

Singto Muay Thai Network

all courses are one hour in duration

Trainers Pad-Man; £15.00

For this course you will be supplied with a pair of training kick pads & Bag Gloves (you may use your own). You will learn the basics of holding and moving the kick pads. You will learn how to dictate the training speed and trainee. Emphasis here is on footwork, linking & combining moves.

Fighters Pre-Fight Hand-wrapping; £20.00

For this course you will be supplied with a 2 new pairs of hand wraps & a reel of masking tape. You will learn 3 ways to wrap hands; one for everyday training, one for heavy bag/pad work, sparring and amateur competition, one for competing in professional competition.

Fighters Pre-Fight Massage; £20.00

For this course you will be supplied with massaging oil, you will be required to bring along an old t-shirt and towel (which may need to be thrown away). You will learn how to massage & prepare a competitor for competition, the course also covers self-massage. This can be an additional benefit before training, and also during an injury period.



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