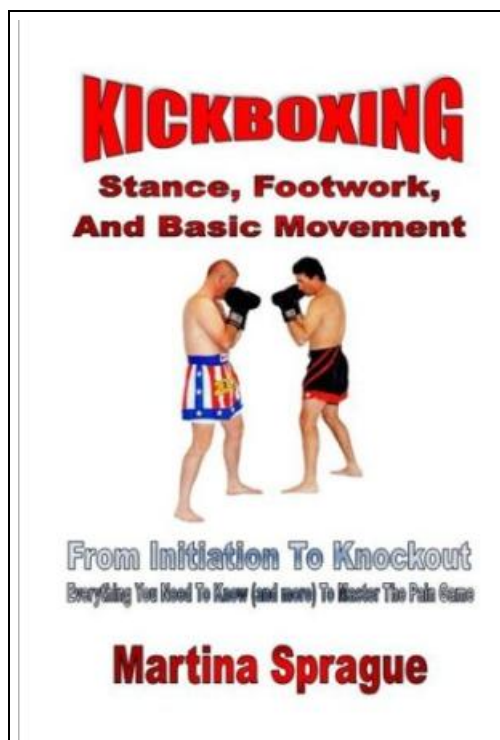


Kickboxing: Stance, Footwork, and Basic Movement: From Initiation to Knockout: Everything You Need to Know (and More) to Master the Pain Game (Paperback)



Filesize: 8.06 MB

Reviews



The ebook is straightforward in go through preferable to recognize. It typically does not charge too much. Its been designed in an exceptionally straightforward way and it is just following i finished reading this book where basically altered me, affect the way i really believe.

(Dr. Reta Murphy)

KICKBOXING: STANCE, FOOTWORK, AND BASIC MOVEMENT: FROM INITIATION TO KNOCKOUT: EVERYTHING YOU NEED TO KNOW (AND MORE) TO MASTER THE PAIN GAME (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Now that you are ready to embark on the kickboxer s long and arduous journey, it should come as no surprise that the first thing you must learn is how to survive by combining offense and defense with balance and the right mental attitude. A good fighting stance allows your feet, torso, arms, and head to work in unison, so that you can throw your techniques with minimum effort and without fear of losing balance. To appreciate a good stance, we must understand the inherently weak areas of the human body. Movement is always used to avoid an attack or position for a counterattack. The fighter who controls footwork typically controls the fight by dictating what, when, and how. Offensive movement comprises distance awareness and jamming and gapping techniques. But controlling footwork extends beyond your own footwork. You must also learn to control your opponent s footwork, to maneuver into a more desirable position, while preventing him from doing the same. Kickboxing: From Initiation To Knockout comprises a series of short books with focus on learning specific techniques and strategies for the exciting sport of competition kickboxing. With plenty of pictures, each book breaks the material down into bite-size pieces that allow you to practice to perfection. The material in this book previously appeared in Complete Kickboxing, now out of print, and is great for straight boxing, too.

-  [Read Kickboxing: Stance, Footwork, and Basic Movement: From Initiation to Knockout: Everything You Need to Know \(and More\) to Master the Pain Game \(Paperback\) Online](#)
-  [Download PDF Kickboxing: Stance, Footwork, and Basic Movement: From Initiation to Knockout: Everything You Need to Know \(and More\) to Master the Pain Game \(Paperback\)](#)

Other Books



ESV Study Bible, Large Print (Hardback)

CROSSWAY BOOKS, United States, 2014. Hardback. Book Condition: New. Large Print. 249 x 178 mm. Language: English . Brand New Book. The ESV Study Bible, Large Print edition transforms the content of the award-winning ESV...

[Read Book](#)

»



ESV Study Bible, Large Print

CROSSWAY BOOKS, United States, 2014. Leather / fine binding. Book Condition: New. Large Print. 257 x 190 mm. Language: English . Brand New Book. The ESV Study Bible, Large Print edition transforms the content of...

[Read Book](#)

»



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Read Book](#)

»



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

[Read Book](#)

»



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and...

[Read Book](#)

»