



## Kickboxing: The Complete Guide to Conditioning, Technique, and Competition

By Christoph Delp

Frog Ltd, United States, 2007. Paperback. Book Condition: New. 264 x 196 mm. Language: English . Brand New Book. This comprehensive training manual features all the information needed for a successful start in kickboxing, right up to winning the match in the ring. Author Christoph Delp, an expert fitness coach and an experienced kickboxing and Muay Thai trainer, begins by describing kickboxing's history, development, and rules. The technical section explains all of the attacking techniques, as well as important defense and feinting skills. In spectacular photographs, champion kickboxers demonstrate the skills step by step, enabling the reader to easily duplicate the exercises and to understand the technical fine points. Chapters dedicated to training and competition contain vital information on training plans and structure, contest preparation, and competitive strategy. An ideal companion for beginners, the book is also an excellent reference for active kickboxers and other martial arts athletes who want to improve their punching and kicking techniques. Readers can use the book to train on their own or as a complement to club training.

DOWNLOAD



READ ONLINE  
[ 1010.98 KB ]

### Reviews

*The most effective ebook i at any time study. It can be writer in easy words and phrases and not difficult to understand. I am just pleased to let you know that this is the finest publication i have read within my individual lifestyle and could be he finest publication for at any time.*

-- **Tania Mosciski**

*Simply no phrases to describe. It is amongst the most awesome pdf we have read through. Your life period will probably be transform as soon as you complete looking over this publication.*

-- **Torrance Skiles**