

# Traditional Burmese Boxing: Ancient and Modern Methods from Burma's Training Camp

By Zoran Rebac



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Through rare photographs and firsthand reports, enter a world few Westerners have ever seen. Learn traditional Burmese boxing techniques from the basic stances, kicks and strikes through advanced "experts only" moves, and be introduced to the grueling training exercises practiced in ancient times and the modern methods used by fighters today.



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About the Author

Zoran Rebac is an expert in South Asian martial arts and sports. He is currently the owner of a security company and a martial arts magazine (Budo International-Croatia) and is a trainer and adviser for some well-known Muay Thai and K-1 contestants.

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