
Watch this video

Posted by turtle - 2008/08/06 08:16

3wXiPIKUHUMThis is as close as i could find to the way Richard teaches the all powerful Thai kick. I should also add if you guys get a chance to train with Richard go for it. It will be well worth your time.

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Re:Watch this video

Posted by rageing og - 2008/08/19 21:04

thanks turtle Ive always wonder about the out streched arm deal. Now i know

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Re:Watch this video

Posted by hook_em8877 - 2008/09/12 22:13

Great video. I have been taught the Thai kick but not with that much emphasis on the why.

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Re:Watch this video

Posted by winkler - 2008/10/21 03:08

good video i like how it goes through each step and explains it thanks

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Re:Watch this video

Posted by Richard - 2008/10/21 09:09

Good video! The only problem that I have (and turtle has heard me say this 40,000,000 times) is with the right hand. When throwing a right leg kick, the traditional thai theory is that you should extend the right arm and use it to generate more power by "sweeping" away with it. While this does generate more power, it also leaves you very vulnerable to a straight right counter. Many of our fighters will counter that leg kick with a "carrot top" and take the kick simply to deliver the straight right. Neither theory is right or wrong ALL of the time, but I would rather sacrifice just a little bit of power in order to protect my head.

That being said, I do see your argument if there are any traditional thai guys here.

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Re:Watch this video

Posted by yerrtlew - 2008/10/21 13:28

One of my instructors is a instructor under Master Chai and they are teaching to keep the hands up now...I think this has a lot to do with the influence from MMA.

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Re:Watch this video

Posted by Dr Sick - 2009/07/05 01:36

I am a Associate Instructor under Master Chai (that's kind of like a level 2 instructor so to speak). I also happen to be the dude teaching the Thai Kick above. Thanks for all the kind remarks.

There is some variance, even within the TBA (Ajarn Chai's Camp). Although I'd say we are all about 85% consistent and

congruent on matters of technique and form. However, Ajarn has told us that one local instructor's technique will vary from another due to the climate and popularity of particular moves and counters in the immediate geographical area that the instructor is based.

That being said, I teach the right arm out stretched with the right hand pointing at the face of the opponent. We loose a little power from not sweeping back with it but I feel that the power loss is negligible.

We deal with the counter right hand with redundant contingency plans.

1. Step Off at a 45 Degree Angle This puts you outside your opponent's right hand and makes it difficult for them to put their hips behind their punch
2. Make sure your right shoulder is touching your jaw. This can deflect a right punch at the last moment.
3. The left hand can float and move from above the left eyebrow to intercept the incoming right hand.
4. The out stretched right inner forearm can deflect an incoming right hand, and also the outer right forearm can deflect an incoming overhand left (which is why it splits the difference and points at the opponent's face).

Most of these issues are covered in the video. I totally understand if you've got a different way of doing things. There are more than one path to the top of the hill. You've got to do what works best for you.

But if you have questions about the validity of the theories explained in the technique video, here is an example of the techniques demonstrated above being applied in an actual fight.

They start at 6:09 in the clip.

For more information, articles, tips, blogs and more please check out our new web project:

www.DamageControlMMA.com

Re:Watch this video

Posted by Tabwyo - 2009/07/05 13:57

Always been a big fan of yours Brian. Memorized most of your material from LockFlow.com. And I have you seen you fight and use the thia kick you demonstrated in person. Steping off-line has increased my kick effectiveness while reudcuce my odds of eating a counter right punch. It also sets up a good angle for a clean up left hook. On the outstretched right hand issue. I tend to set up all my right kicks by leading with a jab/cross then kick. Bt instead of putting a ton of moustard on the cross use it to set up the kick. Then leave it up and out to block. I do believe I picked this up from Erik Paulson. As hereally favors setting up kicks with the hands.

Look forward to facing sme of your guys in the UCE, JHEFN and any other show I can weasel my way into.

Re:Watch this video

Posted by Dr Sick - 2009/07/05 16:30

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Oh great. That's the thanks I get for sharing my hard earned tricks. I get guys out there ready to gun my own bill payin student's down. That is officially the last video I ever share with the world. It's been nice folks. I'm out!
:silly:

I'm totally kidding by the way. I'm glad you've been able to use the material. Just send us some love when you get a chance. Bring us up for a seminar or something. We know how to return a favor.

So where did you pick up your CSW material under Sensei Paulson? Where do you train?

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Re:Watch this video

Posted by Tabwyo - 2009/07/05 16:52

I am originally from Fullerton, CA. Befor I moved to Wyoming I trained off and on with guys from Sensei Paulson's gym. A goody portion of ensie Paulsons material I learned via purcasing his instructional. I have only had the pleasure of working face to face with him a few times at seminars.

I live up here in Riverton, Wy now. About 6 hours from SLC. I have been training with Wyoming Ground & Pound out Casper, WY for about 3 years now. And I started training a few local guys who can't make the 4 hour round trip here at a local boxing gym going on a year and a half. I'd love to get you guys up for a seminar.

I'll see what I can do about getting some of the regular trianing fighters around the state together. The best bet would probably be my gym here in Lander as it has a pretty ample matted grappling area.

I haven't personally fought any of your guys yet. I have been out due to health issues for a spell now. But I have worked with a few guys who've in turn fought guys from the SLC area and UCTC. I have fought a few SLC boys up here n KickDown, Kraze in the Cage and WMMA.

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Re:Watch this video

Posted by Dr Sick - 2009/07/05 17:12

That's cool man. We got to keep the CSW family strong. Hope all your health issues are healed up good as new.

Jake Paul and I were like a hotel room away from some Wyoming fellas in Salem Oregon for the Rise Fighting Promotion a short while back. Damn it if I can't remember their names. A tall skinny guy, and another guy who said he had been roughed up when he went down to Xtreme Couture to train. Anyway, good bunch of guys. We partied a little after the fights.

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Re:Watch this video

Posted by Tabwyo - 2009/07/05 19:21

I would love to get an affiliation program going up here. But people up here are spread so far apart. CSW is a big part of my training cariculum. And I am pretty much the go to guy here in central Wyoming to come to to train leg submissions. All of which are CSW/Paulson/Sambo inspired. I'd love a chance to bone up on my Muay Thai as well. It's been close to ten years since I have been on the learning side of the trainer/trainee equation.

If you happen to be looking for an ammateur venue for your newer guys. Give Dave Lowe of WyoMMA.com a call. He runs a legit mostly ammy show up in Evanston, Wy. I do believe his next show in August, and everyone after, should be ISCF sanctioned. And he'll carry fighters insurance. He has a small pro division. But as an upstart organisation he really can't afford to pay much. Most of his pros are former ammy champs looking to bring good fights to Wyoming. Foley and Jeremy Horn have sent guys to Daves show.