

23 July 2024 – 22 August 2024

TUESDAY & THURSDAY

6.00PM – 7.30PM

15 HOURS
(1.5HOURS X 10 LESSONS)

VENUE

TAR UMT MAIN CAMPUS

Club House, Punching Bag Area

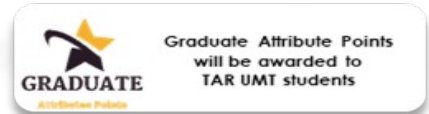
FEES (8% SST)

RM230

(TAR UC 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 Beginners (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

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Scan to register

