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 Gaaao  
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 pronounciation 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 | 40 sii sip |
| 12 sip soong | 50 haa sip |
| 13 sip saam | 60 hok sip |
| 14 sip sii | 70 jet sip |
| 15 sip haa | 80 baht sip |
| 16 sip hok | 90 gaaao sip |
| 17 sip jet |  | To count in hundreds – add how many rooi after the initial number. |
| 18 sip baht |  | 100 nuung rooi |
| 19 sip gaaao |  | 101 nuung rooi, nuung |
| 20 Yii sip |  | 110 nuung rooi, sip |
| 21 Yii sip et |  | 200 soong rooi |
| 22 Yii sip soong |  |  |
| 30 saamsip | 999 gao rooi, gaaao-sip, gaaao |  |  |
| 31 saamsip et |  |  |  |
| 32 saamsip soong |  |  |  |
Some Muay Thai Techniques

Kicks

Round Kick – Dhe Dhad (often just say Dhe)
Diagonal Kick – Dhe Chiyang
Half shin/half knee kick – Dhe kreu keng kreu 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