

(Pdf free) Power Punching - Fast and Effective Power Punching Techniques (English Edition)

Power Punching - Fast and Effective Power Punching Techniques (English Edition)

Von Bill Carson

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Von Bill Carson : Power Punching - Fast and Effective Power Punching Techniques (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Power Punching - Fast and Effective Power Punching Techniques (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Good basics !!!Von Mr. MagnusShort and easy to read/understand book about the basics of fist fighting.What you got in this book:-short history of some essential parts of fist fighting (really short, not to much history)- basics of the punches used in boxing- basics about the "karate Punch"- basics about the Wing Chun chain punchSo for a low budget you get the basics of punching, thats o.k.As the author says himself:" You won't learn punching by reading a book.But the books gives you a good idea about punching.What I miss a little bit: It would be nice if there would be some

pictures in the book to illustrate the punches quiet better. But in total o.k.

Kurzbeschreibung In this simple step by step fully illustrated manual you will learn how to throw devastating one punch knockouts from Karate, Boxing and Kung Fu. Also in this volume: The origins of fist fighting, the effects of adrenaline, how to generate awesome punching power, speed punching, how knockouts occur, and much more.

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