21 Essential Muay Thai Training Tips
by Ajarn Kevin Seaman

1) Concentrate on the basics
2) Cultivate on your defensive skills
3) Divide training sessions into rounds
4) Develop a strong athletic base
5) Strive to be strong mentally
6) Listen to and respect your coach/trainer
7) Develop and keep a training journal
8) Repetition is essential to progress
9) Be persistent, never give up, keep going
10) Diversify strength and conditioning training
11) Respect rest time or you will get injured
12) Choose your sparring partners smartly
13) Invest in your team and classmates
14) Be objective and learn from coaching
15) Develop weak areas, hone your strengths
16) Have the correct equipment
17) Carefully choose your training partners
18) Think in the long term
19) Always respect your opponent
20) Surround yourself with positive people
21) Maintain a strong work ethic