

Caleb Ridgley
Muay Thai

Muay Thai is a martial art that originated in Thailand and is over two thousand years old. Muay Thai teaches discipline and is mainly used for self-defense purposes. Muay Thai is known as “the art of eight limbs,” meaning it uses elbows, fists, knees, and kicks. According to Champions Creed, “Muay Thai is the fastest growing art in the world for the last 80 years.”

Muay Thai is offered in Beatrice under the instruction of Tony Martinez. The business is located inside Indian Creek Mall. This is the first time Martinez has run a business. In fact, Martinez is currently a student himself under Master Pelligrini, where he is studying Hapkido and is working on his third level black belt.

In Muay Thai, the belt system works differently than in other martial arts, where as in Karate or Hapkido you get belts, such as white belt, yellow belt, and orange belt, etc., but in Muay Thai we get armbands and headbands. To receive these bands, one must test over a certain period of time. If any students are interested in joining a martial arts class, I would highly suggest Tony Martinez in the Indian Creek Mall in Beatrice, Nebraska.