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Utilizes Eight Different Parts Of The Body (fists, Elbows, Knees, And Shins), With That Being Said Injuries Are Quite Common In All Levels Of Muay Thai. An Injury Is Considered Reportable If It Requires The Athlete To Rest For More Than One Day. Muay Thai - Wikipedia Muay Thai Combat Is The Largest Martial 2th, 2024CARDIO KICKBOXING INSTRUCTOR CERTIFICATION PROGRAM3 CARDIO KICKBOXING® INSTRUCTOR PROGRAM COURSE OUTLINE ROUND ONE Cardio Kickboxing (CKB) Intro With Lecture And Q/A • Registration And Waiver, Welcome, Intro & Course Materials Issue • Overview Of Instructor Certification Manual • Workout Music Selection • Music Tempo • Cueing, Transitions, And Charisma • 1th, 2024.

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