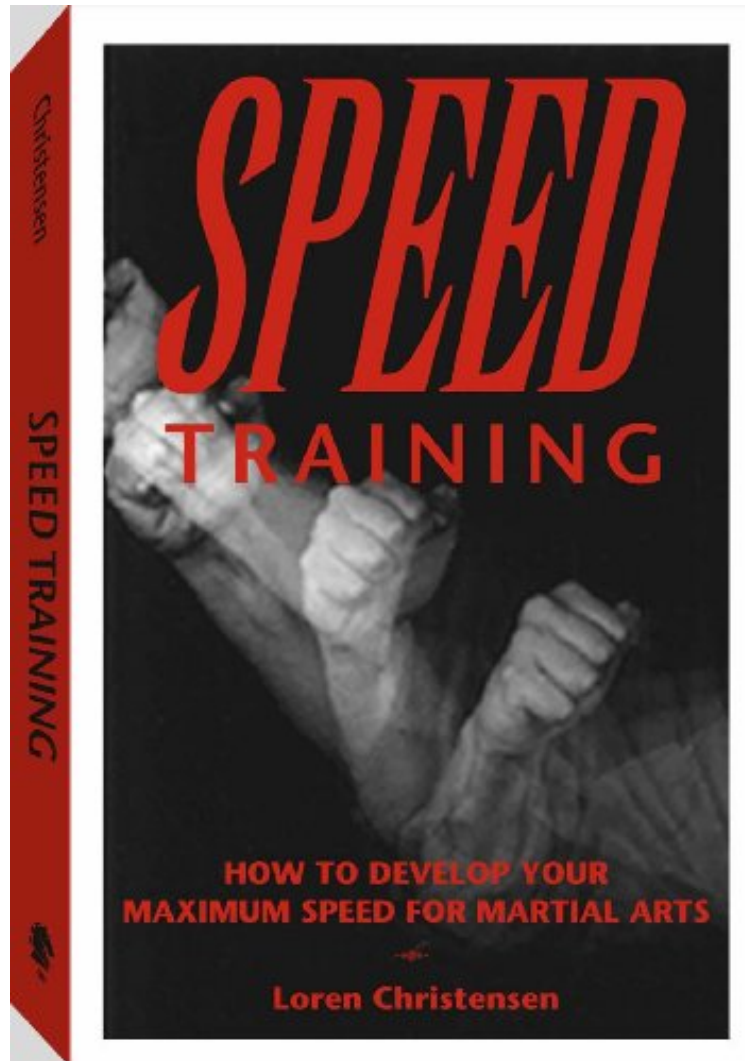


Speed Training: How To Develop Your Maximum Speed For Martial Arts

Von Loren W. Christensen

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KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. This information works!Von Ein KundeI bought this book for two reasons: I enjoy all of Loren Christensen's books and also because I am not naturally fast. The drills and exercises in this book made me a much faster martial artist. I especially liked his discussion on how to create an illusion of speed and make your opponent think you are much faster

than you really are. This is a great book no matter how fast you are, because it will make your kicks and punches and blocks even quicker. 2 von 2 Kunden fanden die folgende Rezension hilfreich. Excellent Von Ein Kunde I've been training for 20 years and I wish I would have had this book when I first started out. Lots of great drills, interesting discussions and new research that will help the reader move at his or her fastest. Although there aren't a lot of step-by-step pictures, the author gives the reader plenty of information on how to improve speed in all phases of fighting. 0 von 0 Kunden fanden die folgende Rezension hilfreich. This book could save your life! Von mr.badass@mailexcite.com Everyone remembers Bruce Lee as one of the fastest and best Martial artists EVER and many try to follow in his footsteps, many fail. Think of this book as a textbook to follow along the long road to speed. It will provide you with EVERYTHING you need for the training besides a positive attitude and the equipment. Within a few weeks you will noticeably be faster, and when it comes to actual combat, be it on the street or in the Dojo you will be ready!

Kurzbeschreibung Speed is the most important asset a fighter can have. Find out from a top martial artist and police officer how to develop instantaneous reflexes and explosive speed for punching, kicking, grappling and police defensive tactics. Improve perception, polish timing and double your speed by using these sure-fire techniques. **Kurzbeschreibung** Speed is the most important asset a fighter can have. Find out from a top martial artist and police officer how to develop instantaneous reflexes and explosive speed for punching, kicking, grappling and police defensive tactics. Improve perception, polish timing and double your speed by using these sure-fire techniques. **Synopsis** Loren Christensen uses his hard-learned lessons from the dojo and the streets to show you how to acquire instantaneous reflexes and explosive speed for punching, kicking, grappling and police defensive tactics.