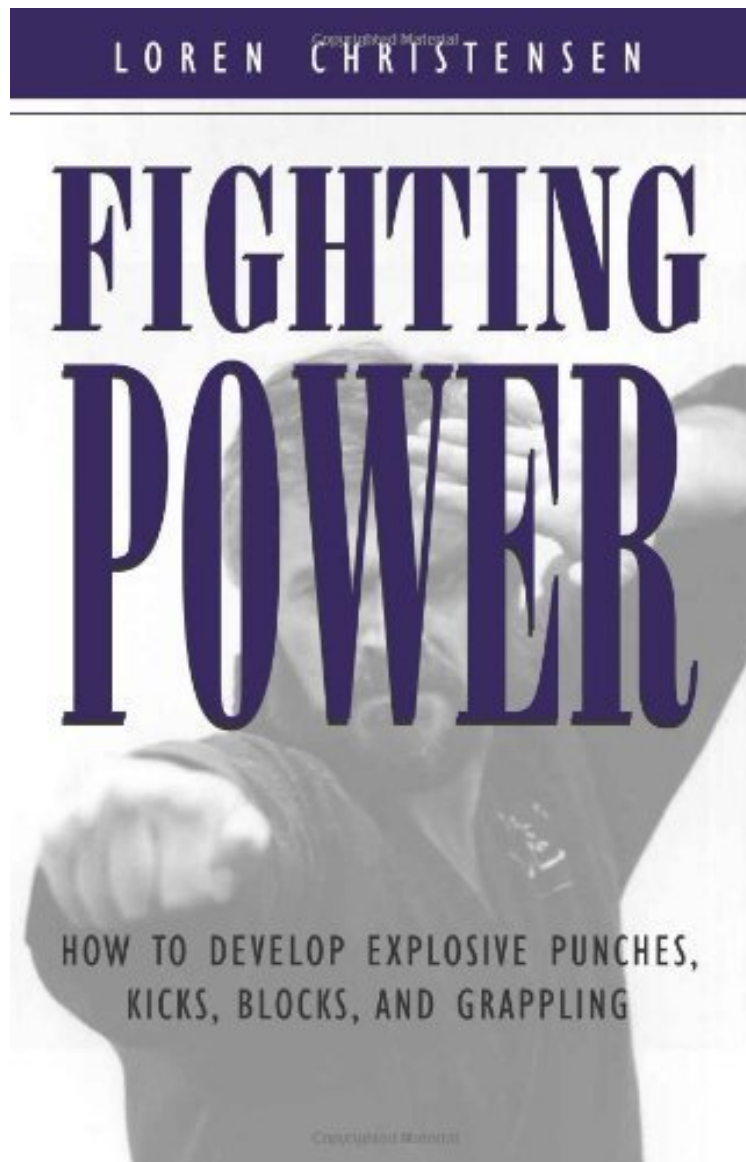


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# Fighting Power: How To Develop Explosive Punches, Kicks, Blocks, And Grappling

Von Loren W. Christensen

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**Von Loren W. Christensen : Fighting Power: How To Develop Explosive Punches, Kicks, Blocks, And Grappling** before purchasing it in order to gage whether or not it would be worth my time, and all praised Fighting Power: How To Develop Explosive Punches, Kicks, Blocks, And Grappling:

KundenrezensionenHilfreichste Kundenrezensionen4 von 4 Kunden fanden die folgende Rezension hilfreich. The

bestVon Ein KundeIn his best-selling book *Speed Training*, Loren Christensen showed you how to develop lightning-quick hands and feet. In *Fighting Power*, he turns his attention to power. But your goal in developing power for the fighting arts is not to be able to lift heavy weights; it is to increase the power of your blocks, punches, kicks and throws. In this book, Christensen shows you how to Combine the most up-to-date modern techniques with classic exercises to increase flexibility and striking power. Use resistance exercises, such as free weights, dynamic tension and plyometrics, to make you quicker and stronger. Properly use body mechanics, especially hip rotation, to double your power. Master Bruce Lee's patented one-inch punch to knock down opponents of any size. Defend yourself against someone who already has extraordinary power. Maximize your fighting power by following this training regimen and start seeing results immediately.3 von 3 Kunden fanden die folgende Rezension hilfreich. One of a kindVon Ein KundeThere are a lot of martial artists out there who think their fists and feet are dynamite. Well, they are in for a big surprise when they have to defend themselves and find the attacker still standing and looking at them. Follow the advice in this great book and you will make your techniques powerful. Christensen explains and demonstrates dozens of exercises that will make your techniques powerful. In one chapter he discusses how various systems develop power and in another he discusses many ancient exercises as to whether they are still valid today. I've been training for a long time and I highly recommend this book.

KurzbeschreibungFind out how to combine the latest techniques with centuries-old secrets, resistance exercises and proper body mechanics to make your punches, kicks, blocks and throws more powerful, as well as to defend yourself against explosive power. Double your fighting power by following this proven training regimen.KurzbeschreibungFind out how to combine the latest techniques with centuries-old secrets, resistance exercises and proper body mechanics to make your punches, kicks, blocks and throws more powerful, as well as to defend yourself against explosive power. Double your fighting power by following this proven training regimen.Synopsis Find out how to increase the effectiveness of your blocks, punches, kicks and throws. Find out how to master Bruce Lee's patented one-inch punch to knock down opponents of any size. Combine the most up-to-date techniques with classic exercises to increase flexibility and striking power, use resistance exercises to make you quicker and stronger, and use body mechanics to double your power and defend yourself against someone who already has extraordinary power.