



PRAETORIANS ACADEMY – SCHOOL OF EXCELLENCE

Top 10 Mistakes Newbies Make When Choosing a Muay Thai Academy

Muay Thai is a challenging yet rewarding martial art, but selecting the wrong academy can hinder your progress and dampen your enthusiasm. Here are the common mistakes beginners often make when choosing a Muay Thai academy, and how to avoid them

1. Ignoring Instructor Qualifications

Mistake: Assuming all instructors are equally skilled without checking their background. **Why It Matters:** An experienced and certified instructor ensures proper technique, safety, and authentic Muay Thai training. **Tip:** Research the instructor's credentials, certifications, fight record, and teaching experience.

2. Choosing Based Solely on Price

Mistake: Picking the cheapest option without considering quality. **Why It Matters:** Low-cost academies may compromise on equipment, facilities, or training quality. **Tip:** Balance affordability with quality. Remember, investing in good training is investing in yourself.

3. Overlooking Facility Quality

Mistake: Joining an academy with poor hygiene or inadequate equipment. **Why It Matters:** Clean, well-maintained facilities and proper gear are essential for effective and safe training. **Tip:** Visit the academy and inspect the cleanliness, equipment condition, and overall setup.

4. Not Considering Class Sizes

Mistake: Joining academies with overcrowded classes. **Why It Matters:** Large classes often mean less individual attention and slower skill development. **Tip:** Opt for academies with manageable class sizes or those offering semi-private or private lessons.

5. Ignoring the Academy's Atmosphere

Mistake: Choosing a place where the environment feels overly competitive or unwelcoming. **Why It Matters:** A positive, encouraging atmosphere helps you stay motivated and enjoy the learning process. **Tip:** Observe a class to gauge the vibe and ask current students about their experiences.

6. Skipping Trial Classes

Mistake: Signing up without trying a class first. **Why It Matters:** Trial classes allow you to experience the teaching style, environment, and fit for your needs. **Tip:** Most academies offer free or low-cost trial classes—take advantage of them.

7. Overlooking Class Schedules

Mistake: Not checking if class times align with your availability. **Why It Matters:** Consistency is key in martial arts training, and inconvenient schedules may lead to missed sessions. **Tip:** Ensure the academy offers classes at times that work for your routine.

8. Neglecting Curriculum Structure

Mistake: Joining an academy with no clear progression or structure. **Why It Matters:** A structured curriculum helps you build foundational skills and advance systematically. **Tip:** Ask about the academy's training program and how they support beginners.

9. Not Researching the Academy's Reputation

Mistake: Failing to check reviews or ask for recommendations. **Why It Matters:** An academy with a good reputation is more likely to offer quality training. **Tip:** Read online reviews, visit social media pages, and ask other martial artists for their recommendations.

10. Overlooking How the Gym Handles Class Separation

Mistake: Assuming separate classes for competitors and beginners don't affect your experience. **Why It Matters:** While separating classes can benefit both groups, it may create divisions or make beginners feel neglected if not managed well. **Tip:** Look for gyms that explain how they balance competitor and beginner needs. Check if beginners still have opportunities to interact with advanced students, and observe if the gym fosters a welcoming, inclusive atmosphere.

Conclusion

Choosing the right Muay Thai academy is crucial for your growth, enjoyment, and safety. Avoid these common mistakes, and take the time to find an academy that aligns with your goals, values, and needs. Remember, the right environment can make all the difference in your Muay Thai journey!

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