

MUAY THAI - WORKSHOP

WHEN

Fri, May 22, 2026 | 6:00 – 8:00 PM
Sat, May 23, 2026 | 10:00 AM – 12:00 PM & 4:00 – 6:00 PM
Sun, May 24, 2026 | 11:00 AM – 1:00 PM

WHERE

Friday: S.U.S.I BIK, Vaubanallee 8
Saturday & Sunday: Max Weber Gymnastics Hall, Fehrenbachallee 14

WHAT

In this three-day workshop, we will train together and meet other Muay Thai practitioners. The workshop offers a mix of precise technique work and sparring sessions.

FOR WHOM

The workshop is for women, lesbians, trans*, inter, non-binary, and agender people who have some prior experience in Muay Thai (stance, movement, basic attack and defense techniques) as well as for advanced fighters.

BY WHOM

Kat (they/them – no pronoun) from Berlin has been training Muay Thai for around 13 years and has had 20 fights, about half of them professional. Kat also has many years of experience as a trainer.

WHAT TO BRING

Full protective gear: gloves, shin, knee, and elbow pads, mouthguard, jump rope if available.

COST

Suggested donation: €60–80, according to your own assessment, for the whole weekend.

REGISTRATION

by email until 24.04.26
thaibox_workshop_fr@systemli.org