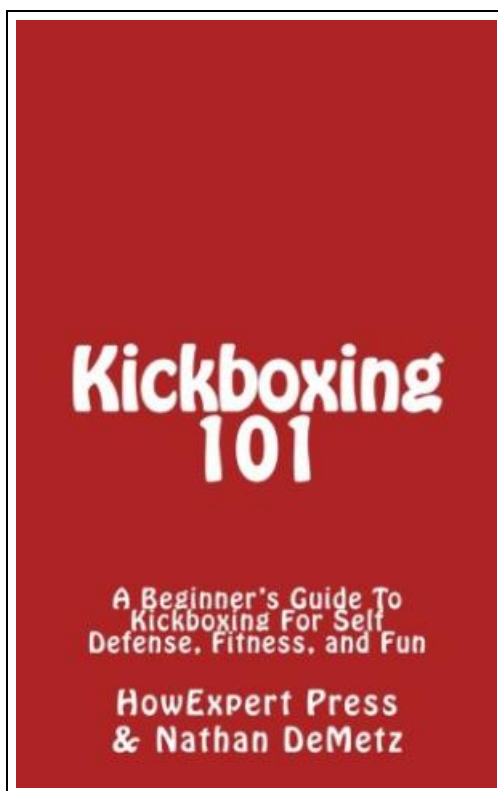


Kickboxing 101: A Beginners Guide To Kickboxing For Self Defense, Fitness, and Fun



Filesize: 8.2 MB

Reviews

This pdf may be really worth a read, and superior to other. It generally does not price too much. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dylan Schaden)

KICKBOXING 101: A BEGINNERS GUIDE TO KICKBOXING FOR SELF DEFENSE, FITNESS, AND FUN

[DOWNLOAD](#)

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 166 pages. Dimensions: 8.0in. x 5.0in. x 0.4in. Book Description Kickboxing 101 is oriented toward teaching basic kickboxing techniques for self-defense, fitness, and fun. The book shows the user how to control stand up aspects of a fight through movement, defensive maneuvers, and striking attacks. Over 200 photos are combined with step-by-step instructions to illustrate effective application of kickboxing techniques. The accompanying text offers further insight in the various aspects and principles of kickboxing. What will you learn in this manual The point of this manual is to impart on the reader as much of the basics as possible in the constraints of the text limit. This will include proper stance, attacks, movement, and more. The idea is to provide a well-rounded working knowledge that readers can perfect on their own or with a partner, from home or in a class environment, as a primary learning tool or as a supplement to other learning. Specific sections covered in this text will be: Chapter 1: Stance and movement: This section will cover the appropriate foot stance and hand positioning as well as variations. Movement will also be covered and include lateral, side, and pivoting. Chapter 2: Defense blocking and evasion: This section will show how to evade punches using traditional boxing movements such as the slip or bob-n-weave. Chapter 3: Attacking with punches: In this section readers will learn to attack with punches such as the jab, cross, hook, and uppercut, as well as variations. Chapter 4: Basic elbow and knee attacks: Knees and elbows will be discussed in this section with multiple variations of both being covered. The round elbow, downward elbow, basic knee, and knee with head grab are some techniques that will be learned. Chapter 5:...

[Read Kickboxing 101: A Beginners Guide To Kickboxing For Self Defense, Fitness, and Fun Online](#)[Download PDF Kickboxing 101: A Beginners Guide To Kickboxing For Self Defense, Fitness, and Fun](#)

See Also

**What Do You Expect? She's a Teenager!: A Hope and Happiness Guide for Moms with Daughters Ages 11-19**

Sourcebooks, Inc, United States, 2011. Paperback. Book Condition: New. 208 x 140 mm. Language: English . Brand New Book. If your little girl has suddenly turned into one big eye roll, then Arden Greenspan-Goldberg s...

[Save Book »](#)

**Readers Clubhouse Set B What Do You Say**

Barron's Educational Series, United States, 2006. Paperback. Book Condition: New. Ann Losa (illustrator). 142 x 13 mm. Language: English . Brand New Book. This is volume six, Reading Level 2, in a comprehensive program...

[Save Book »](#)

**The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Save Book »](#)

**Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a Time**

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You have the power, Dad, to influence and educate your child. You can...

[Save Book »](#)

**Fun to Learn Bible Lessons Preschool 20 Easy to Use Programs Vol 1 by Nancy Paulson 1993 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Save Book »](#)