



# THAI BOXING ASSOCIATION U.S.A



**PRESIDENT - AJARN SURACHAI SIRISUTE**

**VICE PRESIDENT AJARN DAN INOSANTO**

## Events 2009

**2009 Muay Thai Classic**

*June 5, 6 & 7, 2009*

**Train With The Legends**

*June 11, 12, 13 & 14, 2009*

**October 16th is Teacher's Day.** Respect and discipline are qualities that are expected of Thai boxers. Each Teacher's Day students pay respects to their instructor by making a special gift to their instructor. This present should include: flowers (any); (the following in a bowl) 1 candle; 3 sticks of incense; uncooked rice (~1/2 cup); 1 piece of fruit.

## Muay Thai Training in Thailand

*By Daniel Sullivan*



For Muay Thai enthusiasts, training in a Kai Muay (boxing camp) in Thailand is the ultimate training experience. Having heard the stories about the intensity of the training, and the great trainers and fighters, this is something I've wanted to do ever since my introduction to Muay Thai in 1985. I finally got the opportunity to do so during our recent trip to Thailand. It was one of the best experiences of my martial arts career.

I wanted to make sure that I went to a good camp so I talked to Ajarn Chai Srirsute (my Muay Thai instructor) about the best places to go. Ajarn Chai suggested that while in Thailand that I visit his Mother at her home and bring her flowers. He also introduced me to his sister Toy and her husband Khun Pone and said they would direct me to the best places to train. Upon arrival in Bangkok I was eager to train so I called Toy right away. She invited us to her mother's home so we bought a nice bouquet of flowers and took a taxi there.

Toy, Khun Pone and Mrs. Sirisute greeted us with the warmest welcome, invited us in and made us feel just like part of the family. They took us out to lunch at a local Thai restaurant and insisted on paying and even gave us a gift. Then Khun Pone drove us all the way to the SaSiPraPa boxing camp (about an hour and a half drive) and introduced me to Ajarn Thakoon Pongsupha the manager at SaSiPraPa Gym who welcomed us in.

We arrived at approximately 3:00 but afternoon training doesn't normally begin until 4:00. Even so, Ajarn Thakoon had me get dressed and start training right away. It was like a private lesson as Ajarn Thakoon worked with me on the finer points of shadow boxing for two or three rounds while all the other trainers watched. Then one of the trainers put some boxing gloves on me and had me get into the ring with another trainer who was ready to go with Thai pads, shin guards and a belly pad on. The trainer held Thai pads for me for three grueling rounds and focus mitts for two rounds.

Then Ajarn Thakoon directed me to a heavy bag. By this time all of the fighters and students had begun to show up for the 4:00 training session. Ajarn Thakoon gave me some tips and combinations to work on the heavy bag. I did a lot of rounds on the heavy bag as I watched the fighters work with different trainers. I picked up a couple of new techniques by watching the trainers. Some of the fighters had fights coming up at Lumpini Stadium. Finally, Ajarn Thakoon came over and held the mitts for me as he had me work on my western boxing skills for a couple of rounds. By that time, I was drenched with sweat and the training session was complete. Afterward, Ajarn Thakoon gave me a lot of compliments on my technique, my conditioning and my power and collected his 400 Thai Baht (about \$12 US) for the days training.

The next night was Saturday night and we went to Lumpini Stadium (the most famous Muay Thai stadium in Thailand) to see one of Ajarn Thakoon's student's (a twelve year old boy) fight. The only problem was that there were two shows going on that night, an early show and a late show. We didn't know whether Ajarn Thakoon's student would be fighting in the early or late show so we went to the early show and ended up getting front row ringside seats. There were some great fights but the show ended and the fight we wanted to see didn't happen. Then we ran into Ajarn Thakoon and the whole crew and found out the boy's fight would be the first one during the late show. We didn't want to have to pay again, so we missed the fight unfortunately. It would have been great to see that fight but even though we missed it, the whole Muay Thai experience in Thailand was amazing! My only regret is that I didn't have more days to train. I'm planning to go back soon and will make sure I have more time to train the next time.





**Sasiprapa Trainers**



**Thakoon & Dan Sullivan**



*In Loving Memory..Tawin Sirisute*



*photos courtesy of Dan Sullivan*