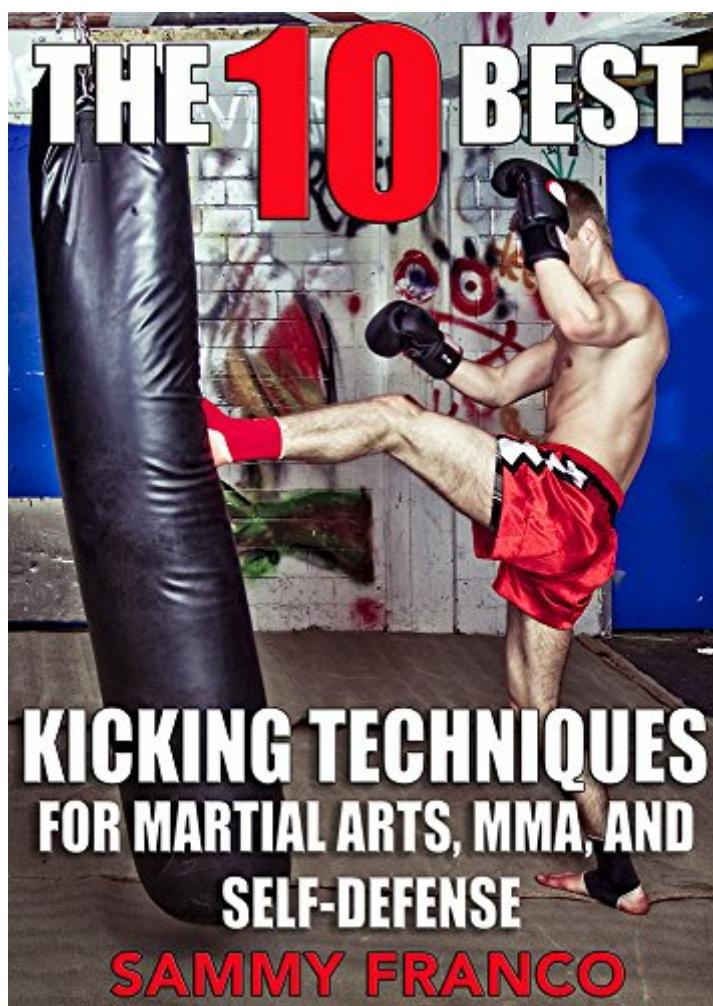


The book was found

The 10 Best Kicking Techniques For Martial Arts, MMA And Self-Defense (The 10 Best Series Book 7)



Synopsis

WANT DEVASTATINGÃ ª KICKING TECHNIQUES! Dramatically increase your fighting skillsÃ ª with Sammy Franco's battle tested kickingÃ ª techniques. THE 10 BEST KICKING TECHNIQUES FORÃ ª MARTIAL ARTS, MMA, AND SELF-DEFENSEÃ ª gives you the winning edge you'll need in both the ring and the streets. In this one-of-a-kind book, you'll learn simple and effective bone crushing kicksÃ ª that will drop any opponent of any size. THE 10 BEST KICKING TECHNIQUES FORÃ ª MARTIAL ARTS, MMA, AND SELF-DEFENSE is ideal for: Mixed martial arts (MMA) Martial artsÃ ª Kickboxing Self-Defense/Street Fighting Survival Personal fitness TURN YOUR LEGS INTO DEADLY PISTONS! This easy to follow bookÃ ª covers the entire spectrum of practical and efficient kickingÃ ª techniques. Learn how to throw the perfect "destroyer kick", turn your legs into virtual pistons, discover the hidden secrets of explosive kicking skills, and learn some of the best kickingÃ ª training tips. THE 10 BEST KICKING TECHNIQUES FORÃ ª MARTIAL ARTS, MMA, AND SELF-DEFENSE will show you that it's not size or strength, but kicking form and technique, timing and proper footwork that will turn your feet into lethalÃ ª power pistons. By following the special techniques outlined in this book you'll dramatically improve your fighting skillsÃ ª regardless of your size, strength, or level of training experience.Ã ª

Book Information

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Customer Reviews

No flashy head high or jumping kicks, just what would work in real life defence situations. Includes training program from beginner to advanced to develop effective kicks, footwork drills and anatomical targets. Recommend along with the rest of the series.

I have enjoyed this series and this one is no exception. He gives you all the information you need without overloading you. He goes over all the relevant points like what to do and how to prepare and execute each move. He shows you the things that work and can help you.

I purchased and read the book. It is not very long, which is a good thing. Sammy does a great job by clearly and concisely describing each of the kicks without lengthy unneeded explanations. The kicks are also practical. They are the kind of kicks that best provide the reader with no nonsense techniques which would be effective and not take years in a dojo to be used in a fight. I really liked the descriptions and differences of three of the kicks. Three of the kicks would seem as if they are almost the same until Sammy describes their subtle but important qualities and their very different situations for application and subsequent results. Ken Stewart

good

Never ordered this

Sammy Franco came out with another great book. This concise, inexpensive book is a great guide to becoming better at kicks. His usual no-B.S. approach only covers important, useful techniques. The book starts with a quick intro on fighting stance, range, footwork, targets, etc. It then covers 10 different kicks you can use. My personal favorite is the hook kick. It then concludes with ways to train to make your kicks stronger. I definitely recommend this book.

Another great book in the "10 Best" series. I especially love the training section for developing powerful kicks. Can't wait to apply these techniques to me training.

Great resource for those self-defence minded professionals

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