18 July - 17 August 2023**

**TUESDAY & THURSDAY**

**7.00 PM - 8.30 PM**

**15 HOURS**

**(1.5 HOURS X 10 LESSONS)**

**VENUE**

**TAR UMT MAIN CAMPUS  
Club House, Punching Bag Area**

**FEES (6% SST)**

**RM230**

**(TAR UMT STAFF, STUDENTS, ALUMNI)**

**RM250**

**(PUBLIC)**



## Summary

Muay Thai is an ancient art of self-defense from Thailand. It has now developed into a competitive sport, skills for self-defense and fitness purposes. It is also called the art of eight (8) limbs where it employs part 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 quality.

## Muay Thai for Self-Defense and Fitness

**Instructor: 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 certified by the Ministry of Education, Thailand.



### Enquiry & Registration

Tunku Abdul Rahman University of Management and Technology  
Centre for Continuing and Professional Education  
Tel No: 03-4145 0123 ext: 3516 (Ms Lee)  
Email: [cpe@tarc.edu.my](mailto:cpe@tarc.edu.my)  
Website: [www.tarc.edu.my/cpe](http://www.tarc.edu.my/cpe)

Scan to register

