

Trauma-Informed Muay Thai at Sidekick

A trauma-informed Muay Thai course will start at Sidekick in September 2025.

The course consists of 8 training sessions, each held once a week. The course is held in a fixed group of a maximum of 12 people. The training language is German and, if necessary, English.

Are you interested in learning Muay Thai but haven't had the courage to try it yet? Are you worried about being overwhelmed during training and therefore you don't want to try it? Do you have trauma experience(s) and want to approach Thai boxing step by step?

The goal of the course is to learn the basics of Thai boxing. This can make it easier to go to other training programs at Sidekick. Practicing martial arts can improve your ability to access your own emotions and body.

The course units have a uniform structure and include, among other things:

- Muay Thai exercises, alone, on the punching bag, or optionally with a partner
- Exercises for regulation
- Coordination exercises
- Self-reflection / keeping a training diary
- Opportunities for retreat during training

Important: This course cannot replace psychotherapy! We are not trained psychotherapists and do not offer therapeutic support. It is not about sharing the content of experienced trauma.

The course is aimed at FLINTA* people, i.e., women, lesbians, inter-, non-binary, trans-, and agender-people. Both Sidekicks and external FLINTA* people can participate. Three places are reserved for BIPoC (Black FLINTA*, FLINTA of Color, migrant FLINTA, FLINTA who experience racism).

Start: Wednesday, September 3rd – October 22nd, 2025

Course time: 9:30 a.m. – 11 a.m.

Cost: €120. Please let us know if you can't afford it. Discounts are available. We want everyone to be able to participate!

The course is given by:

ro. (no pronouns/ *white*): M.A. in sociology; state-certified alternative practitioner; Trauma-informed Weight Lifting certificate from the Center for Trauma and Embodiment. ro. has been teaching Muay Thai and fitness training since 2012.

Imke (she/ *white*): Trauma-therapeutic boxing coach at the German Society for Trauma and Embodiment (DsGTB).

Muay Thai and fitness trainer since 2014.