

LIVING
MUAY THAI

2025 Summit Schedule
SEPTEMBER 25TH - 28TH
One- and Two-Day passes available

	THURSDAY Defending Your Structure	FRIDAY Locking Up The Clinch	SATURDAY Attacking Structure	SUNDAY Weathering The Storm
8:20AM	Open Warm Up	Open Warm Up	Open Warm Up	Open Warm Up
8:50AM	Introduction	Introduction	Introduction	Introduction
9:00 - 9:45AM	Basic Padholding AJARN MIKE	Thaibata AJARN JUICE	Thaibata AJARN JUICE	Thaibata AJARN JUICE
9:55 - 10:55AM	Weaponizing the Core AJARN JUSTIN	Getting There First AJARN JUSTIN	Following the Payload JUSTIN & DAVE	Holding Your Ground AJARN JUSTIN
11:05 - 12:05PM	Journey to the Long Guard AJARN DAVE	Locking It Down DAVE & KEITH	Programming the Enemy DAVE & HARRY	Strategic Evasion AJARN DAVE
12:05 - 1:45PM	Lunch	Lunch	Lunch	Lunch
12:15 - 12:45PM	Evolution of the Fight MASTER CHA	Self-Maintenance DEVIN WELCH, LMT	Women's Wai Khru KHURU SONYA	Culture MASTER CHA
12:50 - 1:35PM	Student-Teacher Relations AJARN JUSTIN	Under Pressure AJARN JUSTIN	What Can LMT Do For You? JUSTIN & KEITH	Teaching Hacks AJARN JUSTIN
1:45 - 2:45PM	Defense is Offense MASTER CHA	Choosing Clinch MASTER CHA	Location JUSTIN, KEITH, & JUICE	Moving Forward MASTER CHA
2:55 - 3:55PM	The Right Man for the Job AJARN HARRY	The Three Armies JUSTIN & DAVE	Range KEITH & JUSTIN	Positioning the Advantage KHURU KEITH
4:05 - 5:05PM	Pressure Testing AJARN KEITH	Grip Fighting MIKE & KEITH	Facing DAVE, MIKE, JUSTIN, & KEITH	Playing the Game AJARN HARRY
5:15 - 6:15PM	Open Padholding ALL INSTRUCTORS	Open Clinch ALL INSTRUCTORS	Testing (5:30PM)	Summit Outro
7:00 - 9:30PM	Open Dinner Plans	Open Dinner Plans	Grilling/Food (7:15PM on)	

Questions? Contact info@livingmuaythai.org
Hosted by Princeton Academy of Martial Arts | 51A Everett Dr, Suite A50, Princeton Junction, NJ, 08550