



Kickboxing: Stance, Footwork, and Basic Movement: From Initiation to Knockout: Everything You Need to Know (and More) to Master the Pain Game (Paperback)

By Martina Sprague

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Now that you are ready to embark on the kickboxer s long and arduous journey, it should come as no surprise that the first thing you must learn is how to survive by combining offense and defense with balance and the right mental attitude. A good fighting stance allows your feet, torso, arms, and head to work in unison, so that you can throw your techniques with minimum effort and without fear of losing balance. To appreciate a good stance, we must understand the inherently weak areas of the human body. Movement is always used to avoid an attack or position for a counterattack. The fighter who controls footwork typically controls the fight by dictating what, when, and how. Offensive movement comprises distance awareness and jamming and gapping techniques. But controlling footwork extends beyond your own footwork. You must also learn to control your opponent s footwork, to maneuver into a more desirable position, while preventing him from doing the same. Kickboxing: From Initiation To Knockout comprises a series of short books with focus on learning specific techniques and...



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