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After reading all the hype and watching all the fights, it's easy to picture Paul "Semtex" Daley as something he's not. Most seem ill-prepared for the MMA fighter's easy-going demeanor and friendly disposition, knowing that an angry sucker punch temporarily ended his Ultimate Fighting Championship career in 2010.

Fans and forums are abuzz wondering when UFC president Dana White will forgive Daley for the infamous incident in which he hit Josh Koscheck after the bell.

"I've learned to have more self-control," explains the British brawler, who spent the last two years in the world's top ten welterweight rankings. "I've come to know how to play the game a little bit and how to act the right way."

The fighter is moving ever closer to a UFC return and just wrapped up training at Tiger Muay Thai and MMA to prepare for his March 3rd Strikeforce fight against Kazuo Misaki - another TMT vet.

Saying he's just a "cool guy" who made a mistake, Daley has had a deep love of the martial arts since he was a little boy watching Bruce Lee movies with his dad.

"There's a real mystique to it all," explains Daley,

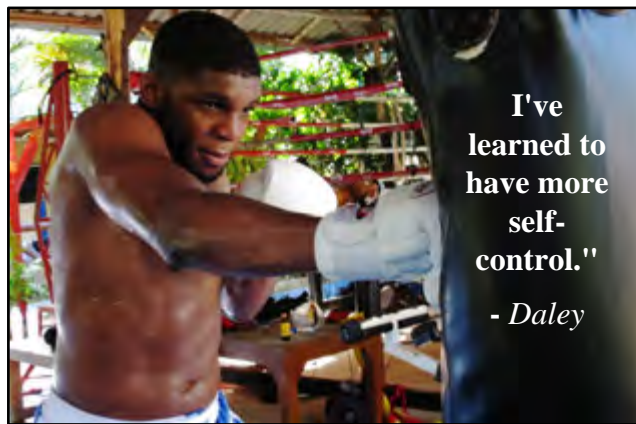
who started karate at the age of 7 and developed into a prominent striker with a 29-11-2 record. "MMA encourages you to stick with something. You can't turn into a great fighter overnight. You have to learn patience."

And it's patience he'll have to have if he wants to get into the good books of Dana White again. There's no better place to foster it than at TMT in Phuket - the

largest camp of its kind in Southeast Asia. With its Buddhist culture and hardcore training, Daley has worked with the most elite Muay Thai trainers in the world - ones who further instilled the ideals of discipline and decorum.

"I chose Tiger Muay Thai because of the presence of high-level fighters like JJ Ambrose, Ryan Diaz and Felipe Enomoto," says the top two ranked European welterweight five years

The Daley Grind



I've learned to have more self-control."

- Daley

running.

"The Thai trainers have a lot of tricks and techniques. I've taken in as much as I can."

Saying he'll definitely be coming back to Tiger after his fight in March, Daley shakes his head at the idea that he may be a hero to some of his fans.

"I feel uncomfortable when people say I'm their idol. You shouldn't idolize people. We're all the same. We'll all equal."

Hollywood Stuntwoman Kicks it Up A Notch at TMT



Jessie Graff has worked with many famous names including Tom Cruise, Justin Timberlake and Cameron Diaz.

Heath Ledger once held a knife to her throat. Tom Cruise used her as a human weapon. It's just another day at the office for stuntwoman Jessie Graff who came to Tiger Muay Thai for a short visit this week.

"I'm in love with the business," explains Graff, who's worked as a stunt double for Maggie Gyllenhaal and Elizabeth Hurley. "I just want to work out all day. One minute

it's boxing, the next it's Kung Fu. From there it's trampoline and then sword work. After that it's gymnastics and motorcycle training. It never ends."

Graff has worked in a litany of movies including X-Men: First Class, Transformers 2 and 3, Live Free or Die Hard (Die Hard 4.0), Ironman 2 and Bridesmaids. Although the former competitive gymnast professes that she does have the "best job in the world," she admits it isn't all about glamor and celebrities.

"The worst is when you have one of those days where all you have to do is trip once, but you have to wait twelve hours to do it. You're also probably in an uncomfortable wardrobe, whether it be a full burn victim mask or four-inch stilettos and leather. It's an attitude of, 'Be ready at all times...but don't do anything!'"

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TIGER MUAY THAI & MMA TRAINING CAMP

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Guest Testimonial of the Month

Marcel Klein Goes from Ordinary to Outstanding

The three months I spent at TMT were absolutely awesome!!! Not only did I take part in world class training, but I was also able to see the best of everything that Phuket has thanks to Mr. Chris Moir who runs Kickin' It Tiger.

My reasons for coming to Tiger weren't necessarily to become a fighter. I was, however, able to participate in excellent Muay Thai training as well as their Body Fit class which was, at that time, run by pro fighter Dorian Price. He was nothing short of excellent in helping me to achieve my goals while here.

Along with Body Fit, I spent many, many consecutive days in the weight room with industry professional, and overall nice guy, Peter "The Thai Hulk," who is TMT's strength and conditioning coach. He also happens to be a full-time professional bodybuilder competing regularly on the Asia super circuit.

My training/dieting here at the camp was also made well easier with the on-site location of the Tiger Grill serving a wide variety of healthy and delicious meal options that were utterly essential in helping me properly execute my low-carb diet plan. I managed to put on 5 kg's of lean mass and drop approximately 7 per cent body fat!!! Thank you Tiger and Kickin' It!



BBQ Beatdown 43 Wowed the Crowd on Christmas Eve

Close to 250 people joined Tiger Muay Thai for an evening of incredible smoker fights, delicious buffet dinner, all-you-can-drink beer and excellent music!



Hollywood Stuntwoman Kicks it Up A Notch at TMT



...continued from front page

Thailand is a far cry from her Santa Monica, California roots where she grew up parachuting from roofs with a sheet, but Graff says it's time to spread her wings. Her true passion lies in the martial arts.

"I get a lot of work in the US," says the adrenaline junkie, who is also undertaking a jungle survival course while in Thailand for an upcoming audition with the television show, Survivor.

"Most of the time you get hit by something and fall down or you're asked to trip. There aren't very many fight scenes. My dream is to be a martial arts action hero with flips and all kinds of craziness."

Although TMT was only supposed to be a short stop on her itinerary, Graff is already planning a trip back to pursue more Muay Thai instruction.

"I've never been in a place so focused on fighting. It you want hardcore training, it's perfect. You can do classes all day long and I can't wait to get back here."

Graff is confident that Tiger's Muay Thai training will be what sets her apart from the competition, so that she can further explore her life's calling.

"I have a job that justifies and facilitates my passion on a bigger level than I have the ability to create on my own. Imagine if someone came up to you and said they'd pay you to do what you love most. They'll set it all up and make it look even cooler than it actually is. Then they'll record it so that you can watch it for the rest of your life. It doesn't get much better than that!"



Top fitness competitor and model returns to TMT

An Ocean Apart From Ordinary

She walks into the room, unassuming and undone - her hair in a ponytail and her heart on her sleeve. There are no costumes and no heavy make-up. There is nothing to suggest grandeur and yet, in an instant, it's easy to tell why Ocean Bloom has managed to become one of North America's leading fitness personalities.

One would understand if she copped an attitude. After all, she's competed in over thirty fitness competitions - winning about 80 per cent of them, and been featured in over fifty magazines - many of them covers.

She's worked with celebrities like Jean-Claude Van Damme and Arnold Schwarzenegger, been involved with movies such as X Men 2 and I Robot, and made dozens of television appearances.

In short, she's a major star without the major ego - something she attributes to an awakening several years ago.

"I competed for 14 years," starts the blue-eyed Canadian beauty.

"It was an outlet for creative and physical expression. That was the initial draw, but it became about being judged. It became so extreme that my life felt empty and lacking in other ways. People thought I was beautiful on the outside, but I wasn't experiencing joy and fulfillment. I felt disconnected from my real purpose in life."

It was that search for purpose that drew her to Thailand and thanks to friend and MMA star Roger Huerta, Tiger Muay Thai.

"I've lived a very solitary life," explains the 2005 World Fitness Champion who was raised as an only child by a single mom. "I didn't have a family environment. As a competitor I trained by myself and I didn't have that group energy or camaraderie. I found what I was missing in Thailand. I found my family when I came to Tiger."

Back in Phuket after a brief stint in Canada, Bloom is now teaching yoga and Body Body Fit classes at TMT. She is also available for private training sessions.

Bloom's primary focus is on strength, flexibility, and endurance. Understanding that people of all fitness levels come to her sessions, she aims to make everyone work to the best of their ability.

"I believe in empowerment, not punishment. In my classes I like to create positive experiences that motivate and energize," says Bloom, who has taken over 500 hours of yoga teacher training.

"One of the reasons I came back to Tiger is because my perception is that many people, for whatever reason, don't feel loved, supported or encouraged in their daily lives. At TMT you are surrounded by a ton of people who want you to reach your goal. You won't be judged. We just appreciate you coming into our family."

"Thailand and Tiger have been such amazing blessings."



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Fitness & Lifestyle & Yoga

Class Schedule

Yoga 6:30 am (M-F)
Bodyfit 8 am (Tues Big Buddha run & Thurs Beach Day)
Bodyfit @ 11 am Mon, Wed, Fri

Specialty classes (M-F)
Spinning 11:30 - 12:30 pm
Weight training @ 12:30 am
Private Sessions 1,500 Baht



"I believe in Empowerment not Punishment"



Explosive New Reality Show Partners with TMT

Tiger Muay Thai is proud to be a sponsor of the new Scandinavian reality television show, "Norway's Best Fighter." Sixteen of Norway's most elite martial arts athletes have come to Thailand to battle it out for two \$40,000 cash prizes and a contract with Scandinavian Entertainment Group for their first pro MMA fight. Although each highly touted in their respective fighting arena, none have any prior MMA experience. TMT trainers Tuk, Saksee, Nong and Moo assist in the daily training sessions on location, with Tuk and Saksee also cornering the fight nights! Look for producers and athletes around the camp. The show airs in early February.



International Entrepreneur Gives Back to TMT Trainers

She may rock a pair of heels but, make no mistake, Grainne Farrell is a fighter in and out of the ring. The intrepid Irish entrepreneur is an avid advocate for TMT trainer healthcare, combining her blossoming medical tourism business - Lotus Medical International - with her tenacious desire to provide healthcare that cannot be afforded otherwise.

"It all started when a TMT guest came to me and said that one of the trainer's had a very sick baby," explains Farrell, who moved to Phuket in 2008. "They had been told that there was nothing that could be done and that they would just have to wait for the baby to die."

Farrell immediately sprang into action arranging for a parental liver donation - a procedure done by only ten doctors in the world. When initial funding for the surgery fell through, UFC president Dana White came forward with the cash. From that moment on, Farrell knew she'd found her way to give back.

"Just to be able to see that baby walking around makes me go, 'wow.' My idea with Lotus was always to set up a charitable arm to be able to give back and this just opened up that door."

Since then, Farrell and TMT have arranged for a new smile

for Ajarn Mac who couldn't chew properly (see next page) and for Robert's knee surgery (which unfortunately will not go ahead because of the doctor's prognosis that it will not improve his situation).



It's an amazing feat considering that Farrell already puts 60-70 hours a week into her very successful business.

"We facilitate patients traveling from overseas to Thailand mainly for cosmetic, dental and dermatological treatments" explains Farrell. "We are very focused on quality. We know who the best practitioners are and we only work with them. We won't refer people to just anyone and that has business booming."

Farrell, who is also an advanced Muay Thai fighter training at Tiger, says most people overseas don't even realize the outstanding medical services available in Thailand.

"People don't know just how good some of the healthcare is here. Some of it is groundbreaking and the standards are much better than those in the western world. It's a privilege to provide that service to clients and to TMT trainers alike."

For more information on Lotus Medical or to donate to TMT's trainer charity, please visit www.lotusmedicalinternational.com.

Explore Phuket

The Toughest Climb in Town

They say getting there is half the fun. "They" obviously haven't been to Big Buddha. Sitting approximately 25 meters wide by 45 meters high, it isn't just the world's largest Buddha that impresses. The road leading there is equally as jaw-dropping with its winding, uphill path and steep inclines. The rewards, however, are worth the pain. Friendly elephants, cheeky monkeys, blessings from monks and stunning sea views await anyone willing to tackle the five kilometer hike.

A few tips:

- Take a right out of TMT followed by a left at the main road. Follow the signs and watch for the turnoff on your right.

-Remember to bring money (plenty of pit-stops available on your way up), water and sunscreen.

-Keep in mind that this is a sacred space, so sleeveless arms and exposed legs will be covered with sarongs upon your arrival.

- It is possible to be blessed by a monk once inside. Remember to remove your shoes and wait your turn. Once signaled kneel in front of the monk to receive your bracelet and blessing.

- If you're feeling a bit nervous to visit the Big Buddha on your own, feel free join the Tuesday 8 am Body Fit class for their Big Buddha climb. The van will pick you up from TMT and drop you off exhilarated!

Advice from the Pros (aka TMT Guests)

"Just take a bike! Don't walk or run." *Steve Wadley (USA)*

"It's a bad idea to rock up there at night. You better watch out for the stray elephants!" *Fredrik Bjornander (Sweden)*

"You'll want to quit within the first five minutes - don't!"

Cara Bianchetto



(Above) *The Big Buddha looms at sunset. (Below left) TMT guest, Cara Bianchetto, gets a smooch from her new friend Popeye, while (below right) TMT guest Alan "The Kid" Gutierrez checks out the view on the way to the top.*



Thai Trainer Spotlight

Ajarn Mac: The Highest Ranked Trainer at Tiger



Raised in a poor family, Samurn Suttiwiset (aka Ajarn Mac) didn't have fancy toys or expensive family holidays. Tiger's master instructor does, however, vividly remember the day he discovered something much more valuable.

"There was a temple festival once a year," explains the veteran of 196 fights - 146 of them wins. "I'll never forget seeing my first Muay Thai fight. It seemed like a gentleman's sport. It

looked honorable and fair."

By the age of 10, Mac had started fighting to help support his family, training under his uncle, former Ratchadamnern champion, Yodthong Sahaisurk. He soon became known for his strong elbowing technique with few opponents able to block it.

"Fighting is man to man," says the married father of two. "But it is always about you. You fight yourself. It's about what's inside."

During the prime of his fighting career Mac competed on Thai television beating notable fighters Ruan Pair Sitwatnang and Wichannai Pornthaw. He also claimed the E-San Championship belt.

Retiring from professional fighting at the age of 33, Mac has been with Tiger Muay Thai for five years and says there's no way he'll ever leave.

"Everything here is perfect," says Suttiwiset, who has trained many Muay Thai champions. "Tiger has a system that works and it is organized. Everyone has their own responsibility and that makes for better training."

Ajarn Mac recently received a new set of teeth thanks to a charity partnership between Lotus Medical International (see previous page) and TMT. He is now able to eat regular food for the first time in years and can't stop smiling!

When asked about the legacy he leaves for his family and if he wants his son to study Muay Thai, the trainer simply shakes his head.

"I want my son to do something different and know more about the world. There are already enough fighters in the family."



Buddhist Monks Bless Tiger Muay Thai and Guests

The sound of pads being hit was replaced by the mesmerizing chants of monks at Tiger Muay Thai & MMA's biannual camp blessing.

Guests and staff gathered at the feet of the monks – many realizing that this was a once-in-a-lifetime opportunity. The ceremony saw nine monks remove the bad spirits and provide protection to the camp. Good ceremonies always involve an odd

number of monks while sad events, such as funerals, always have an even number of monks attending. During the prayer, the monks were joined by a string. The string represented their bond and their power as a collective group.

Fireworks were also set off during the ceremony to scare off the bad spirits – much to the shock and amusement of those in attendance!

UK's Hit Show "Embarrassing Bodies" Shoots at TMT



James Mason gets his moment

The doctor was in the house as Channel 4's award-winning television show, "Embarrassing Bodies", filmed at Tiger Muay Thai.

Twelve TMT guest fighters starred in the special, which will highlight safe sex and a healthy lifestyle.

"The segment we filmed was a bit of fun with a serious message underneath," explains show host, Dr. Dawn Harper. "The guys were wild! I'm really impressed with this camp and the discipline of the fighters here. We couldn't have picked a better spot for filming."

The UK show, which highlights embarrassing medical conditions, has won two BAFTA awards since its inception in 2007. The crew originally came on-site to do a special about current TMT guest, James Mason who has lost 63 kg to date and battled a rare bacterial infection.

"James has an incredible story," says the mother of three. "He's one of those people who will reach their goals."

After seeing the camp, the show decided to shoot an additional segment on-site. Both shows air in February 2012.



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& MIXED MARTIAL ARTS

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Professional Boxer, Billy Schwer, Finds Success Outside the Ring

Billy Schwer will never forget the moment he decided his destiny. During a play fight with his sisters at the age of five years-old, Schwer learned the true meaning of being powerless.

"In that moment I made a decision that I was weak," explains Schwer who went on to enjoy over a decade as a professional boxer. "I had to prove that I wasn't and boxing was perfect for that. I got created in that moment."

Becoming an International Boxing Organisation Light Welter-weight World Champion was just the beginning of this British boxer's journey, he explained during his motivational seminar at TMT.

"I've been through depression, I've been through bankruptcy and I've been through a divorce. I ended up having an identity crisis. What made me successful in the ring tore me apart outside of the ring. The same principles don't work."

Now that he's retired from boxing, Schwer has devoted his

time to motivational speaking and writing to help others reach their full potential.



Here are his top three life lessons:

1. The past is the past. Create and live into a designed future. Invent a future that you don't even think will be possible. Be present in the now.

2. Life doesn't always work out the way you want it to. Take it on the chin. Sometimes you're going to pursue things and you aren't going to get them. Don't get stuck and don't stay disappointed.

3. Commit to your dreams, take action and make them happen. Titles are great to get but, at the end of the day, love is the drug. Life is all about people and relationships. I've spent my life trying to either bash people or get bashed by them. Now I want to reach them."

For more information, visit www.billyschwer.com