

San Diego Muay Thai Master Kru Mark is New Star of StrikeandSubmit.com

By The Arena - MMA / Fight Training Gym

Dated: May 05, 2009

Kru Mark, Head Muay Thai Training Instructor for San Diego based MMA gym "The Arena" (www.thearenamma.com), will be featured in StrikeandSubmit.com's upcoming online video tutorials as the Muay Thai video instructor.

San Diego CA – The Arena (<http://www.thearenamma.com>) – MMA Gym for Training Boxing, Jiu Jitsu, Muay Thai & Wrestling in San Diego.

Asked to star in StrikeandSubmit.com's new online video tutorials on Muay Thai, San Diego Muay Thai instructor Kru Mark was chosen due to his long-standing recognition in San Diego as a true Muay Thai master. Kru Mark demonstrated numerous techniques on camera for the upcoming video series including his trademark elbow and knee techniques.

Kru Mark, whose formal name is Bounghaphonh Maktheparaks, is a Master Muay Thai Instructor with 50 years of Muay Thai experience. He started his Muay Thai training in 1959 at the age of 6 under his father, 4-star General Bounpone Maktheparaks, the former Commander-in-Chief of the Laotian army. Kru Mark's style of Muay Thai has been passed down from father to son for five generations.

His fighting system, called DETH KO SIN, draws from ancient Muay Thai combat techniques that were used in hand to hand fighting during battle. Because of this true combat influence, Kru Mark's style of Muay Thai is particularly well suited to MMA.

Kru Mark has a fascinating history. Like his father, Kru Mark also served in the military, operating with the U.S. Special Forces in Vietnam, until his capture in the spring of 1975 by communists. After being held for six months in a POW camp, Kru Mark escaped and then emigrated to the U.S. Since then, he has spent the past 30 plus years competing (he was a Muay Thai World Champion), teaching, and coaching.

About The Arena – The Training Gym for Boxing, Jiu Jitsu, MMA, Muay Thai & Wrestling in San Diego

The Arena is a mixed martial arts school and fight training gym located in San Diego California that focuses on fighters and those who want to train like fighters. The Arena offers high-level training in Boxing, MMA, Muay Thai, No Gi Jiu Jitsu and Wrestling in the San Diego area.

For more information on The Arena, call them at 619-222-5554 or go online to their website at <http://www.TheArenaMMA.com> or their MySpace page at <http://www.MySpace.com/TheArenaMMA>. You can also follow their Tweets at www.Twitter.com/TheArenaMMA

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The Arena is THE MMA School and Fighter Training Gym specializing in all Mixed Martial Arts! Teaches No Gi Jiu Jitsu / Submission Grappling, Wrestling, Muay Thai Kickboxing & Boxing. The Arena has the #1 rated MMA team in Southern California with fighters in all major MMA events, including UFC, WEC, Affliction, Strikeforce, Sengoku, and more.

Category Entertainment, Media, Sports

Tags san diego, muay thai, kickboxing, boxing, mma, mixed martial arts, jiu jitsu, wrestling, ufc, wec, affliction sengoku

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