

## How to use the Thai Pad properly:

As with any form of exercise, we highly recommend that you begin each session with a warm-up followed by stretches to avoid needless injury. Specifically stretch your arms, neck, back and core.

When using the Thai Pads it is crucial to work well with your partner and develop a rhythm appropriate to their skill level and athletic conditioning. Learning to use the Thai Pads correctly can not only develop the person training but also the coach or trainer because it gives them a chance to effectively evaluate the trainee's habits.

If you've never used Thai Pads before make sure to start out slow, keeping the combinations and strikes simple. Even if your partner is more advanced they will not benefit from advanced holding techniques if you cannot execute them properly, in fact you may be hindering their training. Muay Thai is a simple art and pad training should imitate that. Working on perfecting the technique of single strikes will help your partner much more in the long run than training complex combos. Once yourself and your trainee feel more comfortable, gradually increase intensity.

## Some helpful tips to increase your holding skill:

When your trainee is striking he is attempting to strike you as if you are his true opponent. He is not aiming for your Pads, he is aiming for you. Pad holding positions should mirror the actual place the trainee would strike. Holding the pad in unrealistic positions not only waste both your times, but may cause injury.

When receiving a blow to the pad, make sure you're applying pressure just as you receive contact. This technique will help your trainee receive a better workout but also protect your elbows and shoulders from sprains and tears.

When practicing Thai Pads with a partner make sure to imitate a real opponent. Do so by moving/shuffling around, throwing counters to make sure your partner is always paying attention. This also helps the coach notice flaws and openings in the trainee's form that can be addressed in training.

## Exercises:

We recommend to start with 3 minute rounds with 1 minute breaks. Once you've built up stamina move up to 5 minutes, increasing training intensity as well as number of repetitions.

This list consists of mainly basic as well as a few advanced combos. For more information on Muay Thai and effective combos a quick google search can provide you with loads of great videos and or tutorials on how to training effectively and efficiently.

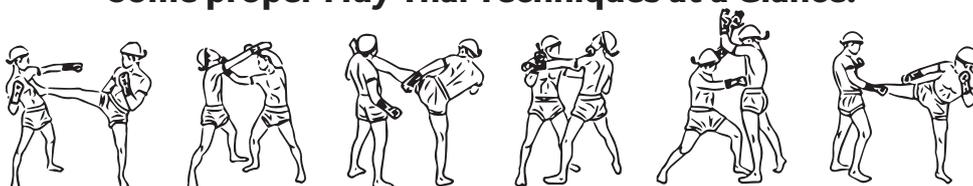
## Basic combos:

Jab + Jab + Cross  
 Jab + Cross + Hook  
 Cross + Left Hook + Cross  
 Jab + Jab + Cross + Left Knee  
 Left Inside Leg Kick (Switch Kick)+ Cross + Left Hook  
 Jab + Right Overhand + Left Inside Leg Kick  
 Jab + Right Uppercut + Left Hook + Cross  
 Jab + Cross + Right Leg Kick  
 Jab + Cross + Left Leg Body Kick + Cross

## Advanced Combos:

Jab + Cross + Left Hook + Right Uppercut + Roundhouse kick  
 Left inside Leg Kick + Cross + Left Hook + Roundhouse Kick  
 Jab + Right Cross + Left Uppercut + Left Overhand  
 Jab + Cross + Left Hook + Right Roundhouse Kick + Right Knee

## Some proper Muay Thai Techniques at a Glance:



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