

Master Skens Muay Thai Masterclass at FFMA

16th of June 2010

By: Mark Woodard (MMA Coach)

On the 16th of June 2010 Master Sken paid the FFMA a visit to deliver a seminar in MUAY THAI, Skens unique view on Muay thai and his never waning enthusiasm proved a winner to all involved.

Master Sken has been through a torrid time in his personal life of late and proved once again the consummate professional, the mans enthusiasm for his chosen art should be a lesson to us all.

I spent a few hours before the seminar talking to Sken about mutual acquaintances from the world of Muay Thai and about his life in Thailand before he moved to the UK.

I have met some of the “top” martial artists in the world and have never been impressed, not to say I haven’t met some great people or some of the world’s best fighters, but Sken is the most humble and gentle man I have ever had the pleasure of sharing time and thoughts with.

He is, well, awesome!!!! His knowledge and dedication is boundless, his enthusiasm limitless and I can truly say that I have met a giant among men, respect is earned not given, my respect is hard earned and these people I can count on one hand I guess I will have to start counting on my other hand now.

Master Sken started the seminar with some co-ordination drills; needless to say we all looked like rank amateurs with arms and legs looking like they didn’t belong to any one individual. This caused a great deal of hilarity with one individual being asked if he was drunk!! (I won’t embarrass Roger by naming him). The importance of balance timing and accuracy was demonstrated by Master Sken putting all the drills together to give us the “bigger picture”.

After a short water break we moved into some boxing pad drills, combining evasions and counters Master Sken showed us that his indeed a true system with solid foundations and each piece of the puzzle neatly fitting into what went before.

Everybody, under Skens tuition picked up these complicated combinations and after a few repetitions they were flowing with ease. We were then shown a few combinations combining elbows and boxing.

Master Sken then introduced knees into the seminar with a detailed explanation on how these can be combined with the previous combinations.

Kicks were up next, the opposite kick punch drill sorted the men from the boys and the count up drill tested the cardio of more than a few of us, after a cool down Master Skens seminar was over, 2 hours had flown by such is the charisma and knowledge of Master Sken.

On a personal note, I would like to thank Master Sken for the brief time we spent together, and also to say that if you ever get the chance to train with him then grab the opportunity with both hands, you will regret it if you don’t.