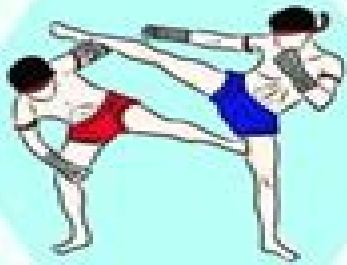
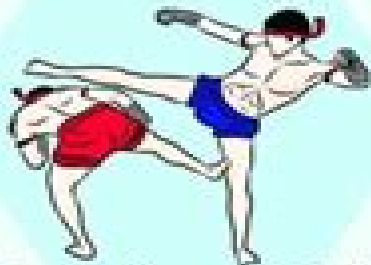


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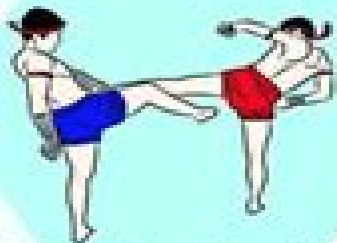
The two most common kicks in muay Thai are known as the thip (literally "foot jab") and the te Chiang (kicking upwards in the shape of a triangle cutting under the arm and ribs) or roundhouse kick.



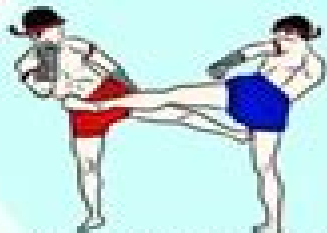
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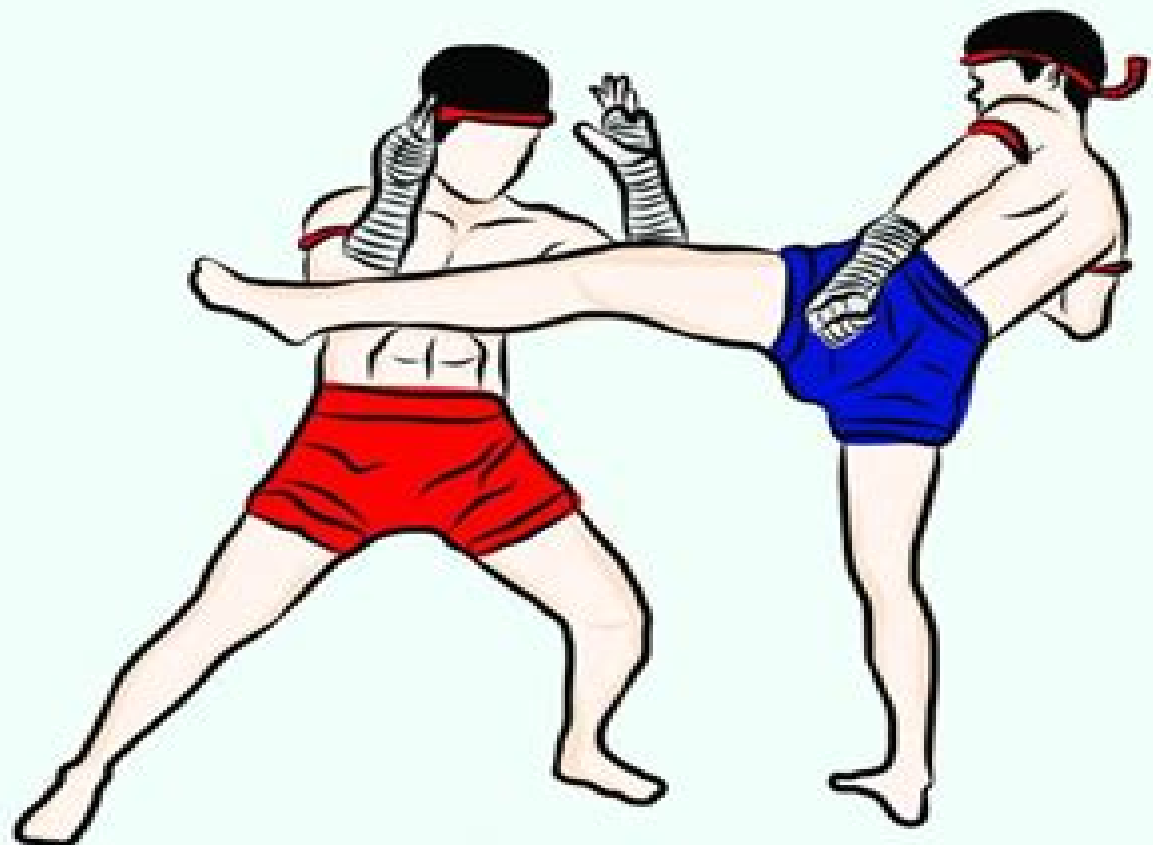
Roundhouse Kick



Spinning Heel Kick



Straight Kick



Block kicks in Muay Thai

Muay Thai Fighting Techniques Wordpress

Rosina Ehmann



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