

Important Thai Terminology for Muay Thai

Note: You'll often notice different English spellings for Thai words – the sound is the important thing, so don't worry too much about spellings.

That being said I've used the most common spelling forms I could find.

Counting

- 0 Suun
- 1 Nuung
- 2 Soong
- 3 Saam
- 4 Sii
- 5 Haa
- 6 Hok
- 7 Jet
- 8 Baht
- 9 Gao
- 10 Sip

(Interesting note – if you have Thai friends you may notice sometimes when they comment online the say, “555” – it's Hahaha – because of the pronunciation of 5)

To count above 10 you add how many Sip (10) and the next corresponding number. 11 is an exception – Sip et not sip-nuung

- 11 sip-et
- 12 sip soong
- 13 sip saam
- 14 sip sii
- 15 sip haa
- 16 sip hok
- 17 sip jet
- 18 sip baht
- 19 sip gao
- 20 Yii sip

- 21 Yii sip et
- 22 Yii sip soong
- 30 saamsip
- 31 saamsip et
- 32 saamsip soong

- 40 sii sip
- 50 haa sip
- 60 hok sip
- 70 jet sip
- 80 baht sip
- 90 gao sip

To count in hundreds – add how many rooi after the initial number.

- 100 nuung rooi
- 101 nuung rooi, nuung
- 110 nuung rooi, sip
- 200 soong rooi

- 999 gao rooi, gao-sip, gao

Some Muay Thai Techniques

Kicks

Round Kick – Dhe Dhad (often just say Dhe)
Diagonal Kick – Dhe Chiyang
Half shin/half knee kick – Dhe kreung keng kreung kow
Cutting round kick – Dhe Dtahd
Knee round kick – Kow Dhe
Jumping round kick – gra-dode Dhe
Step up kick – Yiep Dhe
Crocodile Whips Tail – Dhe glab lang
Axe Heel Kick – Dhe Khouk

Foot thrust/jab - teep
Straight Foot thrust – Teep Trong
Heel Push – Teep Deun Son
Sideways Foot Thrust – Teep Kang
Reverse (back) Foot Thrust – Teep Glab Lang
Jumping Foot-Thrust Gra-dode Teep

Punches

Straight punch - Mud Dhrong
Jab – tad
Hook – Mud Wiyang San (often just use word hook)
Uppercut – Mud Seuy
Overhand – Mud Khouk
Jumping Punch – Gra-dode Shok
Combination – Mud Phasom

Elbows (Sok)

Jab Elbow/thrusting – Sok Poong
Uppercut Elbow – Sok Ngahd
Crossing/Horizontal Elbow – Sok Dhad
Diagonal/Cutting Elbow – Sok Dtee
Down elbow (12-6) – Sok Sob
Spear elbow – Sok Pung
Reverse/Spin Elbow – Sok Glab
Rising Reverse Elbow – Apidej Sok
Lever elbow – Sok Hud
Jump Elbow – Gra-dode Sok
Flying Spear Elbow – PraRama Soon

Knees (Kow)

Straight Knee – Kow Trong
Curving Knee – Kow Kouwng
Diagonal Knee – Kow Chiyang
Horizontal Knee – Kow Dhad
Flying Knee – Kow Loy
Step up/scissor Knee – Kow Yiep

Useful Terminology Around the Gym/Ring

Kai Muay – Boxing Camp
Oon – warm up
Chuek Kra-Doat – Jump Rope
Dtoi Lom – Shadow Boxing
Dtae gra-sorb – Bag Work
Dtae-bao – pad rounds
Grasawb – Punching Bag
Wehtee – Boxing Ring
Len chern – technical sparring

Chok - Fight
Pang nga- to dodge/evade
Bat – Block
Buok – Shin Block
Dtee – to hit

Kwaa – Right Side
Saai – Left Side
Forward – Rook
Backward – Toi
Stop- Yut
Quick – Leo