



# Muay Thai Advanced Boran: The Fighting Art Of Kings

*Arjan Marco De Cesaris*

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Muay Thai Advanced Boran taught by world re-known expert Arjan Marco De Cesaris one of the worlds top fighters and instructors of this the art of Kings. You will learn all the advanced techniques like flying elbows, flying knees, trapping, lethal hand foot combinations and much much more. Learn how to transform your hands and feet into lethal weapons by using the various equipment that is standard to Muay Thai training like the heavy bag.



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