Sor Klinmee 4/12:

Learn from My Mistakes

Wow, it's been 4 days since I've written one of these. I've been a little frustrated by my knee. There's something up with the tendon or cartilage. Either way, it hurts when I walk and run and I don't want it to get any more serious. As of now, kicking and kneeing pads is fine, as is footwork.

In hindsight, I should have a) waited for my muscles to recover before attempting the full 15 km run, and b) warmed up thoroughly with Thai oil before running. Learn from my mistakes.

Otherwise, these days have been great. The kids are cool, the food is great, and so is the training. I'm also getting plenty of sleep, which is a prerequisite for my feeling good. I don't know about you people, but I'm kind of delicate about sleeping at the right times and for the proper lengths.

We watched a gym member from Sweden fight yesterday at Fairtex's Theprasit Stadium. He's new to Muay Thai, having trained only three months. He lost his first two bouts, but this one he dominated from the beginning until the second round stoppage by body kicks. He plain outgunned his opponent who turtled to punches and took repeated right kicks to the ribs for it. In an important side note, I think I'm getting the hang of the Thai cheers. Eee-ehhh. Uuu-oooii. Something like that. Best not to think about it. Put your body into it.

Oh yes, I woke up today and one of the dogs had chewed a hole in my Vibrams. This totally blows. The big problem is that the plastic strap loop is broken, so I'll have to superglue it. The fabric can be sewn back together, so I guess it's manageable. If anyone knows anything about the VFFs' warranties, please let me know. I've only worn the things twice. In the future, I will be leaving gear to dry on top of the tables, not on the ground. Again, learn from my mistakes.

[Note: This dog is an asshole. Putting stuff on tables does not help. He's attacked gloves, making one of my Eminent Air bag gloves disappear, and has chewed through some of the supports for the ring ropes (the ring isn't elevated). The dog is an asshole.)

I bought citronella oil to ward off mosquitoes since people suspect DEET, the leading bug spray here, to have toxic effects. It doesn't seem that bad, but if I'm going to be putting that shit on my skin....

Last time I was in Thailand, I got dengue fever. Which is less bad than malaria ... unless you get it twice. Dengue comes in four strains, as far as we know, and catching two different strains gets you Dengue Hemorrhagic Fever, which involves hemorrhaging lots of blood. It's like. Fatal. Sometimes. Okay. That's mistake #3 for this post. Buy mosquito netting, or DEET, or something. DEET is better than dengue fever. Also, get good travel insurance, people.