

# MUAY THAI

## FOR SELF-DEFENSE & FITNESS

22/NOV - 22/DEC  
EVERY TUES & THURS  
7.00PM - 8.30PM

GYM ROOM 1, PUNCHING BAG  
AREA, CLUB HOUSE  
TAR UC, KL MAIN CAMPUS  
TRAINER: Mr Kevin Kho

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.

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.

## ENQUIRY & REGISTRATION

Tunku Abdul Rahman University College  
Centre for Continuing and Professional Education

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WITH KEVIN KHO



RM210.00  
(STAFF/ STUDENT/ALUMNI)  
RM230.00  
(PUBLIC)  
INCLUSIVE OF 6% SST



BEYOND EDUCATION

CENTRE FOR CONTINUING &  
PROFESSIONAL EDUCATION