



ANANTARA

KIHAVAH • MALDIVES
VILLAS



MUAY THAI
BOXING



MUAY THAI

THAILAND'S WORLD FAMOUS MARTIAL ART

Muay Thai kick boxing is Thailand's indigenous martial art form and much loved national sport. Now popular the world over, this unique unarmed combat style was once used by Siamese soldiers after losing their weapons in battle.

Today matches commence with the two contenders performing "Wai-Khru " to pay respect to their instructors, the tournament's chairman and His Majesty the King.

Known as the "art of eight limbs", fighters use knees, shins, feet and elbows, and demonstrate great technical skill, coordination, flexibility and stamina to compete, with total commitment of body, mind and soul.



MUAY THAI GURU

Get fighting fit as you train in Maldives’ first and only boxing ring with your very own personal Thai boxing instructor. Learn about the sport’s history and master the science of eight limbs with pad and mitt work to increase cardiovascular conditioning, hip mobility, leg and core strength, as well as enjoying a great way to relieve stress.

Private and group lessons available. Classes tailored to the family and young VIPS are also available.

Boxing gloves and hand wraps are provided.

The Muay Thai boxing ring is located in the recreation area, below the Fitness Centre.

THREE DAY MUAY THAI CHALLENGE

This three day challenge is designed to immerse you in the world of Muay Thai, with three days of professional training at Anantara Kihavah’s boxing ring and Fitness Centre.

Day 1 Beginner Muay Thai training lesson (60 minutes)

Day 2 Beginner Muay Thai training lesson (60 minutes)

Day 3 Advanced Muay Thai training – take your skills to the next level (60 minutes)

This special Three Day Challenge Package includes a one-time 60 minute Anantara Sports Massage, photoshoot by our resident photographer and a Muay Thai Boxing Certificate.



FAMILY AND KIDS THAI BOXING

Our child friendly coach turns boxing fitness training into a playful activity to keep your little ones motivated and full of energy. A great family bonding experience and exercise to develop co-ordination, strength, flexibility and endurance, Thai boxing is also a fun way to boost self-confidence.



ACTIVE LIFE SESSIONS

Enhance your health and wellbeing with a choice of 6 energising and relaxing experiences available at Anantara Kihavah. Please enquire through your Villa Host for prices and timings.

- Muay Thai Boxing (60 minutes)
- Martial Arts (60 minutes)
- Aerobics (60 minutes)
- Circuit Training (60 minutes)
- Bootcamp Training (60 minutes)
- Meditation Session (60 minutes)

Anantara Kihavah Maldives Villas

PO Box 2098, Kihavah Huravalhi, Baa Atoll, Male Republic of Maldives
T +960 660 1020 F +960 660 1040 E kihavahmaldives@anantara.com
anantara.com