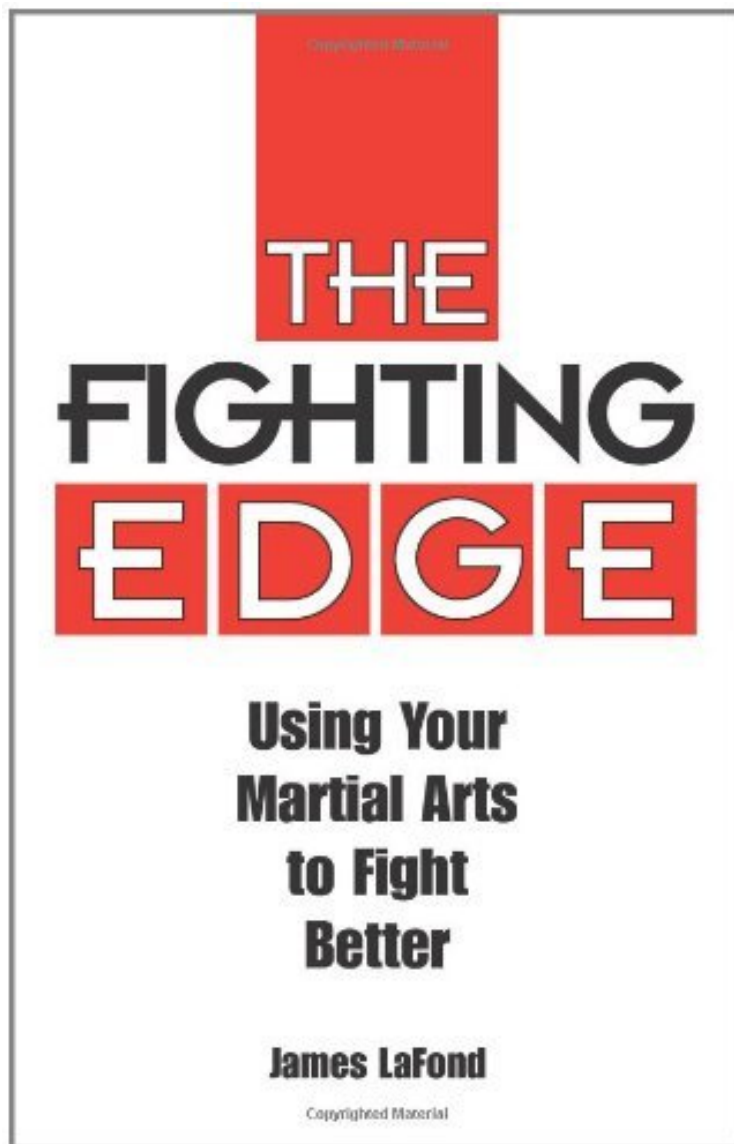


(Free and download) Fighting Edge: Using Your Martial Arts to Fight Better

Fighting Edge: Using Your Martial Arts to Fight Better

Von James Lafond

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Von James Lafond : Fighting Edge: Using Your Martial Arts to Fight Better before purchasing it in order to gage whether or not it would be worth my time, and all praised Fighting Edge: Using Your Martial Arts to Fight Better:

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. THE BEST MARTIAL ARTS BOOK THAT I HAVE READ!Von Jon SewellThe first thing I liked about this book was that it didn't focus on techniques...in fact, it didn't show any! Rather, Mr. LaFond gives honest and entertaining

accounts of his own streetfighting experiences, and what he's found to be the most effective for him. His accounts at times are brutally honest, as well as funny...at one point he comments on the whole "vertical vs. horizontal fist" debate, and sums it up with "I've used both methods, and broken my hand each time. It's your decision". Another great part of this book was his recommended approach to training. He encourages the reader to first train in wrestling and boxing (not because they are superior styles, but because they are simply essential to a complete streetfighter), THEN train in a specialized martial art (kenpo, for instance). Finally, he covers topics not often found in traditional martial arts texts. Bus fighting, how to deal with dog attacks, and improvised weaponry are all covered, as well as tips for dealing with authorities after an altercation, to ensure that YOU'RE not the one with the legal troubles, instead of your deserving assailant. One of the best parts profiles attackers of different types, and typical attacks to expect from each. This was a great book all around, easy to read, and highly entertaining. I recommend it to any martial artist, regardless of style. It's by far the best martial arts book I have ever read!

Kurzbeschreibung James LaFond has been training in various U.S., European, Korean, Chinese and Filipino martial arts for 25 years. He is also a veteran boxer and a laborer in one of America's toughest cities. He knows that the martial arts do not present all the realities of real combat and that 30 seconds on the sidewalk is worth three years in the dojo. In this book he explores the practical value, study and application of the martial arts in relation to real violence. What is it like to be in a real fight against deranged, drunk or drugged opponents? What is it like to be punched in the head? What do you do if your attacker is armed and you're not? What about the claims of various martial arts - are they valid? Which martial art is better for real fighting? Reading this book will help you maximize your training and become a better, smarter fighter.

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