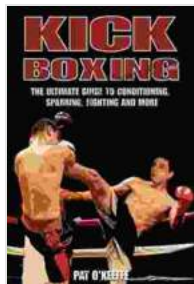


The Ultimate Guide to Conditioning, Sparring, Fighting, and More



Kick Boxing: The Ultimate Guide to Conditioning, Sparring, Fighting, and More by Pat O'Keeffe

★★★★☆ 4.4 out of 5

Language : English
File size : 16472 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 162 pages
Screen Reader : Supported



This book is the definitive guide to all aspects of martial arts training, from conditioning and sparring to fighting and more. It's written by a team of experts with decades of experience in the martial arts, and it's packed with valuable information that can help you improve your skills and reach your full potential.

Conditioning

Conditioning is the foundation of any martial arts training program. It's what gives you the strength, endurance, and flexibility you need to perform at your best. This book covers all aspects of conditioning, from warm-ups and cool-downs to strength training and flexibility exercises.

Sparring

Sparring is an essential part of martial arts training. It allows you to practice your techniques in a controlled environment and to learn how to react to different situations. This book covers all aspects of sparring, from finding a partner to setting up a session to practicing specific techniques.

Fighting

Fighting is the ultimate test of your martial arts skills. It's a dangerous activity, but it can also be a rewarding one. This book covers all aspects of fighting, from self-defense to competition fighting.

More

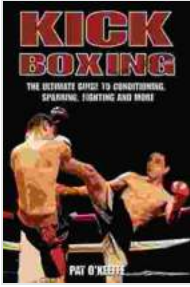
In addition to the core topics of conditioning, sparring, and fighting, this book also covers a variety of other topics, including:

- Nutrition
- Injury prevention
- Mental training
- Weapons training
- And more!

Free Download Your Copy Today!

This book is the ultimate resource for anyone who wants to improve their martial arts skills. Free Download your copy today and start your journey to becoming a better martial artist!

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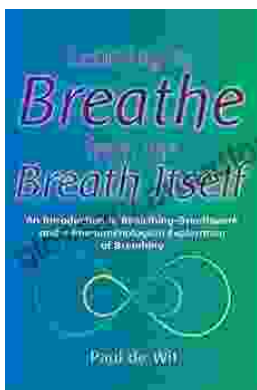


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