



BJMA
MUAY THAI
THAILAND TOUR



An experience you must have!

4th to 14th April, 2019



Hi,

Thanks for showing interest in our Thailand Tour. This is the longest running Training Tour in the world and this year we celebrate 31 years of training, friendship and learning with the world famous Sityodtong Training Camp.

As part of booking for the trip there is important information I need from you, **please complete the forms here - <https://www.bjmathailandtour.com/form>**

I have included some general information on where we will be staying and a little on what to expect.

When **booking your flights**, take into account, that the tour will cover accommodation from the night of the 4th April and check out on the 14th April. If you need extra nights of accommodation (or less) this is fine. You just need to let me know so I can recalculate your tour price.

If you won't be training or you want to bring a friend or partner that won't be training there is a holiday only package.

Flights

Each person will need to arrange their own flights. This helps keep your costs to a minimum. Keep an eye out for cheap flights to Bangkok. Try and arrive on the 4th April. If you arrive on a date other than the 4th you may need to pay for some of your transfer fee to the hotel. If arriving prior to the 4th you will need to pay for extra nights of accommodation. (I can still book rooms for you at the hotel the cost will be around \$50-\$60 per room).

If you can get a return flight from Melbourne for under \$650 snap it up – it will not last. Thai airway's will very rarely go under \$750 return. Flight costs can change (generally up – at any time) they have up to 30 ticket prices for each flight and as soon as that ticket is sold it goes to the next price category. It is true that there may be a special come up – if this happens grab it. Also when calculating flight price compare Thai Airways to Jetstar – when you first look, the flights can be a couple of hundred \$ cheaper on Jetstar but by the time you add a bag, movies and food the price may be similar. Thai airways are more comfortable, you get free drinks for the entire flight and the flights are generally on time.

Flight packages - In the past some people have taken good package deals of flights and accommodation for Phuket or Koh Samui, they have been able to make their flight in stay for 5 days down south at the accommodation then travel up to Pattaya (an extra flight). This may be something you want to look into.

There are two airports in Bangkok – the major airport is known as **Suvarnabhumi International Airport**. It is much more convenient to arrive at this airport. Some Air Asia flight arrive at the old airport on the other side of Bangkok. If you land at Don Muang airport you will need to pay for a transfer to the Suvarnabhumi airport, this is around \$20.



The area we will be located

Pattaya

Pattaya is a beach side resort around 2 hours from the main airport and about 2 and a half to 3 hours from the centre of Bangkok. It is the weekend play area for wealthy Bangkok residence and a favourite holiday spot for Eastern Europeans. It is also one of the best spots to train Muay Thai.

Pattaya used to be the main port for sailors from the US, Australia and other allied countries. This led to it developing somewhat of a seedy reputation. It has been well over a decade since the Navy has used Pattaya as a main port and it has now changed into a cosmopolitan centre – sure there are still some dodgy areas but this helps give it an edge. A tough area for a tough sport.

Shopping, sightseeing, beaches, temples, bars, training centres and fight venues are in abundance in this city. The district covers 22 sq km but the action is all with- in a 4km radius, a population of 120,000 makes this place exciting and vibrant.

The main stadium in Pattaya is Max Muay Thai. It has different levels of fights. It has daytime fights that are open to western fighters in the novice professional level. The night time fights are of a higher level and some nights are Thai only, others are Thai vs Westerner some occasionally Westerner Vs Westerner. These can be world class fights and are live telecast on channel 8.

Accommodation

This hotel is perfectly situated at the action end of Pattaya but off the road in a large compound, so you're quickly removed from the hustle and bustle. It is also located directly across from a large shopping centre. Perfect for when you need some air-conditioning, westernfood, a shopping fix or a coffee.



The hotel is getting on the older side but this means it is less expensive. Don't think 5 star and you won't be disappointed.

Royal Twins Palace Hotel

215 M.10 Pattaya 2nd Road, Pattaya City, Chonburi 20260 Thailand:+66 (0)3842 6262-6

Day time activities

Each year we do a few new daytime activities that may include cooking classes, push bike tour, water park, day trip to an island, trip to a secluded beach, Zip Lining, temple tours, fight nights and a Wipe Out style amusement park – all are a lot of fun and of course optional. Some years the majority of people are just wanting to go hard in their



training so we don't do a lot of day activities. Other years there are more partners, families or just a less intense training group, so we run more day time activities.

If you need more information please let me know, there will be another 3 emails that will be sent as we get closer to the departure date giving you further information and keeping you up to date.

Bangkok

Pattaya is around 2 hrs from Bangkok. As we will not be staying in Bangkok you may wish to arrange a day trip to Bangkok or even stay an extra day or two in Bangkok. The Royal Palace is worth seeing if you have not been before as is the Chatuchak Weekend Market (biggest market in the world) Khao San Road, Department stores (MBK), canals, etc. You may also include a night at one of the major Thai Boxing stadiums for those interested (this can be expensive as tickets start at around \$65 for Westerners). We may go to fights at channel seven studio. These are free (except the bribe we need to pay) and are premium fights. These fights take place Sunday afternoons and I will need to book before we leave Australia.



Day Tours – all optional

Each day we will organise a tour or activity either in the afternoon or morning. This will generally run into one of the days training sessions. Hence if you decide to go on a tour you will only be able to train once that day. When visiting temples men must have their knees covered (long shorts) and women must have their shoulders and knees covered.



Local Markets – you will learn the layout of the Pattaya's markets quickly

Mini Siam – This is very close to where we are staying and makes for some great photo opportunities. It has miniature monuments from all over asia and the world. It is best seen at night.



The Million Years Stone Park & Crocodile Farm – get photo's patting Tigers, riding elephants, sitting on crocodiles, cuddling cubs, monkeying around with orangutan's, and seeing a crocodile show. If captive animals upset you then this probably isn't the place for you.



Sanctuary of Truth - The Sanctuary of Truth is a massive wooden temple being built by hand out of Teak. With nothing nailed and amazing carving this is worth a look



Local Temples and Chinese Museum – this is an interesting tour .You will see Buddha Mountain, a massive image of a gold Buddha on a sheer cliff surrounded by manicured gardens. Then everyone's favorite, the temple of a Thousand Steps, well more like a few hundred. It's a fun jog though and you get to ring some bells at the top. For those with Motor Bike licences this is a good ride.



Jomtien Beach –This is a nice strip of beach about 20 minutes from our hotel. It is great for a relaxing afternoon or to re-energise after training. It is a great place to be at sunset and sunrise to watch the change over from pleasure boats to fishing boats. It also has some nice restaurants. It is a nightmare to get to or from between 6pm and 8pm but outside these times

it is an easy journey.

Pistol Range – We will normally have an evening at the Pistol range – about 1 hour and everyone is done. Costs around 50cents to a \$1 per bullet depending on the pistol caliber (9mm to Magnum)

Flight of the gibbons – An hour away from Pattaya this new attraction is well worth a visit. For 2 hours you Zip Line and Abseil through the jungle. The views are amazing and some of the Zip lines are hundreds of feet high and hundreds of feet long.



Other Activities

There's heaps to see and do in Pattaya, both day and night. Some other things you may wish to do could include – Go Karts, Paint Ball (Skirmish), ATV riding (4 wheel motor bikes), Water fun park, jet ski's, massage, bars, shopping, Skuba Diving, Fishing Tours, Cultural Shows, Drag Queen Shows. Go Go Shows and

thousands of bars to try out and escape. Even walking across the road is an adventure in Thailand. Hotel staff, myself or any local travel agents will all be able to assist you making plans for a day away for the group or even a short adventure.



Insurance

It is highly suggested that you have travel insurance. You may get free travel insurance from your credit card company if you pay for a certain amount of the trip with your card (each card is different). Private Health Insurance sometimes has a travel option. In the past we have had problems with Harvey World Travel Insurance – I would not use them. Other alternate sources for travel insurance are <http://www.travelinsurancedirect.com.au/> (this is the one I use) your health insurance fund, Bank or credit card company.

Training Locations and what to expect

Sityodtong

Sityodtong is the name of the training camp we use. Bob Jones first went to this camp in 1986 (tours started in 1988) and started training under one of Thailand's most famous fighters and trainers Kru Yodtong Senanan. The camp is a traditional open air camp, the instruction is high quality and has a strong history and legacy for Thailand, Muay Thai and for us.



As many as 50 children have lived and trained at the camp at any one time and over the years Sityodtong produced 57 world champions – the most of any Thai Camp. In 2013 Kru Yodtong died at the age of 75. Bob Jones, Billy Manne and Matthew Ball were amongst 100's of mourners to pay their respects and take part in the funeral. The

camp is now run by Kru Toy, his son and Ploy and Yui his daughters. Children no longer live at the camp with most of their dormitory rooms transformed into units for the trainers who live at the camp.

Sityodtong has produced some of Thailand's best trainers who work around the world as well as with us at Sityodtong. Most of these trainers are former champions with between 80 and 280 fights behind them.

The main training area has no walls (good for cross draft in the heat) and houses three full size rings, an area for bag work with around 10 hanging bags as well as another area for shadow work, tyre work, skipping etc. The second training area "stadium" has an elevated ring more bags and some free weights.

The area around the gym (suburb) has houses ranging from very modern to little more than shanties. There is a school and park area 300 meters from the camp. We normally start with a jog to the park and a lap or two of the lake and back to the camp.

Winner Muay Thai

This is Tum's gym and is 5 minutes from Sityodtong. It is a clean small gym with hanging bags and a ring, space for around 8 people to train easily and 15 at a squeeze. We take turns training here and hang out a bit with the World Champ and his family. Tum was originally from Sityodtong, Matt first met him in 2003 when Tum was 14 and starting to show promise as a young fighter at Sityodtong. In 2012 Matt invited Tum to come to Australia to work and fight. This first trip was only a few weeks. It worked out so well that Tum worked and competed out of SMAC for the next 4 years traveling home regularly. In mid 2016 Tum returned home for the birth of his second child and to build and open his own gym. People from all over Australia donated money to assist Tum and his family in the construction and fitting out of the gym. Tum continues to be involved with SMAC and Matt still coaches and travels with Tum for his big fights. Including the Lion Fight World Champion in the USA in 2016 and Triumph World Champ at Maddison Square Garden, New York in 2017.

Every morning and afternoon a group will be rostered to train at Tums. It will depend on how many people are on tour to how many sessions you will get at Tums. www.winnermuaythai.com

This is also the venue for the Krav Maga training.

What does Muay Thai training involve?

Training is on twice a day for those that wish to partake. You can train as often or as little as you like (We strongly suggest once a day, alternating with some afternoons and some mornings).

Please remember you can do as much or as little as you like –

Suggestion 1 – I just want to do some skill work and blow off the cob webs

Warm up with shadow work, do 3 x 4min rounds of technique work on pads with a trainer.

Work a bag at your own pace

Join in clinch work if you want

Stretch and exercise

Suggestion 2 – I like to push but I'm not fighting

Warm up with a run or skipping. Main group will run around lake you can make this from 1 km to 6km depending how many times you go around the lake.

Shadow work 3 x 3 min

Bag work 3 x 3 min rounds + 100 alternating knees



Pad work 5 x 3min rounds
Shadow work 2x 3 min rounds
Light sparring (if people want to spar)
Clinch/Grappling 3x 3 min rounds (afternoon)
Strength exercises –sit ups, push ups, squats etc.
Stretching

Suggestion 3 – I’m a fighter or bat shit crazy!

(fighter should train morning and afternoon, no training on day of fight)

Run – 4 to 10 km in morning – 3 to 4 km in afternoon
Skipping (heavy rope) – 3 x 3min rounds
Tire work – 2 x 3min rounds
Shadow work – 3 x 3min rounds
Bag work 3 x 3 min rounds + 100 alternating knees
Pad work 5 x 3min rounds
Shadow work 2x 3 min rounds
Light sparring (if people want to spar)
Clinching/Grappling 3x 3 min rounds (afternoon)
Strength exercises – 100 sit ups, 50 pushups, 25 pullups, 200 squats, neck strengthening etc.
Stretching

Training time at the camp will be around one and a half hours. As soon as we arrive at the camp you will need to put your name on a sheet (located on the desk near the shop area). This sheet is for Sityodtong so they know which trainer trained which person. This is very important as this is how the trainers get paid. Please make sure you tick the sheet each day and note the name of your trainer if they change.

Trainers will call out to members of our group at different times during the session so they can get through everyone’s pad rounds. This means some of you may be called in during your skipping for example. You should then return to the routine and try to get through as much as possible.

I will also be there most afternoons and most mornings to give assistance, unless someone keeps me out too late. I will also be at Tum’s every couple of day’s.

What does Krav Maga training involve?

You will get to train with master trainers Billy Manne, Bill Foukas and Matt Ball. Most training sessions will take place at Winner Muay Thai gym from 10.30am to 12.30pm. We will also plan to have a special beach training session depending on weather and availability of location.

Training sessions will consist of in-depth training on all Krav Maga Skills as well as some airsoft hand gun training and for those interested some live firing at a local range (live firing will need to be paid for separately)

EXTRA TOURS

People often take the opportunity to do more travel while they are in Asia. You could extend your trip to go to southern Thailand (Phuket, Koh Samui) or Northern Thailand (Chang Mai). Or even a trip to Vietnam or Cambodia. It is cheap for short flights in Asia as is accommodation.

Many of us have our spouse or family join us after the main tour and then go have a relaxing trip to recover from the main tour.

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Itinerary – Main Tour

Note this is an example only - things may change and everything is optional, hence more than one thing is listed at the same time.

Please save this to your phone. If you ask me what's happening I am likely to tell you to check the itinerary.

If it's in blue consider a must attend event

Daily Training times – and venues

Sityodtong is the main training camp and where you will spend most of your time training. Winner Gym, is a small family gym and we will take a maximum of 10 people per session. Please see the name list to see what days you are listed from training at Winner.

8.30am **Thai Training** – meet in foyer for baht buses to training (train from 9.00 – 10.30am -return to hotel around 11.00am)

3.30pm **Thai Training** meet in foyer for buses to training (train from 4.00 – 5.00pm -return to hotel around 5.30pm)

Day 1 (4th April) - Thursday

Arrive Bangkok, Transport to Royal Twins Hotel, Pattaya (2hrs) – arrive late (**no training**)

Those people arriving early can choose to go to training today or just hang out and relax. However you will need to pay for your training and transport on this day as it is not part of the tour.

Day 2 (5th April) – Friday

Many of you will have arrived late last night we don't expect you to train this morning.

We have found over many years it is more important for people to acclimatise a little and get some sleep if they can.

go for a feed and explore the area – try to get a bit lost and find your way back google maps works a treat. It is also a good idea to get a business card from the Hotel in case you actually get lost and need a ride back.

10.30am KRAV MAGA training – Winner Muay Thai – **meet with Bill F** on hotel steps (or meet at Winner if you did the Thai morning session). Back to hotel about 1pm.

3.30pm Afternoon training – meet on steps. **Compulsory** for everyone so we can do group shots and so people know where to go and what to do from this day forth.

6pm Group dinner at Sityodtong. Rice and noodles, simple dinner with our trainers. Bring some cash for drinks. Dinner approx. 400baht (\$12)

Day 3 (6th April) - Saturday

8.30am Thai Training meet on hotel steps - *If training Krav today you will need to stay at Winner or be bussed from Sityodtong to Winner. Make sure you listen to Matt when he says which bus to be on.*

10.30am KRAV MAGA training – Winner Muay Thai – **meet with Bill F** on hotel steps (or meet at Winner if you did the Thai morning session).

3.30pm Thai Training meet on hotel steps

Day 4 (7th April) - Sunday

No training on Sundays. This is a free day but here are some ideas –

Live Muay Thai Fights in Bangkok – Chanel 7 studio- approx. \$30

Zip lining, Flight of the Gibbons (Full day inc. lunch) – Approx \$120 each. You can book this with Noi the Taxi lady near the mini mart.

Koh Larn island – beautiful white sand beaches, national park, scooter rides and water sports. Full day including transport from hotel, boat transfer and lunch approx. \$50 each.

Book with Stan Potts by April 6th.

Go to Jomtien Beach – not so pretty but easy to get. Catch baht bus, go along the beach until you see a nice bit then get off. Grab a deck chair and umbrella and order drinks, food and ice creams all day. For baht bus and seat about \$8 each.

Bangkok Shopping day trip – book a shopping tour MBK, markets. Book with Noi at the taxi stand near the mini mart.

Bangkok Culture trip – Go to Royal Palace, canal trip, Emerald buddha and more.

Day 5 (8th April) - Monday

8.30am Thai Training meet on hotel steps

11am Sanctuary of Truth, amazing wooden structure – Meet Dylan on hotel steps – Cost 450baht for ticket and approx. 80 baht return on baht bus. Should be back before 2pm. Females must have shoulders and knees covered (T-shirt is fine, dress, wrap or long shorts). Males must have knees covered (shorts are ok as long as they come down to the knee, no running, Thai or mid thigh shorts.)

3.30pm Thai Training meet on hotel steps

Day 6 (9th April) - Tuesday

Thai training,

8.30am Thai Training meet on hotel steps - *If training Krav today you will need to stay at Winner or be bussed from Sityodtong to Winner. Make sure you listen to Matt when he says which bus to be on.*

12.30 to 2pm - visit the local temples on Buddha Pattaya Hill, *Wat Phra Yai*. Meet Dylan on steps on hotel steps. Cost of baht bus and donation approx. 100baht

10.30am KRAV MAGA training – Winner Muay Thai – **meet with Bill F** on hotel steps (or meet at Winner if you did the Thai morning session).

3.30pm Thai Training meet on hotel steps

Day 7 (10th April) - Wednesday – BAR FIGHTS

8.30am Thai Training meet on hotel steps - *If training Krav today you will need to stay at Winner or be bussed from Sityodtong to Winner. Make sure you listen to Matt when he says which bus to be on.*

10.30am KRAV MAGA training – Winner Muay Thai – **meet with Bill F** on hotel steps (or meet at Winner if you did the Thai morning session).

3.30pm Thai Training meet on hotel steps

9pm – Bar fight night Aussies and Kiwi’s lined up to fight. FREE – meet at bar with boxing ring at the start of walking street, sit anywhere. Suitable for all ages.

Day 8 (11th April) - Thursday

8.30am Thai Training meet on hotel steps

11.30am Krav shooting day with Bill Foukas – use airsoft guns on a range, learn basic skills on hand gun and long arm use. Meet at hotel steps.

Suggestions for day excursion

1. <http://www.learnthaicooking.net/> +66 80 809 4453 1000baht for 2 hours cooking and eating. More food than you can finish. You must prebook directly.
2. Buddha mountain *Khao Chi Chan* (big image on cliff face) and Chinese museum *Viharn Sien* (this is much better than it sounds. Lots of martial arts statues. – you can organise this with Noi, the taxi lady outside the mini Mart. Will take about 3 hours inc. travel time.

3.30pm Thai Training meet on hotel steps

6pm Live fire shooting, Tiffanys – Choose your hand gun and ammunition. cost \$50 to \$70. Meet Bill F on hotel steps. Will run for about 1 hour.

Day 9 (12th April) - Friday WAI KRU Ceremony

8.30am Thai Training meet on hotel steps -

3.30pm Thai Training meet on hotel steps

5pm – after last training - WAI KRU Ceremony – this is where you are accepted as a student of Sityodtong, Winner Muay Thai and BJMA and you acknowledge your trainers and their trainers. Also a Ram Muay show and presentation of Mongkon for those who ordered them as well as a certificate of attendance.

Day 10 (13th April) – Saturday - – party time! (don’t forget you have to fly out the next morning)

8.30am Thai Training meet on hotel steps

11.30-12pm – Monkon Blessing – Meet Matt Ball on hotel steps. Go to the temple on the corner with the school and have your Mongkon blessed. You need to make a donation (bigger donation more luck) typically 50 baht to 500 baht. Women must have shoulders and knees covered. Men must have long shorts or pants. You will take off footwear to enter temple.

3.30pm Thai Training meet on hotel steps

Training and last night as a group – party time! (don’t forget you have to fly out the next morning)

Day 11 (14th April) - Sunday

Check out by 12pm and then hang around get a massage before your bus leaves for Bangkok and the airport. You can leave your bags locked up down stairs after checking out. See the bell boys at the door (give them a small tip 20 to 50 baht)

Getting Organised

Here is a list of things you should be getting organised now.

- Passport. You must have at least 6 months remaining on your passport (before expiry date) to enter Thailand. That means it must expire after October 2019. Inoculations – Speak to your doctor about these. **I suggest you have Hepatitis A & B vaccination.** You should consult with your local doctor about vaccinations you will require. Take your itinerary with you as they will need to know the regions you will be travelling to. Do not leave this until the last minute as some vaccinations must be given over a course of months. This web site gives very good advice on vaccination requirements <http://www.traveldoctor.com.au>
- If you plan on fighting or just training hard, start getting ready now by getting in plenty of grappling and knee work, jogging, skipping and a lot of kicking on the heavy bags. People tend to find that the first thing that wears out is their shins, then their calves, achilles tendon, ankles and instep. Most of these are impact injuries from hitting the pads a lot more than most of us do at home. Billy Manne, Matt Ball or your trainer will need to approve you to fight. This will come down to your training when in Thailand. If you hit the night spots more than the gym – you will not be fighting. You also must have Hep Vaccine and travel insurance.

General Travel information

Thailand Visa

Australian passport holders do not require a Visa if they are staying for less than 30 days. If you plan on travelling on a passport issued from another country you will need to check the visa requirements. Most other countries around Thailand will require a Visa, so check these before making plans.

Money / Credit Cards / Travellers Cheques

You are able to exchange AUD (Australian dollars) for THB (Thai Baht) at most banks or foreign exchange centres – money exchanges are everywhere in Pattaya. It is worth exchanging a small amount (\$50 - \$100) when we arrive in Thailand at the airport. The airport rate in Bangkok is much better than Australia but still not as good as the rate in Pattaya.

- **Cash.** Some people take over a set amount in Australian dollars and change a certain amount each day so they can keep track of their budget. This can be the most cost effective way to change your money as the rate is better than the ATM's and much better than in Australia without any commission fees. You must declare to Customs if you are carrying more than \$10,000AUD. Keep in mind that if your cash is stolen or lost your trip will be very disappointing. There are safes at the hotel for guests to use.
- **Credit Card / Debit cards.** ATM's are readily available in Thailand (every second corner in Pattaya) and it is the easiest way to change Australian Dollars into THB. It means you don't need to carry much cash and you can always withdraw money when you need it. There are fees attached and these are normally a fixed fee and a % fee based on the amount withdrawn. Check with your bank for information on charges. I suggest taking two cards in case one is lost or stolen or you want to go over the withdrawal limit. If you do take two cards make sure they do not have linked accounts on both cards as they may cancel both cards if one is stolen. Some banks need to be notified you are going overseas or they cancel your card when you first use it, so call them now and let them know you will be overseas. If a credit card is lost or stolen you can have it replaced and your money will not be lost.

Tour Price - prices could change if there is a swing in currency valuations.

	Standard Room - Share	Standard Room - single	Deluxe Room - share	Deluxe Room - single
Muay Thai training Package	\$1146	\$1448	\$1233	\$1625
Krav Training Package	\$1106	\$1407	\$1196	\$1588
Combined Training Package	\$1197	\$1498	\$1287	\$1675
Holiday time Package	\$841	\$1143	\$932	\$1324

This covers; 10 nights accommodation at the Royal Twin Hotel, breakfast each day, Transfers from the airport, up to 15 training sessions with world renowned trainers, transport to and from training every day, tips from top level Australian coaches inc. Billy Manne and Matt Ball and the experience of traveling with the BJMA family and getting to hang out with legends like the boss Billy Manne, Kru Toy, Tum.

For all payment options and prices please go to www.bjmathailandtour.com

If you need further information please call Matt Ball on 03 5977 7055 or email matt@smac.net.au