



## Kru Hope

From unconventional beginnings, Kru Hope's journey as a Muay Thai practitioner, has inspired her to build Short North Muay Thai - a school where her mission is to bring out the very best in each student so they can realize their ultimate potential.

Kru Hope began training in the back room of a local Thai restaurant. The restaurant's owner, a native of Thailand and Muay Thai Master, recognized her talent and eventually took her under his wings. She trained relentlessly, in less than typical environments and went on to conquer the local fighting scene. After making a name for herself locally and regionally, she hit the national stage winning title belts and championships around the U.S. She earned herself a spot as one of only two US women to fight in Thailand in the world championships.

Through her training and fighting journey, she realized her need and want to share her love of the "old school" art, that had been passed on to her, with others.

Her goal, her focus and her training style are designed to develop mind, heart, and body which she recognizes as the essence of the Muay Thai Warrior Spirit.

[www.shortnorthmuaythai.com](http://www.shortnorthmuaythai.com)

