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

By J. Barnes

Fitness Lifestyle. Paperback. Book Condition: New. Paperback. 168 pages. Dimensions: 8.9in. x 6.0in. x 0.5in.Want to Double Your Combat Speed Within WeeksTired of training and still not gaining more speed and quicknessWhat essential quality do all superior fighters possess Simple. They possess the attribute responsible for making all combat training applicable--speed. Regardless of your combat style. . . you cannot apply it unless you can react quickly and respond instantly. Razor-sharp speed and reflexes are often the sole difference between winning and losing a fight or bout. Learn The 1 Speed Training System for Martial Arts, Boxing, MMA, and Wrestling. Based on proven training methods of martial arts masters, such as Bruce Lee, and champion boxers, wrestlers, and MMA fighters. . . Speed Training for Combat, Boxing, Martial Arts, and MMA provides basic, intermediate, and advanced drills and knowledge to maximize speed for competition and self-defense. The Speed Loop training system. . . detailed in this guide. . . is the most simple, innovative, and effective method for developing superior combat speed. The Speed Loop training system is designed to isolate, transform, maximize, and integrate the seven attributes of fighting speed. Discover The 7 Keys to Superior Fighting Speed 1....

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