Muay Thai - The Science of Eight Limbs by Victor Kubli

Attorney Victor Kubli heads the Law Office of Victor Kubli in Germantown, Maryland. He has practiced law for 20 years and has a great deal of experience in matters that fall under the federal acquisition regulations and the federal False Claims Act, as well as other complex civil litigation areas. Outside the courtroom, he keeps fit by training and competing in mixed martial arts, and he is especially fond of the [Muay Thai](http://en.wikipedia.org/wiki/Muay_Thai%E2%80%8E) fighting style.

Called by some “the art of eight limbs,” and by others “the science of eight limbs,” Muay Thai is a style of unarmed combat that originated in Thailand and is considered to be that country’s national sport. Eight limbs is a reference to the striking points employed: fists, feet, knees, and elbows, as opposed to the two points of contact in boxing. Muay Thai is not restricted just to striking, however, and also employs clinches and other grappling techniques.

During World War II, European and American troops learned the essentials of Muay Thai from watching Thai soldiers practicing among themselves. While not as well-known as some other combat styles like boxing, karate, or kung-fu, Muay Thai has gained a devoted following worldwide and is one of the disciplines employed by fighters in mixed martial arts bouts. In addition, the future popularity of the sport seems guaranteed with the establishment of a national governing body, the Thai Boxing Association of the USA, and the opening of Muay Thai schools nationwide.