

Let's get right to the point. *Muay Thai* counter-fighting is designed to hurt your opponent. Bad. Real bad. Bone-crushing shots. The kind of pain that he'll feel long after the crowd has gone home. The kind of pain that makes him wince ... just thinking about the previous shots you gave him.

"Some styles do not block and counter," says Tom Jones, a former *Muay Thai* kickboxing champion. "[We're different.] In this style, you block and devastate."

Jones, who spent several years training in Thailand, says the whole idea is to make counters conditioned responses. That raises your fighting skill to the next level.

"When your counters are automatic, you take one step out of the process," says the 38-year-old Huntington Beach, California resident. "You don't have to think about it."

And that means you'll be faster, which means you'll be a better fighter, which means you'll win more often. To help this whole process along, you

These *Muay Thai* Counterfighting Techniques Are Designed to Do Some Serious Damage

BLOCK AND DEVASTATE

BY BYRON WALKER