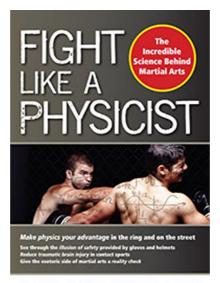
## pQPWZ [Free PDF File] Fight Like a Physicist: The Incredible Science Behind Martial Arts (Martial Science)



JASON THALKEN, PHD



CRUSHES MYTHS. UTTERLY BRILLIANT! An in-depth look into the physics behind martial arts Whether you are an experienced martial artist or a curious enthusiast, this book gives you an "unfair advantage" by unraveling the complex science of effective fighting techniques and examining the core principles that make them work. Did you know? Momentum is for knocking people over Energy is for breaking bones and causing pain• A haymaker travels 3.14159 times farther than a jab• You are only an "object" when you are rigidFight Like a Physicist blends inquiry, skepticism, and irreverent humor—all while punching holes in myth and mysticism. Highlights include Making physics your "unfair advantage," in the ring and on the street Examining center of mass, pi, levers, wedges, angular momentum, and linear momentum for martial artists. Reducing traumatic brain injury in contact sports. Exposing the illusion of safety provided by gloves and helmets. Overturning conventional wisdom on compliance during an assault. Busting up Hollywood action clichés Fight Like a Physicist reads like a manifesto on the rational practice of martial arts. It's intelligent, fun, and dangerous—and nothing short of iconoclastic.

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