



FLINDERS MUAY THAI CLUB

About Muay Thai

Muay Thai is a combat martial art from Thailand that uses stand-up striking along with various clinching techniques. It is a physical and mental discipline known as "the art of eight weapons" because it is characterized by the combined use of fists, elbows, knees, shins and feet. Muay Thai has a long and rich history in South East Asia, where it evolved on the battlefield many centuries ago.

Today Muay Thai is a highly popular sport and is practiced by men and women for fitness and self-defence as well as competition. It is being recognised more and more as not only a highly effective martial art but an excellent form of exercise that improves physical strength/conditioning and promotes weight loss.

Our club

Flinders Muay Thai has been operating at the University for 30 years, providing quality training to a diverse range of students. Head trainer, Mr. Alan Wong has over 40 years' experience in the sport and has produced state, national and world champions from right here at Flinders Uni.

Our Mission

The club aims to provide a safe and friendly environment where all members can achieve their goals regardless of age, gender or experience. Flinders Muay Thai provides the highest standard of training possible with a focus on physical fitness and mental discipline whilst ensuring all members enjoy the training provided.

Class structure

Classes run for approximately 2 hours and are divided equally among the following:

- Physical conditioning and strengthening exercises
- Technique
- Pad drills

*Contact sparring and grappling is only incorporated for members training for competition or with significant experience.

Training times and location

Training is held in the Alan Mitchell Sports Centre at the main campus (Registry Road) at the following times:

Tuesdays 5:30pm to 7:30pm, Wednesdays 6.00pm to 8.00pm and Saturdays 10:00am to 12:00pm

Junior Muay Thai (between 7 y.o. to 12 y.o.) : Tuesdays 5.30pm and Saturdays 10am

The club also caters to beginners and women seeking to boost fitness and confidence:

- Beginners – Tuesdays 5.30pm to 7pm
- Women only – Mondays 6pm

Trainers

Mr. Alan Wong – 0410 531 102

Ms. Laura Bowman – 0408 327 770

Further information is available at <http://www.flindersmuaythai.com.au>,

<https://www.facebook.com/FlindersMuayThai>

<https://www.facebook.com/FUMTC.Womens.Muaythai>

<https://www.facebook.com/FUMTC.Juniormuaythai>