

# THAI KICKS TWO



*Thai boxing champion Tom Jones (right) says that two kicks—the front kick and roundhouse kick—are all you really need to defeat an opponent in the ring or on the street.*

*Is a  
Pair of  
Highly  
Effective  
Leg  
Techniques  
All You  
Really Need  
to Know?*

*by S.D. Seong*

One of the greatest strengths of many Thai kickboxing is that there aren't hundreds or thousands of techniques to learn. In fact, watch any Thai-boxing match and you'll be hard put to ID more than eight different offensive techniques: the jab, cross, hook, uppercut, front kick, roundhouse kick, knee thrust and elbow strike. Yet the practitioners of this martial art are some of the toughest and most intimidating on the planet.

"Their secret is that they refine the techniques that they do know to the point of being extreme, and they become experts at each one," says Tom Jones, a Huntington Beach, California-based World Kickboxing Association welterweight champ who trained and competed in Thailand in 1992. "It's like fighting Bill Wallace: It doesn't matter how good you are if you can't get past his lead leg. It's the same with Thai boxers and their two

*One of the most common uses for the many Thai roundhouse kick is to attack an opponent's supporting leg after his kicking leg has been trapped.*

