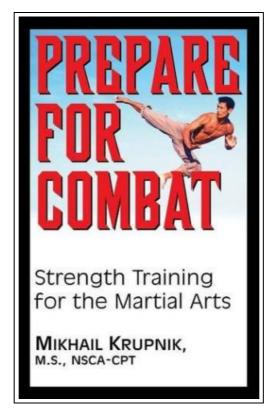
Prepare for Combat: Strength Training for the Martial Arts (Hardback)



Filesize: 5.59 MB

Reviews

This book is really gripping and intriguing. It is writter in easy words and never confusing. You can expect to like the way the blogger create this pdf.

(Summer Jacobson)

PREPARE FOR COMBAT: STRENGTH TRAINING FOR THE MARTIAL ARTS (HARDBACK)



Basic Health Publications, United States, 2006. Hardback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ****** Print on Demand ******. Traditionally, the martial arts community believed that engaging in weight training was detrimental to the performance of the art, that it would hinder one s flexibility, speed, and agility. To be effective fighters, martial artists had to be quick and light on their feet like Bruce Lee and other slim and small, but powerful fighters. They maintained that karate was all about good techniques and proper timing and that muscle size has little to do with it. After all, the art of self-defense lies in the premise that smaller, weaker people can defend themselves effectively against larger, stronger opponents. While it s true that good technique and proper timing are essential, there s no reason to believe that muscular fitness will hinder a martial artist s effectiveness. In fact, just the opposite is true: with increased strength comes the enhanced ability to defend oneself. A well-designed weight-training routine--in addition to regular martial arts practice--will make practitioners stronger, not slower. In some cases, it can even improve their speed. Fortunately, the attitude toward weight training in the martial arts community has changed--largely due to an abundance of scientific data showing the positive effects of weight training for all kinds of sports. Today s athletes have much to gain by using weights to improve their performance. For martial artists, these gains include increased strength, increased resistance to fatigue, and even decreased risk of injury. In this book, veteran martial artist and fitness expert Mikhail Krupnik shows readers how to design a weight-training program to fit their individual needs and goals. From all-important safety issues, determining one s levelof fitness, and setting goals, to specific exercises, sample routines, and...



Download PDF Prepare for Combat: Strength Training for the Martial Arts (Hardback)

Relevant PDFs



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and...

Save Document »



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Save Document »



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Save Document »



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel's System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download...

Save Document »



Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. The Children's Handwriting Book of Alphabets and Numbers provides extensive focus on...

Save Document »