

Muay Thai Phuket Magazine

Issue Seven

How to Score a Muay Thai Fight

by Tony Myers

If you are a coach or fighter, it is important to have a clear understanding of Muay Thai scoring and rules. Understanding how to score points is essential for a fighter and you are at a serious disadvantage if your opponent knows how to score points and you do not.

There is often real confusion as to what scores and what doesn't score in Muay Thai. There are a wide range of misconceptions ranging from 'punches don't score' to 'whoever wins round four wins the fight'. Both these statements are untrue and highlight the confusion over scoring in Muay Thai.

Judging

When a judge is judging a Muay Thai fight, they view the fight as if it is a long distance running race. They judge the fight as a whole, it is not just about who is winning the most rounds. This means that they will be trying to keep in mind not just who is ahead at any particular moment but also, crucially, how far they are ahead. This is different than the system used in western boxing and means that, in theory, a fighter could lose four out of five rounds by a very narrow margin and win one out of the five rounds by a substantial margin and still win the fight.

In determining how far a particular boxer is ahead in a bout, a judge considers the number of clean techniques a boxer lands on target and delivers on balance, along with the relative effectiveness of the technique and the effect it has had on the opponent's balance and position. A boxer can deliver scoring techniques while moving forwards, backwards, sideward or against the ropes but balance is essential both before and after technique delivery.

Which techniques score ?

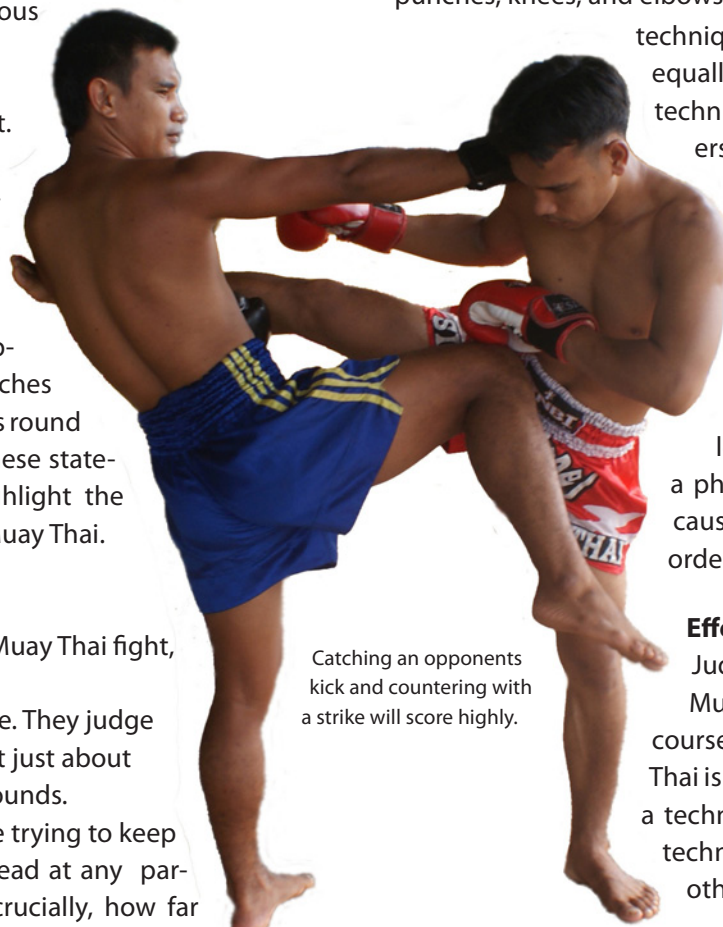
The simple answer is all effective Muay Thai techniques. It is possible to score with all Muay Thai techniques; kicks, punches, knees, and elbows. However while in theory all

techniques have the potential to score equally in Muay Thai, in practise some techniques do score higher than others.

If a boxer can land clean kicks and knees to the body head or neck with good technique they will score points regardless of the effect they have on the opponent. By contrast punches, low kicks and elbows have to have a physical effect on the opponent or cause them to show they are hurt in order to score.

Effectiveness in Muay Thai

Judges are looking at which boxer's Muay Thai is more effective over the course of a fight. Effectiveness in Muay Thai is determined by the physical effect a technique has on the other fighter. A technique which physically moves the other boxer will score highly regard-



Catching an opponents kick and countering with a strike will score highly.

Also in this issue :

Claire Haigh

- Defeats Angie Parr at Cage Wars 2 in Australia.

Cosmo Alexandre

- The Contender Asia 2 star wins Evolution 17.

Teresa Wintermyr

- Fighting Joey Lee Bam Bam for a K-1 title in Hong Kong.



less of whether it is due to force or the opponent being off balance.

Effectiveness doesn't mean a kick or knee has to hurt an opponent to score although a boxer who shows they are hurt will be at a serious disadvantage in scoring and may lose the fight as a result.

Another factor which will determine how well a technique scores is where it lands. Kicks and knees to the body and head or neck tend to be considered more effective than kicks and knees striking other targets.

So who wins the fight?

Judges judge the fight as a whole and not round by round.

Sometimes it is difficult to determine who the most effective boxer is until the later rounds when accumulative damage can be better assessed and tiredness has set in showing which boxer is the strongest over the whole fight.

It is usual for judges to make notes during a fight and complete the scoring for rounds after the fight has finished; although this is impossible in championship bouts in Thailand where score cards are collected after each round.

Variety of technique does not come into judging a fight and it is quite possible for a fighter to win by only kneeing their opponent the whole fight.

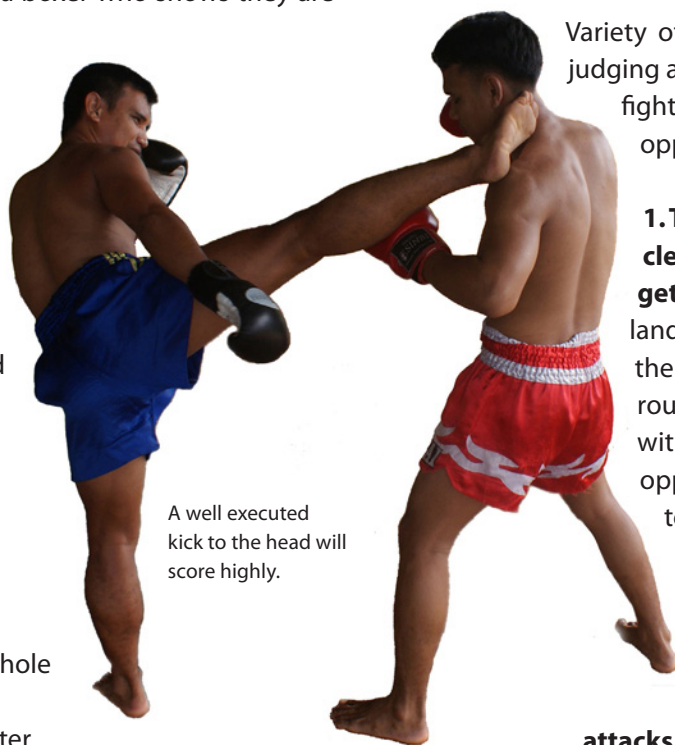
1. The boxer who strikes with more clear Muay Thai weapons on target wins the round

The boxer who lands more clean kicks and knees on their opponent's body wins the round. If you move your opponent with your kick or can unbalance your opponent first and follow with a technique, that is better still.

Balance after delivery is important.

2. The boxer who scores more heavy powerful attacks wins the round

If boxers don't land cleanly with kicks but hit the arms and show effect, they score equally to kicks landing on target but not showing an effect. Punches and leg kicks can score well if they show real effect on the opponent.



A well executed kick to the head will score highly.

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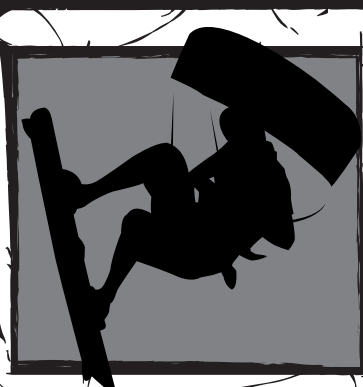
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What are the very best scoring techniques?

- * Any technique that causes the referee to give the opponent a count.
- * Unbalancing an opponent with kick or throwing action and immediately following with a strong striking technique
- * Knocking an opponent off their feet with a strike or kick
- * Throwing an opponent to the canvas using a legal throw and attempting to follow with a kick or knee.
- * Continually throwing an opponent down
- * An attacking technique or combination that results in an opponent turning their back on the attacking boxer.

3. The boxer who does more damage to his opponent wins the round If everything else is close judges look for real differences in the damage caused by blows. For example, if the same number of kicks and knees to the body landed by both boxers, judges may award a fight to a boxer who made his opponent very tired through being hit with strong weapons or cut their opponent with an elbow or inflicted similar damage.

4. The boxer who shows more attacking techniques wins the round If two boxers are equal in all of the above respects; perhaps because they are very equally matched or are not skilful enough to score with appropriate techniques, judges should award the fight to the boxer who attacks more.

5. Better offensive, defensive, evasion or counterattacking skills wins the round

6. The boxer who fouls less wins the round

Judges will award the fight to the boxer with the most effect techniques as well as mental strength, physical condition and technical ability. If a fighter is forced by his opponent to show weakness, extreme tiredness or any evidence of not wanting to fight, the judges will award the fight to their opponent.

Round by Round Scoring

Round one is often scored 10:10 in a five round contest, although judges make a mental note of the boxer who edged the round for later reference. This is usually the case unless one boxer has very clearly dominated that round with a knockdown, eightcount or the use of a number of very good scoring techniques.

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The second round in a five round contest can also be scored 10:10, if it is deemed to be a close round, or if the boxer who was behind in round one wins by a small margin.

Rounds three, four and five are the most important rounds in determining the fight's result. Clear decisions are therefore made for these rounds. In indecisive rounds, or rounds where the fight "swings" from one boxer to the next, the mental notes made in the first, or first and second rounds are used to help determine the outcome.

Again, it is important to understand that the whole fight is judged to decide the outcome of a fight. If a fighter gets knocked down by a concussive blow or takes a count at any time during the fight, they will lose two points (10:8) on all judges score cards. If the knocked down fighter otherwise dominated the round or fought back strongly after the knock down they might only lose the round by one point (10:9).

The winner of the fight on an individual judge's score card is awarded the greatest number of points. However, this does not necessarily mean they have won the most rounds. When there is a very clear difference between fighters, the fight is usually scored 49:47 and fights that are closer are scored 49:48.

Overall match decision

In professional fights the outcome of a match is determined by considering the majority of decisions given by the judges and not by adding the judges' point totals together. This is the case even if the judges award a draw. Therefore, if two out of three judges award the fight to the blue corner, the blue corner would be awarded the match; if two out of three judges award the match a draw, a draw would be declared.

Tony Myers is highly experienced referee and judge who has judged in Europe and Thailand. He holds World Muay Thai Council (WMC) professional refereeing and judging qualifications. He runs refereeing and judging and is a senior referee and judge for, the British Thai Boxing Council, the World Muay Thai Organisation and Scottish Muay Thai Federation.



A well executed kick to the body will score highly.

Fighters will normally lose a round if they :

Turn their back on an opponent showing fear

Avoid fighting

Commit repeated fouls on their opponent

Are unable to stop their head getting pulled down in the clinch

Use spoiling tactics or avoid being hit using fouls this includes, dropping to the floor when their leg is grabbed or in the clinch to avoid being countered and grabbing the ropes with intention of getting the referee to break the clinch.



Cosmo Alexandre

By Fatso King

Brazilian fighter Cosmo Alexandre, already confirmed as one of the cast members of Contender Asia 2, rebounded from his disappointing recent loss to Yodsaenklai in spectacular fashion by defeating three separate opponents en route to winning Evolution 17 in Australia.

For Cosmo, the first Brazilian to win the WMC Intercontinental and WPMF World titles, it was the perfect way to answer the critics who had questioned whether he deserved his shot on series two of the reality TV show after the one sides loss to series one winner Yodsaenklai.

'That was my hardest fight,' says Cosmo of the fight with Yodsaenklai in Montego Bay, 'I was very prepared but he broke my nose in the first round so I couldn't breath for four rounds. I tried but I couldn't finish the fight. I would like the opportunity to fight Yodsaenklai again because I know I could have fought better in that fight.'

While there is no shame in losing to Yodsaenklai Cosmo will have been disappointed by how easily he capitulated. The chance to put this defeat behind him came around quickly in the form of Evolution 17, an eight man tournament featuring Contender Asia veterans Dzhabar Askherov, Bruce Macfie, Soren Mongkontong and John Wayne Parr as well as Eugene Ekelboom who Cosmo had recently lost a controversial decision to.

Cosmo won a decision over Dzhabar in his opening match, landing some nasty elbows which cut the Russian, to set up a semi final meeting with John Wayne Parr. It was a rematch of their 2007 world title fight which JWP won on points but this time Cosmo was the victor with JWP forced to retire injured at the end of the second round.

This set up a clash of champions with Cosmo, the WMC South American Champion, taking on WMC King's Cup Champion Madsua. The tough Thai had defeated Eugene Ekelboom and Bruce Macfie en route to the final and pushed Cosmo to the limit in a three round war which resulted in a split decision victory for the Brazilian.

Cosmo is originally from Santos in Brazil but now trains at Mike's Gym in Amsterdam and the Rompsrithong Gym in Thailand. The sport of soccer is king in his native country and Cosmo, an outstanding soccer player as a youngster, turned down the chance to play professionally in order to focus on Muay Thai.

He has no regrets although the financial rewards on offer to Muay Thai fighters in his native country are still represent a fraction of what a successful soccer player could hope to earn, 'There aren't many events in Brazil and there aren't any sponsors. So it is very hard to make a living from just fighting but I still think I made the best choice,' he says.

Despite the lack of money in the sport there are a number of fighters emerging from Brazil including Cosmo, whose style has earned him the nickname Hoost,

'It is very hard to be a fighter in Brazil. But there are great fighters! Keep an eye out for heavyweight Vitor Miranda he is the best fighter from Brazil and deserves a chance in the big events. My style used to be similar to Ernesto Hoosts which is how I got the nickname but now I think I have adopted more of a Thai style of fighting.'

Filming for series two of the Contender Asia begins in Malaysia later this year.



Cosmo lands a trademark flying knee.

Article appears courtesy of Science of the Eight Limbs

www.thescienceof8limbs.com

A blog for Muay Thai participants and enthusiasts



The Rise & Rise of Claire Haigh



Claire Haigh and Angie Parr posing together prior to their fight at Cage Wars 2.

There can be few female fighters on the planet to have enjoyed as successful a couple of months as Phuket's Claire Haigh.

First she defeated Chantal Ughi live on national television to claim the WPMF >63 kgs title at the Queens Cup in Bangkok.

She was rewarded with an invitation to travel to Australia to headline Cage Wars 2 in an MMA fight against Angie Parr. For a fight between two women to headline an MMA card is almost unprecedented but Claire, who trains MMA and Muay Thai at Tiger Muay Thai, rose to the occasion, defeating her opponent with a second round rear naked choke.

'The fight with Angie was much harder than the fight with Chantal, not just because it was a venture into the unknown but because she's simply way, way tougher. I prefer Muay Thai to MMA at the moment though so the fight at the Queen's Cup meant a lot more to me but it was pretty special to beat such a famous person as Angie.'

It was Claire's first ever professional MMA fight and she was the subject of a lot of media attention, 'The whole experience in Oz was much more glitzy than in Thailand, and we were definitely better looked after by the promoters. Having said that, I missed the traditional Thai atmosphere complete with shouting and gambling that you get over here.'

Angie Parr is a Muay Thai and kickboxing veteran who by her own admission has a limited ground game. She was expected to dominate the stand up but Claire surprised a few people by holding her own on her feet,

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I think she was taken aback by my stand up but she still got the better of me there. She knocked me down in the first round and I wasn't really hurt but I realized that there was a good chance she would knock me out if I couldn't take the fight to the ground.'

Claire, who was fighting with a broken nose after an accident in training, did exactly that, taking her opponent to the ground early in the second round before taking her back and securing the choke.

Claire, is originally from Luxembourg and currently has to fit her training around her schedule as an English teacher. However she is optimistic that these two back to back vi-

ctories will give her sufficient impetus to earn a living as a full time fighter, 'Hopefully this fight as well as the queens cup will lead to enough fights to finance me living in Thailand. I certainly hope so since i have just handed in my letter of resignation at work!'



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Planet Battle

Two Phuket fighters are heading to Hong Kong for Planet Battle on October 7th. Teresa Wintermyr (pictured), from Sweden, will be fighting local favourite Joey Lee Bam-Bam for the WMC South Pacific Title and Sohanne Bangana, from France, will be fighting Sodcheun Chuwattana.

Teresa, who trains at the J.Prapa gym in Kata, has been based in Phuket for the past year and fights regularly in Patong Stadium and Bangla Stadium.

Unusually she also speaks, reads and writes fluent Thai and it is this level of attention that has seen her establish herself as one of the female fighters to beat in Phuket.

Joey Lee Bam Bam, who has spent time training at Rawai Muay Thai, was born in Taiwan but is based in Hong Kong and will enjoy the support of a partisan home crowd.



The fight will be fought under K-1 rules which will be a first for Teresa, who has developed an intuitive understanding of how to score points in a Muay Thai fight.

Sohanne is also based in Phuket and fights almost every week here. His fight will be fought under normal Muay Thai rules.

Pride and K-1 veteran Bob Sapp is scheduled to headline the card although Sapp is rumoured to have stepped in to replace Gegard Mousasi in the Dream Grand Prix semi finals the previous day.

Also on the card will be reigning WPMF world heavyweight champion Ramazan Ramanov who is a former Patong Stadium champion.

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