THE CARTOON BOOK OF

# KICKBOXING AND MUAY THAI




COMBAT

SPORT ON EARTH

**Sport on Earth Books · The Combat Family**

Original illustrations · No characters were copied in the making of this book

# Meet Kickboxing and Muay Thai!

Striking sports using kicks, punches, knees and elbows.



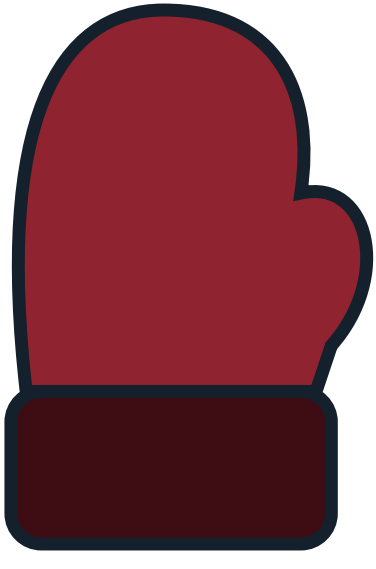
# Where It Is Played

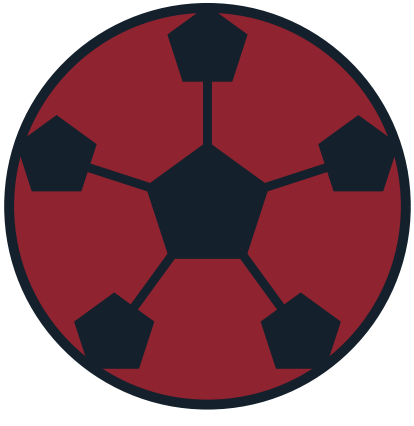
A roped boxing-style ring; IFMA international championship rings are 6.10 m square inside the ropes (minimum 16 ft, maximum 20 ft), raised no more than about 1.20 m above the ground.



# The Gear

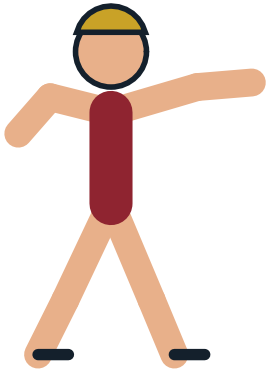
Boxing gloves, mouthguard and groin protection; amateurs add head guard and shin guards (plus elbow guards in IFMA muay thai); WAKO fighters must hold a WAKO sport pass with a current medical test.





# How It Starts

Begin at a WAKO- or IFMA-affiliated gym, learn stance, punches, kicks and (for muay thai) knees, elbows and clinch basics, and enter graded amateur bouts only after a medical clearance and weigh-in in your weight class.



# How to Play

- Format — kickboxing (WAKO): bouts are between two fighters in the same weight class, in a ring for ring disciplines; WAKO championship fights are 3 rounds of 2 minutes with a 1-minute break.
- Format — muay thai (IFMA): elite amateur bouts are 3 rounds of 3 minutes in a ring, preceded by the traditional wai kru; fighters wear head guard, shin guards and elbow guards at IFMA events.
- Scoring — WAKO: a legal technique striking a legal target with clean, controlled contact scores; in WAKO K-1 rules punches, kicks and knees have equal value for the judges.
- Scoring — IFMA: judges use a 10-point must system counting a punch, kick, knee or elbow applied with force and intent to cause effect; blocked or weak strikes do not score.
- Winning: a bout in either discipline can end by knockout, referee stoppage, or the judges' decision at the end of the rounds.

# More of the Game

- Kickboxing key law: elbow techniques are forbidden in WAKO K-1 rules, clinching must be less than 5 seconds, and only one knee strike is allowed per clinch exchange.
- Kickboxing key law: legal targets are the head (front and side), torso (front and side) and legs in low-kick/K-1 styles; attacks to the throat, groin, back of the head and joints are prohibited.
- Muay thai key law: muay thai is the 'art of eight limbs' — fists, elbows, knees and shins all score, and clinch fighting is permitted, unlike in WAKO kickboxing.
- Muay thai key law: the only off-limits targets under IFMA rules are the groin and the back of the neck; hip throws, tackles and trips without a muay thai strike are fouls and a throw without a strike does not score.

# The Shape of a Match

Two related ring sports: WAKO kickboxing is fought in timed rounds with punches, kicks and (in K-1/low-kick) knees, while IFMA muay thai adds elbows and clinch work over 3 rounds of 3 minutes at elite amateur level.

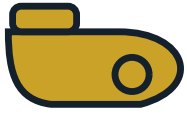


# More of the Combat Family

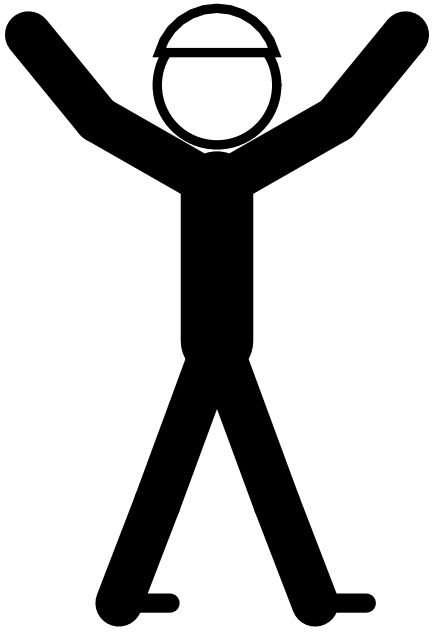
- Boxing — Two fighters trade punches in rounds, judged on points or ended by knockout or stoppage.
- Wrestling — Pin your opponent or score points through takedowns and holds.
- Mixed Martial Arts — Striking and grappling combined; UFC, PFL and ONE lead promotions.
- Judo — Throws and holds, an Olympic sport.
- Taekwondo — Korean kicking art, an Olympic sport.
- Sumo — Japanese wrestling with six annual tournaments.

# A Note on the Rules

Kickboxing and muay thai are governed by a family of bodies (WAKO for kickboxing; IFMA and the WBC Muaythai ecosystem for muay thai) whose rule sets differ mainly in clinch time, elbow permission, and round structure. The notable modern development is promotional rather than legal: ONE Championship's muay thai in 4-ounce MMA gloves (from 2018) — a house regulation of one promotion, not a change to the sport's laws. No single dated law change is carried for this dossier.



# Colour the Action

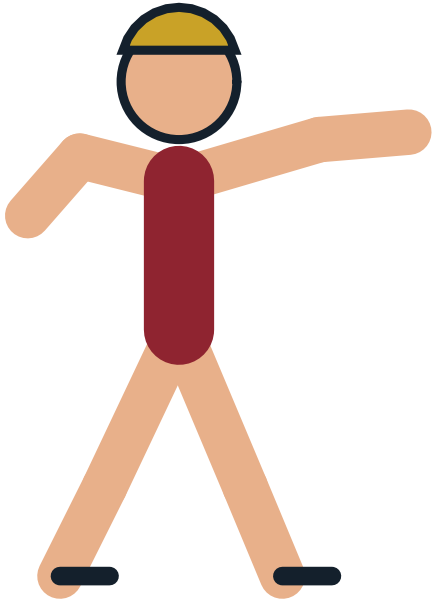


*Psst — this page is a colouring page!*

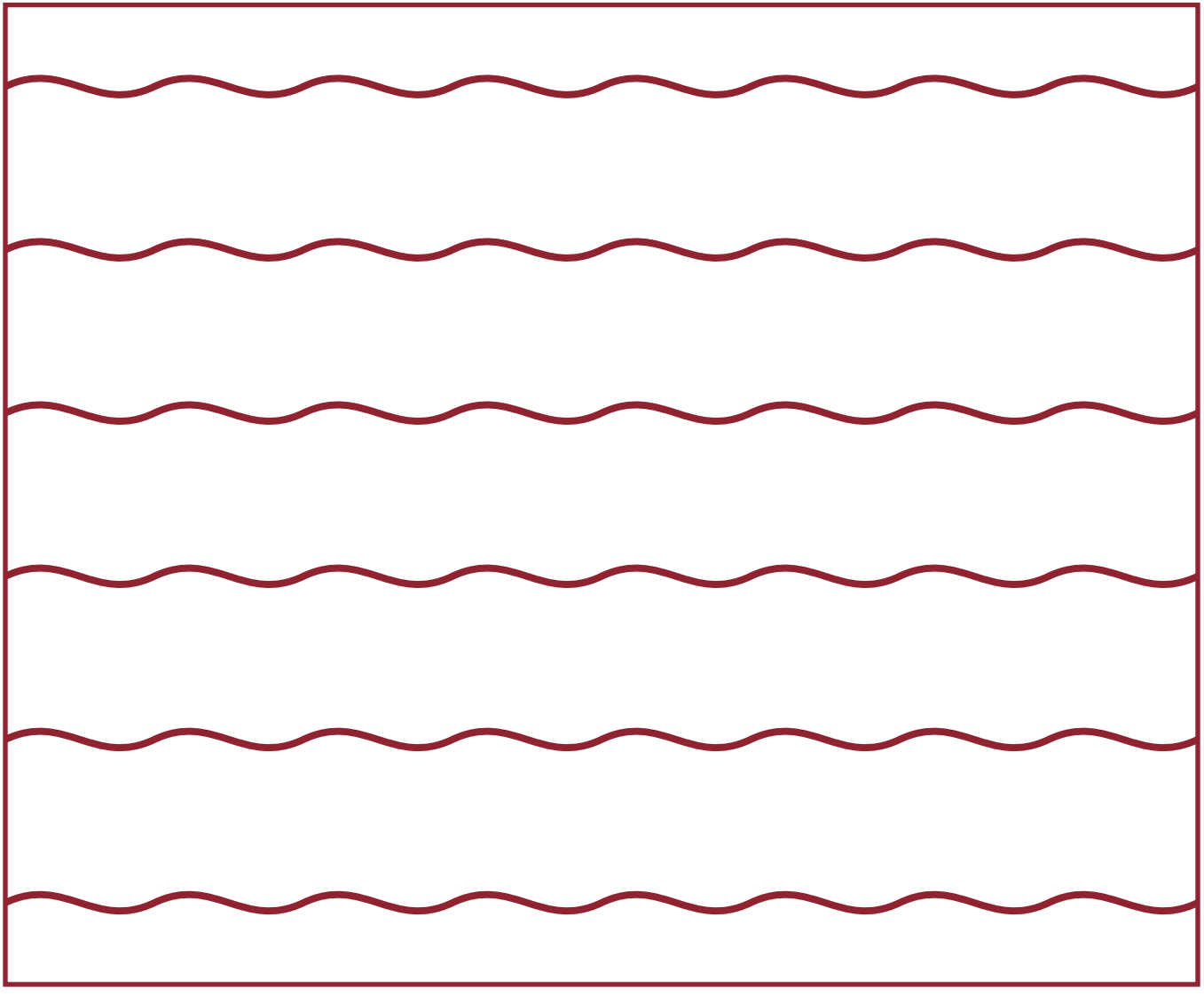
# The Sport Today



# At School and College



# Play It Near You



# Through the Year



# The Combat Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Boxing — Two fighters trade punches in rounds, judged on points or ended by knockout or stoppage.
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- Mixed Martial Arts — Striking and grappling combined; UFC, PFL and ONE lead promotions.
- Judo — Throws and holds, an Olympic sport.
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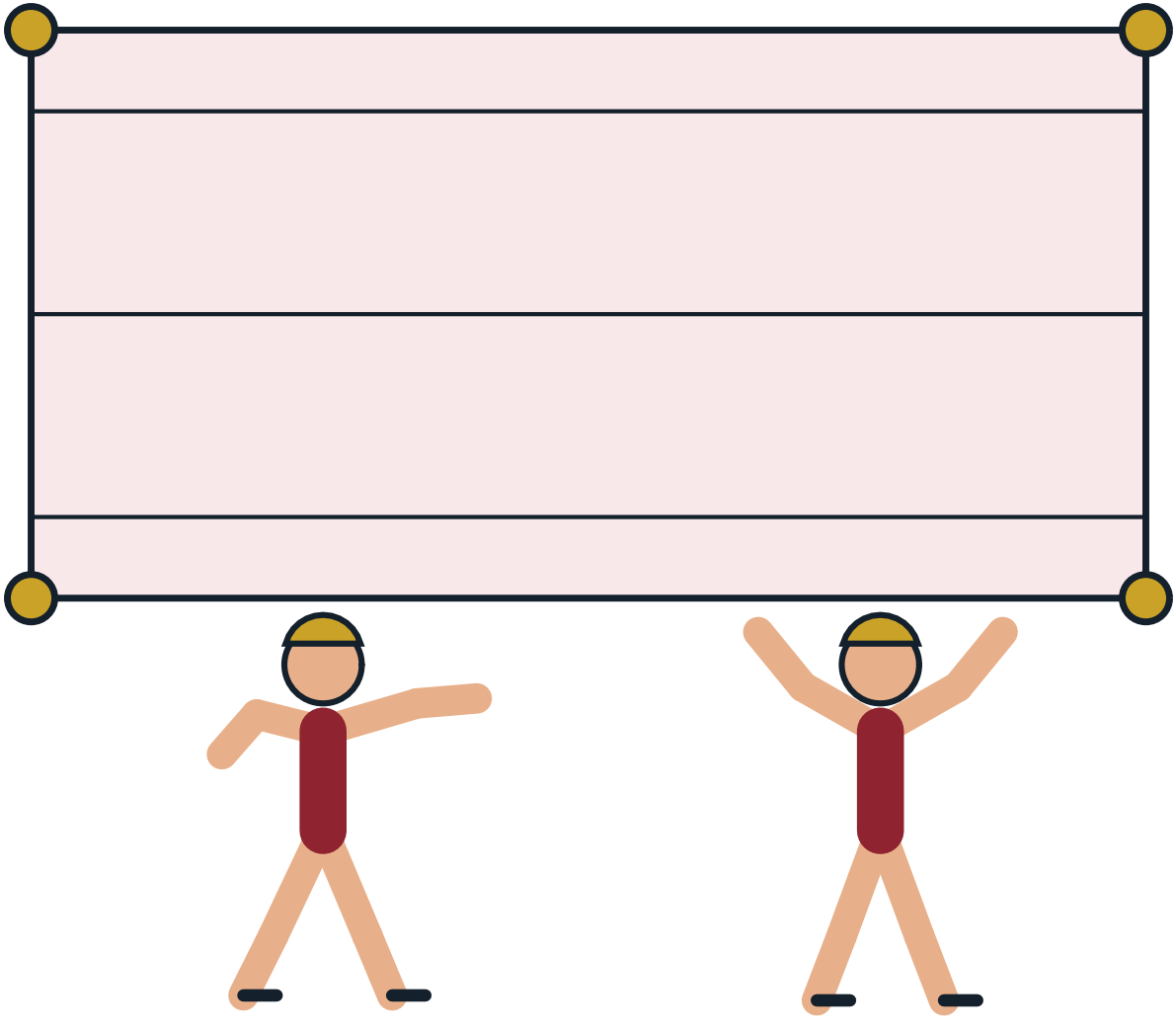
# Game Day!



# The Sport on Earth Mark

Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



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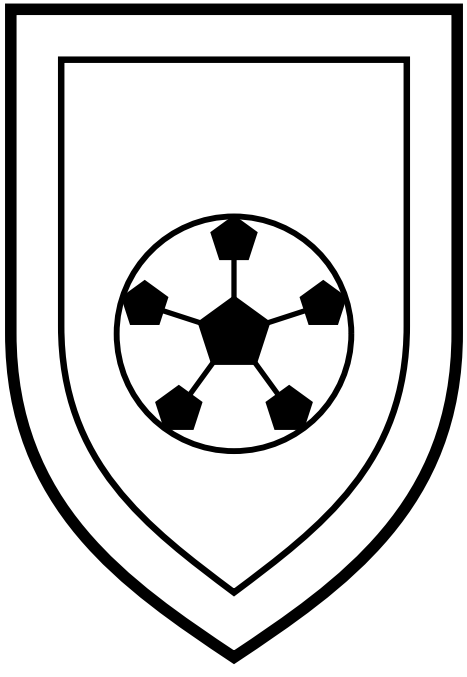
# Moves of the Game

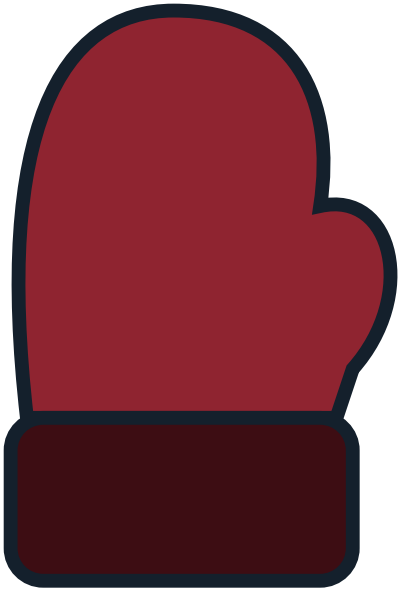


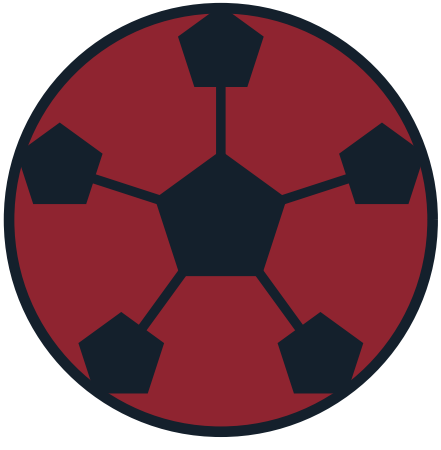
# Design a Badge



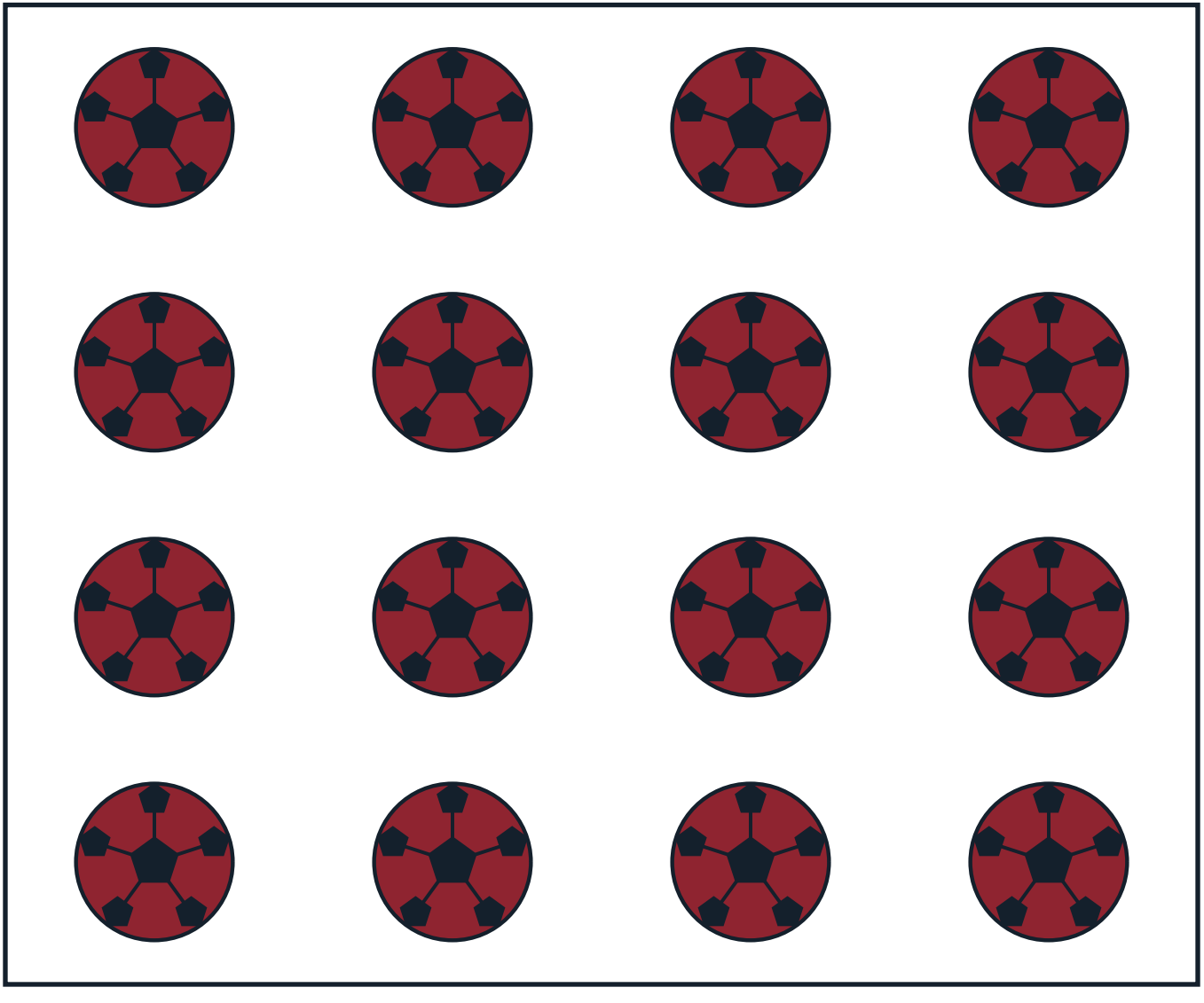
*Draw and colour a badge for your own team.*

# The Gear Parade





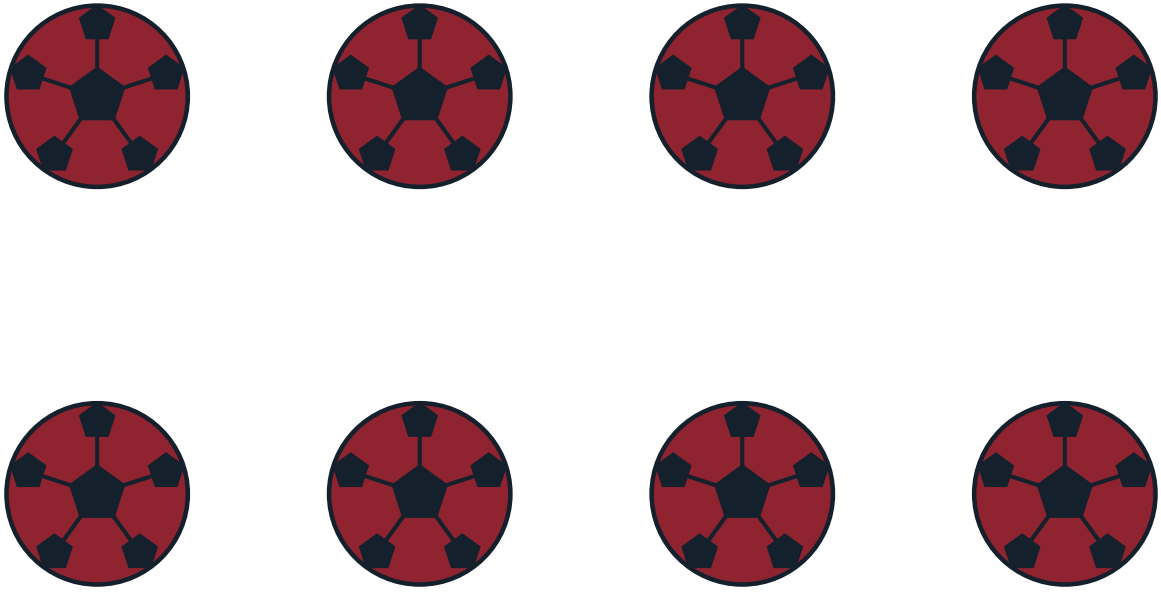
# Pattern Play



# The Arena From Above



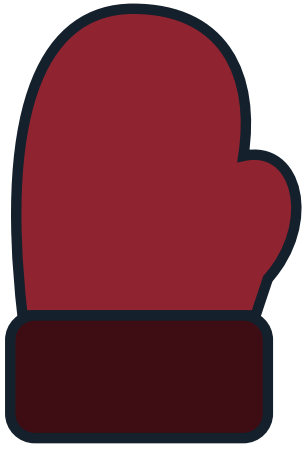
# Count the Balls!



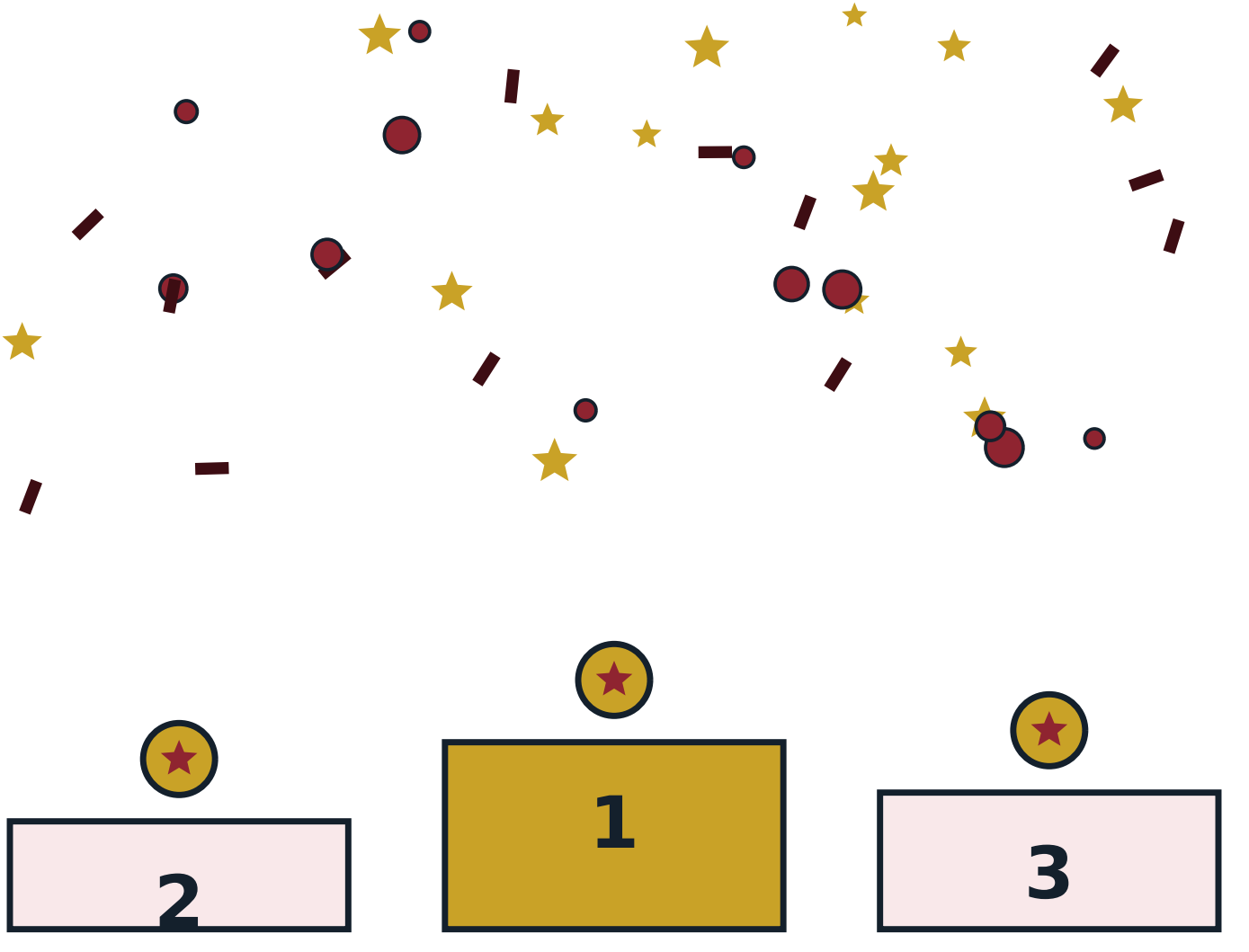
*How many can you count? Write the number here: _____*

# My Favourite Part of Kickboxing and Muay Thai

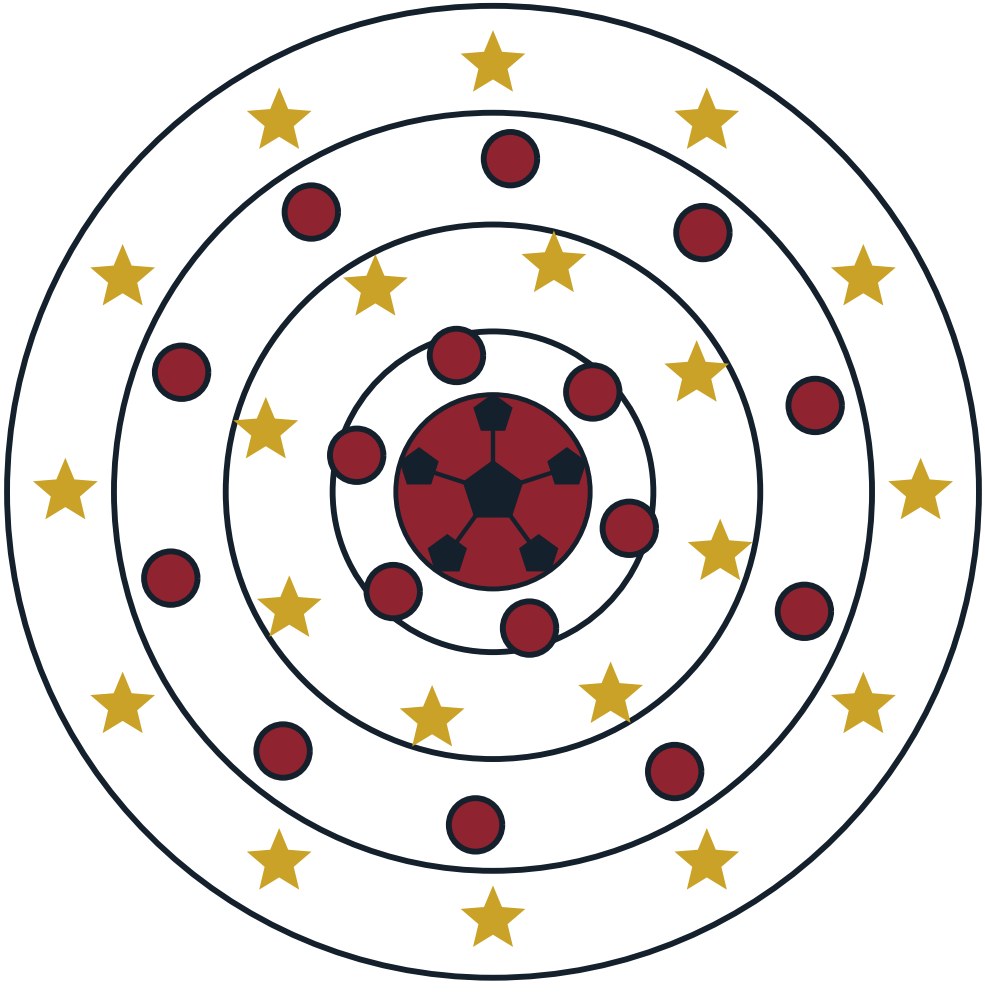
# Gear Close-Up



# Champions!



# The Mandala of the Game



# About This Book

Governing body: World Association of Kickboxing Organizations (WAKO) for kickboxing; International Federation of Muaythai Associations (IFMA) for muay thai. Laws edition the site's rules file follows: WAKO Sport Rules and Regulations (incl. K-1 Rules chapter); IFMA Rules & Regulations for International Competition, revised 6 March 2025 (Chok Lom Muaythai) and 22 May 2025. Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

# More Books in the Family

- The Cartoon Book of Boxing
- The Cartoon Book of Wrestling
- The Cartoon Book of Mixed Martial Arts
- The Cartoon Book of Judo
- The Cartoon Book of Taekwondo
- The Cartoon Book of Sumo
- The Boxing Colouring Book
- The Wrestling Colouring Book

# My Notes

# Kickboxing and Muay Thai

The Cartoon Book of Kickboxing and Muay Thai — a Sport on Earth Book.

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