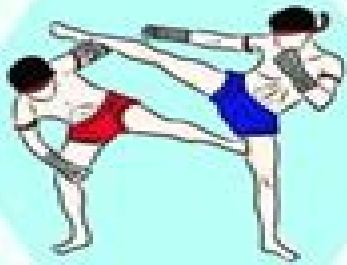
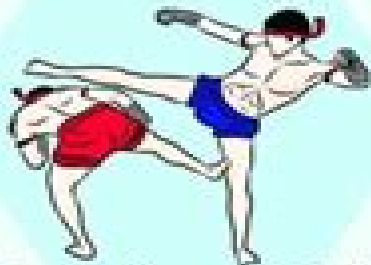


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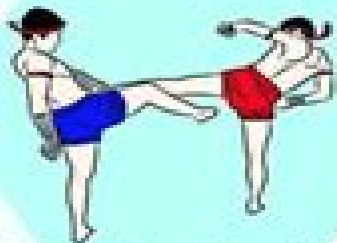
The two most common kicks in muay Thai are known as the thip (literally "foot jab") and the te chiang (kicking upwards in the shape of a triangle cutting under the arm and ribs) or roundhouse kick.



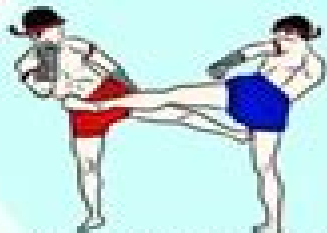
Roundhouse Kick



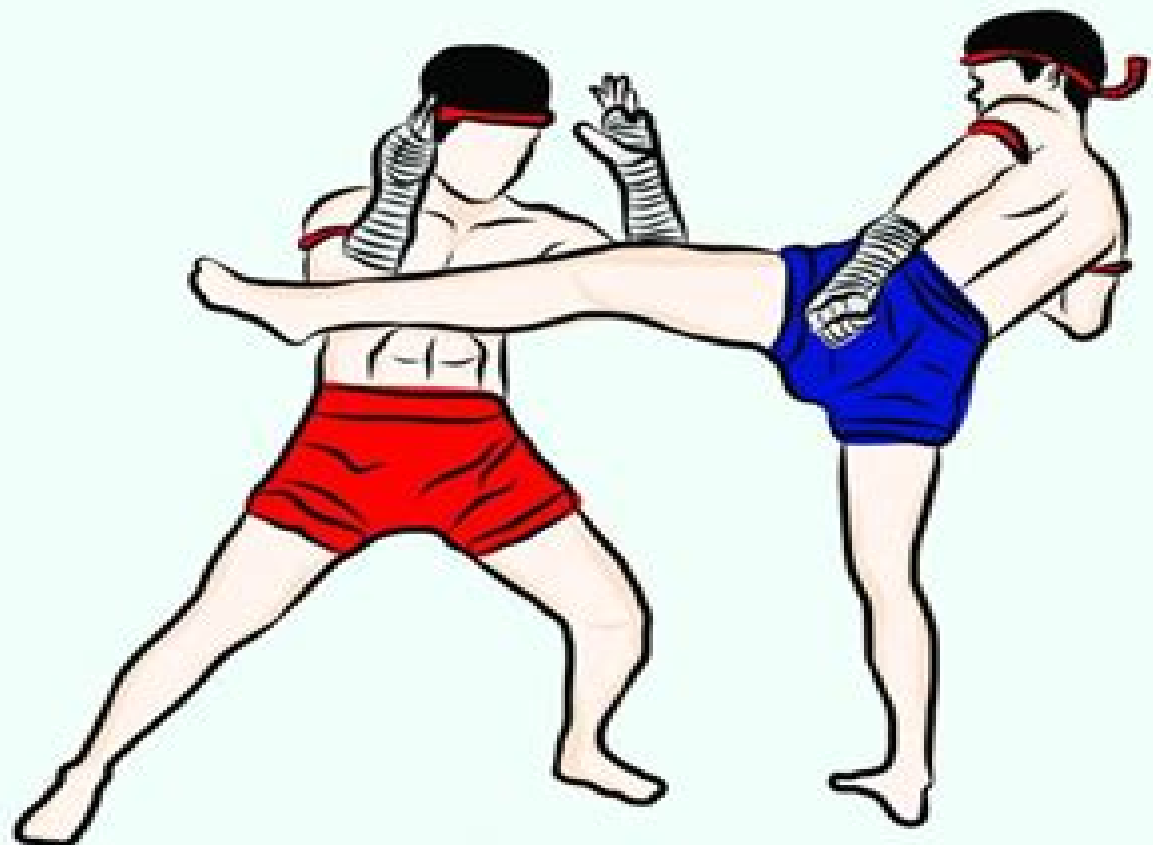
Roundhouse Kick



Spinning Heel Kick



Straight Kick



Block kicks in Muay Thai

Muay Thai Fighting Techniques Wordpress

Guillaume Favre



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