MUAY THAI ATLAS

WORKBOOK · EDITION 1



Pick Your Camp

The Thailand camp shortlist workbook. From 140 camps to the right one, in five steps.

EDITION 1 · NOV 2026 • FACTS CHECKED 29 OCT 2026 • MUAYTHAIATLAS.COM

How this workbook works

The question asked most often by people planning a first Muay Thai trip is not "how much?" or "when?". It is "which camp?". Thailand has hundreds of them, from fighter gyms with three foreigners to resort camps with thirty beginners a class. This workbook turns that into five steps you can finish in a weekend.

STEP	WHAT YOU DO	PAGE
1 · Brief	Write down what you want from the trip, your level, dates and money	p. 5
2 · Longlist	Find 10 camps that fit the brief, in 30 minutes	p. 10
3 · Shortlist	Score them and keep the best 3	p. 12
4 · Ask	Send each of the 3 the same message and score the replies	p. 18
5 · Decide	Compare side by side, then book safely in writing	p. 22

On screen or on paper

The boxes and lines are form fields: type into them in a PDF app that supports forms, then save a copy. Or print the Printable edition. The Phone edition is for reading on the go.

HOW WE WORK

We have not visited or inspected the camps named in this workbook, and none paid to appear. Anything marked *(Editorial)* is our opinion. Camp facts come from each camp's own website, read on 29 Oct 2026.

Muay Thai Atlas never takes deposits or payments. You book and pay any camp directly.

What 0, 1 and 2 look like

CHECK	0	1	2
Beginner class	Not mentioned	"All levels welcome"	A named beginner class on the timetable
Students per trainer	Unknown	Photos suggest it	Stated on the site or in writing to you
Sparring	Not mentioned, or "everyone spars"	"Sparring available"	Optional, supervised, with kit rules stated
Injury plan	Nothing	"First aid on site"	Nearest clinic named and what they do if you are hurt
Price	No price anywhere	Price, but unit or VAT unclear	Price with unit, sessions and VAT in writing
Deposit and refund	Not stated	Deposit stated, no refund terms	Both stated in writing
Reviews	None in the last year	Recent, but none mention coaching	Recent and specific about coaching
Replies	No reply in a week	Reply, but vague	Clear answers to each question

Examples from camps' own pages (read 29 Oct 2026): Tiger Muay Thai states 7% VAT is not included in its prices; MAA Phangan states its prices include VAT; Diamond Muay Thai states prepaid discounted packages are non-refundable. Each of these is a "2" for clarity, whatever you think of the terms.

MY NOTES: THE CHECKS THAT MATTER MOST FOR MY BRIEF