

Presentation KRABI KRABONG MAE MAI MUAY THAI SRITRAIRAT STYLE

Is a Thai discipline that, because of its secrecy, has remained until now the heritage of the Thai population, and unknown both to the public at large and to the followers of martial arts. Its attacks are characterised by their explosive and extremely destructive power, inflicting the adversary with most damage possible in the shortest possible time, bringing every fight to a quick but brutal end. Many of the students of martial arts consider Krabi Krabong to be the most lethal discipline that the human mind has ever conceived.

It was needed to victoriously keep at bay the continuous attacks of the neighbouring populations and was the reason for the legend of the invincibility, which is still true today, of people practising Krabi Krabong, or its better known name Thai boxing. Thai boxing (Muay Thai) is in fact the part of Krabi Krabong which is dedicated to hand to hand combat and has been improved and transformed into a sport, separating itself from Krabi Krabong. Nevertheless it has remained very tough. Today Thai boxers are literally triumphing in the ring all over the world and are finding themselves always victorious, over the best champions of the other martial arts.



We still follow antique style, not transformed into sport, that teaches how to use every part of the body as a deadly weapon of total precision. We also use levers, projection, immobilisation, strangulation and blows centred on vital points. The blows and the parries given violently by the elbows and knees remain lethal. It also involves the study of the antique white warrior arms such as knives, sabres, swords, staffs, etc. Always keeping an extremely realistic contest centred on the concreteness and maximum efficiency in combat and self-defence. Ram-Awut is the Thai equivalent of Tai Chi and is an integrated part of Krabi Krabong. It consists of slow movements carried out co-ordinating mind, breathing and body, controlled and rhythmised by traditional Thai music. Breathing technique (Phalang Chit) is also studied for the development of inner strength and physical powers (Siamese Chi Kung).

These last practices give not only certainty and determination, but also serenity to the participator, creating a deep integration of mind and body and giving the individual a harmonious relationship with

the universe. Krabi Krabong in its completeness and its other educational contents, moral and spiritual, is recommended to all, especially women and children, as the best means of self-defence.

N.B. : RICORDIAMO CHE "KRABI KRABONG®" E IL RELATIVO MARCHIO SONO REGISTRATI PER DIRITTO D'IMPRESA (Dep. n. VI94C000316), PERTANTO SI DIFFIDA CHIUNQUE DALL'UTILIZZO INDEBITO DEGLI STESSI SENZA PREVIA AUTORIZZAZIONE.



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