



**BJMA - OFFICIAL**



**THAI TOUR**

MUAY THAI & SYSTEMA  
TRAINING



**BOOK NOW**  
**Limited places left**

**“KING OF THE RING” TOUR**

January 2<sup>nd</sup> to 13<sup>th</sup> 2011

## GREAT ACCOMMODATION

The Royal Twins hotel has its own large compound right in the centre of Pattaya. This means that you're right in the centre of the entertainment & shopping district (close to Walking street end) but as soon as you enter the compound you feel like you're in your own oasis where the noise and hustle bustle are left behind. It has great facilities and big pool. A little dated in its décor the hotel fits our needs perfectly- inexpensive with a great location.



## Experience the Tour

This is a trip like no other - train as much or as little as you like, immerse yourself in the culture, fight on a card of Aussies v Thai's, live like a King or run on a budget and spend time getting to know your BJMA brothers and sisters. Bring your partner or travel on your own.

**It's all your choice.**

## WORLD'S BEST THAI TOUR

Bob Jones has been taking students to Thailand to train at the famous Sityodtong Camp in Pattaya for 23 years.

These tours have become the biggest and longest running Muay Thai Training Tours in the world. We have as many as 70 people on tour. Over the past 22 years around 700 people have taken part in this amazing adventure.

Not all tour participants train in Muay Thai. In fact some don't train in Martial Arts at all but want to experience everything else the tour offers.

**Thai Training** will be run twice a day (8.30am & 1.40pm) for those that wish to partake. We start with a run, skipping, bag work, partner drills, pad work with a Thai trainer and grappling drills. (1 1/2 hrs per session).

Most of the work is done at your own pace so it is perfect for all fitness levels. We can either drive you hard to reach your peak or you can monitor your own progress.

You can train as often or as little as you like. No training on Sunday.

**Ring Fighting** a number of our group will be fighting during our stay in Thailand. If you wish to fight you need to prove you're ready by training hard. Matt and the Chief will make the final decisions on who can fight. There are two levels of fights – fights at the Best Friends Bar for first time fighters or those that just want to have a go. Or Thepprasit Stadium for those that have been training hard and who want to fight full Thai Rules (elbows).

## Tour Itinerary

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

### **Day 1 – Sunday, Jan 2nd**

Arrive Bangkok, Leave Bangkok for Pattaya, Explore the area go to the Markets, sit by the pool or go to the beach.

**Group dinner**, to meet everyone.

### **Day 2 – Monday, Jan 3rd**

Thai training (1<sup>st</sup> day everyone must attend), explore the markets and local area. Meet at Best friends bar in the evening to meet the people who arrived late.

### **Day 3 – Tuesday, Jan 4<sup>th</sup>**

**Thai training**, Mini Siam Tourist Park, **SYSTEMA training**, Fights – Theprasit Stadium

### **Day 4 – Wednesday, Jan 5<sup>th</sup>**

**Thai training**, **SYSTEMA Training** – Pattaya Floating Market & Shopping Tour.

### **Day 5 – Thursday, Jan 6<sup>th</sup>**

**Thai training**, **SYSTEMA Training**, Sanctuary of Truth and Dolphin show, RTV racing,

[Fights at best Friends Bar – our guys fighting](#)

### **Day 6 – Friday, Jan 7<sup>th</sup>**

*Most people need to sleep in after the fights.* **Thai training**, Pattaya Park, Markets, Pistol Range

### **Day 7 – Saturday, Jan 8<sup>th</sup>**

**Thai training**, **SYSTEMA Training**

[Group dinner and big party](#)

### **Day 8 – Sunday 9<sup>th</sup>**

Last full day in Pattaya or fights in Bangkok (Channel 7 stadium 1pm to 4pm)

### **Day 9 to 11 – Mon 10<sup>th</sup> to 12<sup>th</sup>**

Stay a few more days in Pattaya or go on the optional Island tour. Stay Pattaya for night.

### **Day 12 – Tuesday 13<sup>th</sup>**

Depart Pattaya for airport Flight to

## Island tour option

The beaches on Koh Samet are some of the best in Thailand and the water is crystal clear.

You can hire motor bikes and explore the island, take part in water sports, sit and relax or just take in the sites. If we are lucky we will get to go crazy with fireworks at night.



## 3 Day (2 nights) Island Tour

1<sup>st</sup> Day, pick up from hotel, drive to Rayon, quick boat trip to island – relax on beach, use beach facilities, stay hotel, party with the group

2<sup>nd</sup> Day, All day to explore island or relax on beach, party for your last night in Thailand

3<sup>rd</sup> Day Depart Island (morning) on fast boat – Bus to Pattaya for last night

[Share accommodation, boat and bus approx \\$120.](#)

[Single accommodation, boat and bus approx \\$190.](#)

## PRICES

These prices may change and are for the standard tour only.

I suggest you look for cheap flights now and meet us in Pattaya. I can help you with this. I am flying Jetstar - Dept Melb on Jan 2<sup>nd</sup> 2.30pm.

[FLIGHTS](#) Between \$800 and \$1400

[TOUR PRICE](#) - Including; breakfast each day, accommodation, basic assistance and all training

### **Room types & relevant costs**

**Supreme** \$1015 Twin Share, \$1395 Single Room

**Deluxe** \$1115 Dble Share, \$1595 Single Room

**Triple room** \$968 each

**Suite 1 Bedroom** \$1377 Twin, \$2120 Single

EXTRA's – All optional tours, meals (other than breakfast) and day excursions will cost extra. On average you should budget for around \$100 per day. Seasoned travellers normally spend closer to \$50 a day as they don't go crazy on the shopping.

The Systema Training is only \$300 extra for the 16hrs training. An absolute bargain.

[TOUR PACKAGES FROM AS LOW AS \\$1015](#)

[Deposit Due 31<sup>st</sup> July 2010](#)

[\\$250](#) (non refundable)

Payment can be made by direct deposit, cash, cheque, money order or credit card.

For direct deposit please pay to the following account BSB 013 279 Account 551852744

***Please let me know when payment is made.***

Contact Matt to reserve your place

For further information please call Matthew Ball on 03 5977 7055 or [matt@smac.net.au](mailto:matt@smac.net.au)