

Complete Strength Training For Devastating Punches Kicks Throws



K.O. Power: Complete Strength Training for Devastating Punches, Kicks & Throws by Mark Ginther

★★★★☆ 4.4 out of 5

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Word Wise : Enabled
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The Most Comprehensive Strength Training Guide For Martial Arts Practitioners Of All Levels

Hook

- The hook targets gaps in the opponent's defense. It is a mid range strike packed with explosive power. Always remember to twist the back and shoulders to increase the power.
- The hook is usually aimed towards the chin or ribcage.
- Make sure your arm is bent at the elbow at 90° when punching. Twist the body to gain extra momentum and always keep your other arm up to protect your face and side.
- The hook with the rear arm is more powerful.



Uppercut

- If used properly, one of the most devastating punching arsenal.
- Most effectively thrown from the rear hand and is usually set-up using a jab.
- Aimed at the opponent's chin or solar plexus.
- Never lead with an uppercut.



Are you a martial artist looking to take your strength training to the next level? Do you want to develop the kind of power that will allow you to deliver devastating punches, kicks, and throws? If so, then you need to read **Complete Strength Training For Devastating Punches Kicks Throws**.

This book is the most comprehensive strength training guide available for martial arts practitioners of all levels. It contains everything you need to know to build the strength, power, and explosiveness you need to dominate your opponents.

In this book, you will learn:

- The science of strength training and how it applies to martial arts
- The best exercises for building strength, power, and explosiveness
- How to design a strength training program that is specific to your needs
- How to progress your training to continually improve your strength
- How to avoid injuries and setbacks

Complete Strength Training For Devastating Punches Kicks Throws is the only strength training guide you will ever need. It is the most comprehensive, up-to-date, and effective resource available. If you are serious about taking your martial arts training to the next level, then you need to Free Download this book today.

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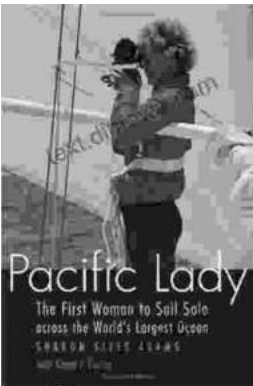
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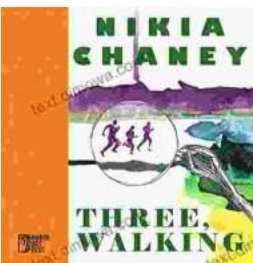


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