



The 10 Best Power Punches: For Boxing, Martial Arts, Mma and Self-Defense (Paperback)

By Sammy Franco

Contemporary Fighting Arts, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. WANT BONE SHATTERING POWER PUNCHES! Dramatically increase your punching power with Sammy Franco s battle tested power punching techniques. THE 10 BEST POWER PUNCHES FOR BOXING, MARTIAL ARTS, MMA, AND SELF-DEFENSE gives you the winning edge you ll need in both the ring and the streets. In this one-of-a-kind book, you ll learn simple and effective bone crushing knock-out power punches that will drop any opponent of any size. THE 10 BEST POWER PUNCHES FOR BOXING, MARTIAL ARTS, MMA, AND SELF-DEFENSE is ideal for: BoxingMixed martial arts (MMA)Martial arts KickboxingSelf-defense/Street fightingPersonal fitness TURN YOUR FISTS INTO SLEDGEHAMMERS! This easy to follow book covers the entire spectrum of explosive power punching techniques. Learn how to throw the perfect knockout power punch , turn your hands into virtual sledgehammers, discover the hidden secrets of power punching footwork, hand strengthening, heavy bag conditioning, target and timing training, and the best power punching training tips. THE 10 BEST POWER PUNCHES FOR BOXING, MARTIAL ARTS, MMA, AND SELF-DEFENSE will show you that it s not size or strength, but punching form and technique, timing and proper footwork...



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