

19 NOV 2024–19 DEC 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)

RM212.50

(TAR UMT STAFF, STUDENTS, ALUMNI)

RM250

(PUBLIC)



Graduate Attribute Points
will be awarded to
TAR UMT students

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 Intermediate (Self-Defense and Fitness)

*** For those who has finished the 10
beginner class**

Instructor: Mr Lim Zheng Yang

Mr Lim has started to learn authentic Muay Thai martial arts who began training in 2018. He has completed his Muay Thai course for self-defense in year 2023 and Muay Thai instructor courses which both certified by the Ministry of Education. With a strong foundation in the sport, he brings a patient and disciplined approach to his coaching. His focus is on building both technical skills and mental toughness, tailoring his sessions to meet the needs of each student.

Enquiry & Registration

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Centre for Continuing and Professional Education

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Scan to register

