

FightClubNepal Technical Book

The Foundation of Kickboxing & Muay Thai Training

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Preface

This book is for every fighter training at FightClubNepal or all over the world — from beginners to advanced athletes preparing for national or international fights. It's designed to give you a solid base in technique, ring IQ, and strategy rooted in Muay Thai, Kickboxing, and Suman Nepali's real-world fight experience. Study it. Drill it. Live it.

SECTION 1: FOUNDATIONS

1. Stance

- Orthodox & Southpaw positions
 - Feet shoulder-width apart
 - Hands up, chin tucked
 - Weight on the balls of the feet
 - Light movement – step forward, backward, left, right
 - Stay balanced while punching, kicking, and defending
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SECTION 2: PUNCHES

2. Basic Punches

- Jab
 - Cross
 - Hook (Lead/Rear)
 - Uppercut (Lead/Rear)
 - Overhand (Advanced)
 - Spinning Backfist (Advanced)
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SECTION 3: BASIC PUNCH COMBINATIONS

No dodging, blocking, or defensive moves — pure offensive striking.

- Jab – Cross – Hook
- Jab – Cross – Uppercut
- Hook – Cross – Hook
- Cross – Hook – Cross
- Jab – Cross – Jab – Cross
- Uppercut – Cross – Hook – Cross
- Uppercut – Hook – Cross – Hook

SECTION 4: BASIC KICKS

4. Basic Kicks

- Front Kick (Push Kick / Teep)

Same technique, different purpose:

- Use Front Kick for speed and damage
 - Use Push Kick (Teep) to control distance and break rhythm
 - Low Kick (Target thigh or calf)
 - Slap Kick (Roundhouse Kick)
 - Side Kick (Target body or leg)
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SECTION 5: KICKBOXING COMBINATIONS (BASIC)

No dodges or blocks — just clean striking combinations

- Jab – Cross – Left Front Kick
- Jab – Cross – Right Front Kick
- Jab – Cross – Left & Right Front Kick
- Jab – Cross – Right & Left Front Kick

With Slap Kick

- Jab – Cross – Left Slap Kick
- Jab – Cross – Right Slap Kick
- Jab – Cross – Left & Right Slap Kick
- Jab – Cross – Right & Left Slap Kick

With Low Kick

- Jab – Cross – Left Low Kick
- Jab – Cross – Right Low Kick
- Jab – Cross – Left & Right Low Kick

- Jab – Cross – Right & Left Low Kick

With Side Kick

- Jab – Cross – Left Side Kick
- Jab – Cross – Right Side Kick
- Jab – Cross – Left & Right Side Kick
- Jab – Cross – Right & Left Side Kick

SECTION 6: KICKBOXING COMBINATIONS (ADVANCED)

Mixing punches with advanced kicks, for real fight rhythm

- Jab – Cross – Hook – Right Slap Kick
- Jab – Cross – Uppercut – Right Low Kick
- Hook – Cross – Hook – Right Slap Kick
- Cross – Hook – Cross – Left Slap Kick
- Jab – Cross – Jab – Cross – Right Front Kick
- Uppercut – Cross – Hook – Cross – Left Low Kick
- Uppercut – Hook – Cross – Hook – Right Low Kick

SECTION 7: DEFENSIVE TECHNIQUES

7.1 Dodging Techniques

- Slip Left / Slip Right
- Duck (Bob)
- Roll (Bob and Weave)
- Lean Back
- Step Back

7.2 Blocking Techniques

- Front Head Block
 - Side Head Block
 - Side Body Block
 - Stomach Block (Core Tightening)
 - Kick Block (High Knee)
 - Check Kick with Shin
 - Catch Teep
 - Scoop Block (For Push Kick)
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SECTION 8: ELBOWS & KNEES

8.1 Elbow Techniques

- Horizontal Elbow
- Upward Elbow
- Downward Elbow
- Diagonal Elbow
- Spinning Elbow
- Clinch Elbow
- Reverse Elbow

8.2 Knee Techniques

- Straight Knee
 - Switch Knee
 - Jumping Knee
 - Diagonal Knee
 - Cross Knee
 - Clinch Knee
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SECTION 9: FOOTWORK

9.1 Fundamental Footwork

- Step In / Out
 - Step Left / Right
 - Pivot Left / Right
 - Circle Movement
 - Switch Stance
 - Shuffle Step
 - Angle Cut
 - Forward Pressure / Retreating
 - Control the Ring or Cage
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SECTION 10: SWEEPING & OFF-BALANCING

10.1 Muay Thai Sweep Techniques

- Kick Catch Sweep
- Clinch Inside Leg Trip
- Outside Leg Reap (Dump)
- Side Sweep (from Catch)
- Knee Block Sweep
- Leg Pull from Clinch

Sweeps are about timing, balance, and control — not just power.

SECTION 11: CLINCHING & CONTROL

11.1 Clinch Basics

- Neck Tie Control
- Elbow Pressure
- Controlling Inside

- Off-balancing
 - Clinch to Knee
 - Breaking the Clinch
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SECTION 12: CATCHING, PARRYING & COUNTERS

- Parry Jab & Cross
 - Catch Teep
 - Parry & Low Kick Counter
 - Check & Counter
 - Slip – Counter Hook
 - Roll – Counter Uppercut
 - Scoop Kick – Sweep
 - Block & Counter Elbow
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SECTION 13: DRILLS & CONDITIONING

13.1 Solo Drills

- Shadowboxing
- Line Drills
- Bag Work
- Mirror Movement
- Footwork Patterns

13.2 Partner Drills

- Pad Work
- Reaction Drills
- Light Technical Sparring
- Kick Catch & Counter

- Timing Drills

13.3 Conditioning

- Skipping
 - Burpees / Push-ups / Sit-ups
 - Medicine Ball Throws
 - Core Work
 - Explosive Kick Drills
 - HIIT for Fight Cardio
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SECTION 14: STRATEGY & FIGHT IQ

14.1 Ring Intelligence

- Distance Management (Long, Mid, Close)
 - Rhythm Control
 - Counter Fighting
 - Pressure Fighting
 - Fainting / Baiting
 - Reading the Opponent
 - Style Adapting (Boxer, Kicker, Clincher)
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Final Message from Suman Nepali

“This book is not just a technique manual. It’s a reflection of my journey — from pain and struggle to pride and strength. Every technique here was earned through blood, sweat, and perseverance. Learn it. Respect it. Use it to grow. This book belongs to the warriors of FightClubNepal — fighters who train hard, stay humble, and fight for Nepal.”

