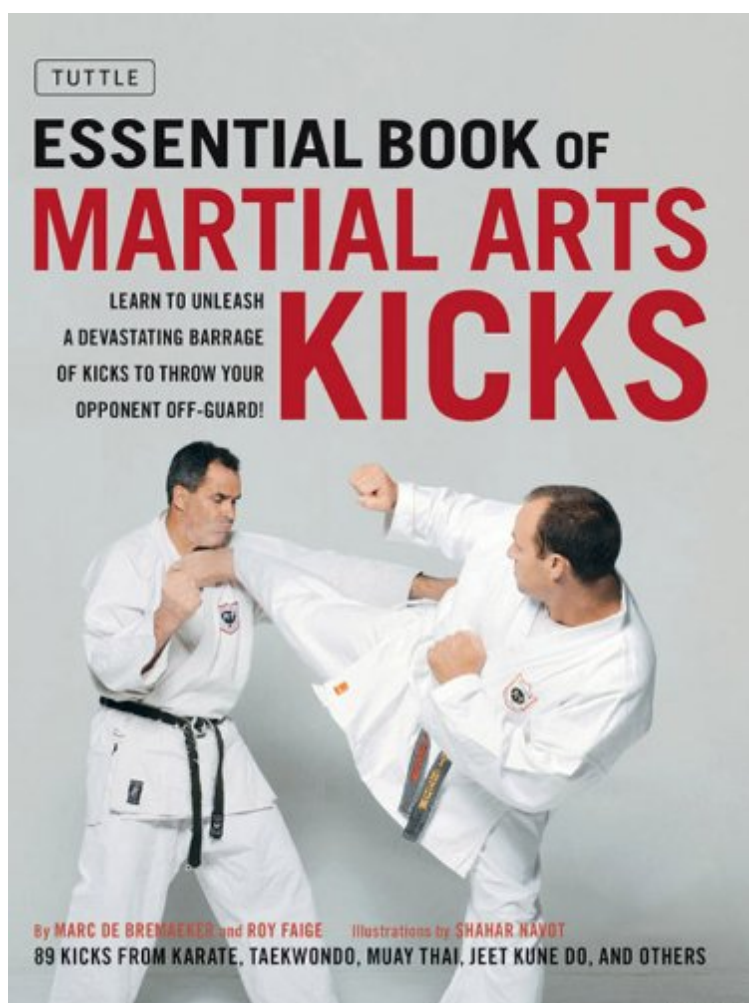


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Essential Book of Martial Arts Kicks: 89 Kicks from Karate, Taekwondo, Muay Thai, Jeet Kune Do, and Others (Downloadable Media Included)



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Prsentation de l'diteurA well placed kick can mean the difference between victory and defeat in a fight! This illustrated guide to martial arts kicks provides the reader with a wealth of information on 89 different types of kicks from various styles. This martial arts book features kicks from Karate, Muay Thai, Taekwondo, Kung Fu, Kempo, Capoeira, Jeet Kune Do, and more. In a self defense situation there is no room for defeat. Readers will learn how to unleash a devastating barrage of kicks to throw their opponents off guard and leave every match in victory.The Essential Book of Martial Arts Kicks has one purpose: to help readers hone

their kicking proficiency so that they can readily deploy the most powerful tool in the fighter's repertoire. It contains thousands of photos and diagrams to show readers exactly how to perform all of the 89 kicks inside this book. Packed with full color photos, detailed diagrams and a companion DVD featuring 50 of the most powerful kicks, this book is required reading for every martial artist who wants to sharpen and expand their kicking skills. You'll learn all about: Front Kicks Side Kicks Roundhouse Kicks Back Kicks Hook Kicks Crescent Kicks And many more!