



## Solo Training 2 The Martial Artist's Guide to Building the Core for Stronger, Faster & More Effective Grappling, Kicking & Punching

By Christensen, Loren W.

Turtle Press, 2005. Soft cover. Condition: New. Dust Jacket Condition: New. In his follow up to the phenomenally popular "Solo Training", Loren Christensen has dug down deep to come up with hundreds of more ways for you to rev up your training at home or in the gym. "Solo Training 2" kicks off with a focus on building your body's core for stronger, faster and more effective grappling, kicking and punching. A strong core - your shoulders, chest, abs, hips, and back - is the source of your body's power, speed and coordinated movement. As a martial artist, a strong core helps you to get more out of your training and to respond instantly and effectively to the fast changing demands of competition or an explosive street encounter.



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