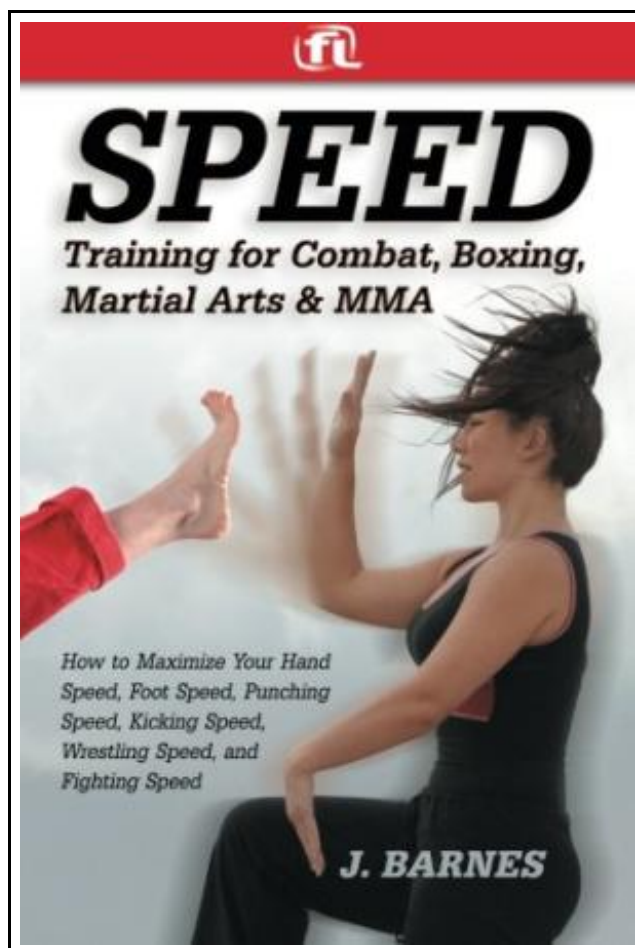


Speed Training for Combat, Boxing, Martial Arts, and Mma: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed,



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SPEED TRAINING FOR COMBAT, BOXING, MARTIAL ARTS, AND MMA: HOW TO MAXIMIZE YOUR HAND SPEED, FOOT SPEED, PUNCHING SPEED, KICKING SPEED, WRESTLING SPEED,



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1. Visual Reflexes: Exceptional visual reflexes allow you to recognize, track, distinguish, and counter attacks with speed and confidence. Learn to react and respond to attacks or openings within a fraction of a second.
2. Tactile Reflexes: Ninety-five percent of all fights end up in close range. Be prepared! Learn to instantly feel what the opponent is attempting to do by quickly interpreting and manipulating his body force.
3. Auditory Reflexes: It is important to react quickly to what you hear. If you have ever experienced fighting in the dark, you know the importance of this attribute.
4. Adaptation Speed: Learn...

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