



The Fighter's Guide To Hard-Core Heavy Bag Training

Wim Demeere, Loren W Christensen

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In one session on the heavy bag, you can develop all the attributes you need as a martial artist or fighter: power, form, speed, timing, endurance, and explosiveness. What other training tool can make that claim?

Throughout **The Fighter's Guide to Hard-Core Heavy Bag Training**, Wim Demeere and Loren Christensen show you how to master the critical skills needed to survive a fight. From these acclaimed martial artists, you will get solid information on how to choose the right bag for your needs, how best to hang it, and how to care for it so it lasts for years. You will also learn the types of impacts and how to make the best use of them for specific situations; innovative drills to maximize your fitness level and fighting ability; creative ways to grapple a heavy bag, including chokes, takedowns, and armbars; and how to avoid the most common mistakes in heavy bag training.

Whatever your fighting art or goal, you can benefit from the hard-core drills in this book.

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This The Fighter's Guide To Hard-Core Heavy Bag Training is great reserve for you because the content and that is full of information for you who have always deal with world and also have to make decision every minute. This kind of book reveal it info accurately using great manage word or we can state no rambling sentences within it. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but hard core information with attractive delivering sentences. Having The Fighter's Guide To Hard-Core Heavy Bag Training in your hand like obtaining the world in your arm, facts in it is not ridiculous one. We can say that no guide that offer you world inside ten or fifteen small right but this guide already do that. So , this can be good reading book. Hey there Mr. and Mrs. active do you still doubt which?

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