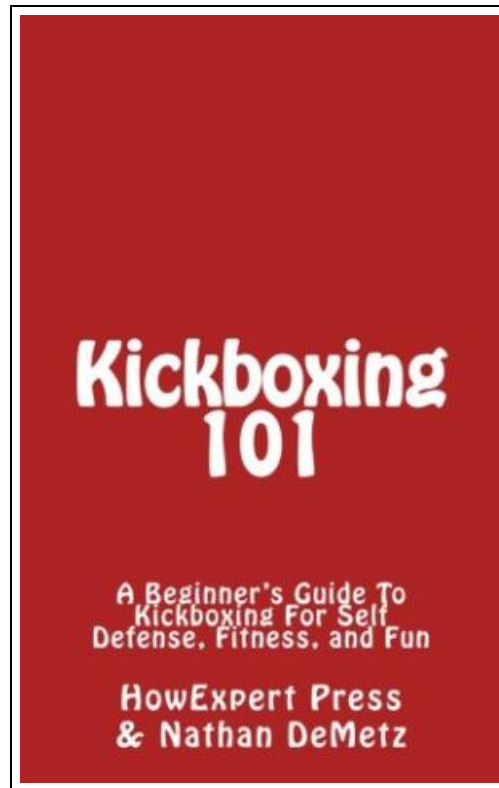


Kickboxing 101: A Beginners Guide To Kickboxing For Self Defense, Fitness, and Fun



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Reviews

The publication is great and fantastic. Sure, it is enjoy, nevertheless an interesting and amazing literature. You will not truly feel monotony at at any moment of your own time (that's what catalogues are for concerning when you request me).
(Fabian Bashirian DDS)

KICKBOXING 101: A BEGINNERS GUIDE TO KICKBOXING FOR SELF DEFENSE, FITNESS, AND FUN



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 166 pages. Dimensions: 8.0in. x 5.0in. x 0.4in. Book Description Kickboxing 101 is oriented toward teaching basic kickboxing techniques for self-defense, fitness, and fun. The book shows the user how to control stand up aspects of a fight through movement, defensive maneuvers, and striking attacks. Over 200 photos are combined with step-by-step instructions to illustrate effective application of kickboxing techniques. The accompanying text offers further insight in the various aspects and principles of kickboxing. What will you learn in this manual The point of this manual is to impart on the reader as much of the basics as possible in the constraints of the text limit. This will include proper stance, attacks, movement, and more. The idea is to provide a well-rounded working knowledge that readers can perfect on their own or with a partner, from home or in a class environment, as a primary learning tool or as a supplement to other learning. Specific sections covered in this text will be: Chapter 1: Stance and movement: This section will cover the appropriate foot stance and hand positioning as well as variations. Movement will also be covered and include lateral, side, and pivoting. Chapter 2: Defense blocking and evasion: This section will show how to evade punches using traditional boxing movements such as the slip or bob-n-weave. Chapter 3: Attacking with punches: In this section readers will learn to attack with punches such as the jab, cross, hook, and uppercut, as well as variations. Chapter 4: Basic elbow and knee attacks: Knees and elbows will be discussed in this section with multiple variations of both being covered. The round elbow, downward elbow, basic knee, and knee with head grab are some techniques that will be learned. Chapter 5:...

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