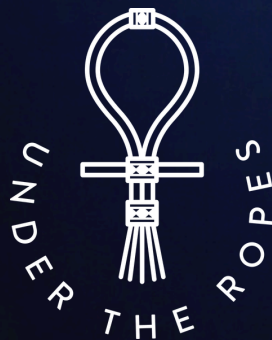


RESOURCE LIST

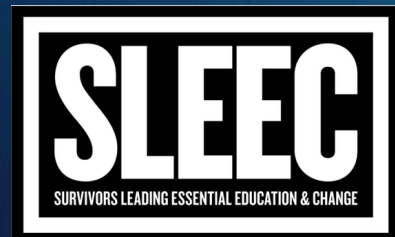
# Introduction to Muay Thai

WHERE TO FIND:  
Queer-led Muay Thai gyms  
&  
Support for survivors in sport

by



for



# About Me

I'm Emma, a former Muay Thai fighter, survivor-advocate and safe sport consultant specialising in safeguarding against sexual violence in Muay Thai. I'm passionate about creating safer and more inclusive spaces in sport, and my lived experience of violence puts survivor-centred principles at the heart of my work.

Since retiring from fighting, I've completed a master's degree in Sports Ethics & Integrity, through which I conducted research on survivors' experience in Muay Thai through a feminist lens, and have since become a qualified sport safeguarding officer.



Emma  
Thomas



I created Under the Ropes in 2013, and it started as simply a blog where I would share my experiences as a woman in Muay Thai. I was often the only woman at my gym, so I sought community with other women in the sport online. Later, I began writing about broader topics relating to gender in Muay Thai, including some of the injustices I saw and experienced. In 2017, I published an article telling my personal story of being sexually assaulted by a trainer several years earlier. This connected me to a community of other survivors in Muay Thai, and completely changed my trajectory. Under the Ropes grew into a platform for my advocacy work, and I began telling my story through public speaking at events to campaign for the elimination of gender-based violence in Muay Thai, and collaborating with NGOs and case workers specialising in providing trauma-informed services to survivors. I also became a point of contact for other survivors in the sport, signposting them to trusted sources of support.

Now, I'm a safeguarding professional providing consultancy services to Muay Thai gyms and other sports organisations to advance survivor-centred safeguarding approaches. My goal is to make Muay Thai safer, more inclusive and more accessible. I want everyone to be able to experience the joys this sport can bring, without any of the barriers I had to face in my own sporting journey.

I created this resource to help others find community and support in Muay Thai. In this document, you'll find a list of queer-led Muay Thai gyms, as well as recommended organisations providing various forms of support for survivors in sport. My hope is that if you're looking to train Muay Thai in a gym setting, it might help to remove some of the barriers to entry that people sometimes experience in sports spaces. While I appreciate that some of these organisations may not be accessible or relevant to you (as I've provided international options), it might help just to know that they're out there, and that there's a place in Muay Thai for everyone.

# Queer-Led Muay Thai Gyms



Team Queen - Brighton

Namyang - Brighton

Athena Combat Club - Bristol

Bender Defenders - London

Bent Collective - Leeds

Phraya Pichai Progress - Birmingham

Savagery Upgrade - Bradford



Cisn't - Paris



Queer & Trans Martial Arts Gathering  
- Brussels



Red Panda Muay Thai - Seattle

Queer Fight Club - New York

Haymaker Gym - Chicago

Degenderettes - Portland



Sidekick Muay Thai - Leipzig

Tyger Trimiar - Hamburg

Critical Muay Thai - Frankfurt



Lavender Muay Thai - Toronto



Hooked - Vienna



Freedom Fighters Camp - Athens

# Resources for Survivors in Sport

## The Athlete Survivors Assist

[Survivor support resources](#)

[Support, legal options and self-care for survivors](#)



## Sport & Rights Alliance

[Emergency funding for any individuals \(including athletes & whistleblowers\) impacted by violence in sport.](#)



## Safe Sport International

[Advice for those considering disclosing harassment or abuse.](#)

[Wellbeing hub](#)



## Kyniska Advocacy

[Confidential support services for anyone experiencing abuse in sport](#)

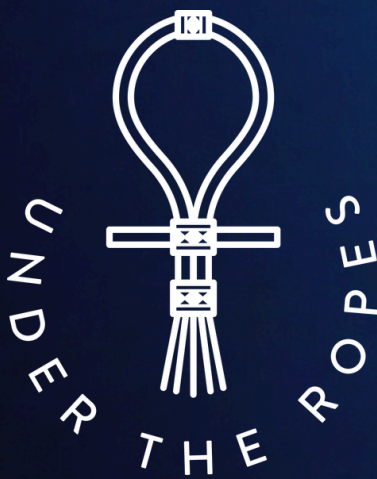
[Support resources](#)



## Under the Ropes

[Guide for survivors of gender-based violence in Thailand](#)





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