

## Muay Thai stance (Jod Muay)

The word Jod Muay refer to the action that boxer perform stance to be ready to fight/defend. Muay Thai stance posture is generally a bit different from western boxing. As Muay Thai has more weapons than western boxing, which generally use only fists. Due to this reason Muay Thai stance requires all of weapons, including fists, elbows, knees, shins, to be ready for action. There are some correct forms of Muay Thai stance and you have to practice and follow those correct form. However, even though there are correct forms of Muay Thai stance, boxer may adjust and adopting their own style based on the formal practice to make themselves most comfortable.



Muay Thai stance may vary depends on camps and teacher but they all are based on the correct form in order to make sure that boxers feel comfortable and free to use weapons to attack or to defend. Generally, correct form of Muay Thai stance is all about positioning hands, arms, chin and feet. These fundamental approaches should be positioned in correct way, but have to be sure in relax and prompt in the same time.

## **The basic form of Muay Thai stance**

**Head** : Bend down your head a bit to protect your chin

**Eyes** : Always looking at you opponent and focus on which point you are going to attach as well as assess the opponent's movements.

**Arms** : Both lead arms and rear arms shift to protect upper part of your trunk  
**BE CAREFUL!** : do not keep your arms too close to the face. I have personal experience that my Kru punch me straight to the arm guard then my arms bump to hit my face instead.

**Body** : Do not bend down too much, keep body straight a bit to keep eyes focus to the opponent.

**Hand/Fists** :Raised to the eyebrow level to protect your face. Extend lead fist to the front. Normally, lead arm will more extend than rear arm depends on whether you are right-handed boxer or left-handed boxer, and some boxers may extend his arm equally.

**Feet**: Same as positioning your fists, if you are right-handed boxer use left foot as a lead foot pointing towards opponent, if you are left-handed boxer use right foot as a lead foot pointing towards opponent.

The most important posture that make Muay Thai stance unique and different from any other kind of boxing is the position of leg and feet. Lead foot and rare foot should be positioned carefully to make sure that lead foot ready to attack. Generally we use rare foot to attack (kick) and lead foot to support when kicking.

More importantly, do not rest your feet flat on the ground. Shift your heel a bit above the ground to make sure you are ready.