



Low Kicks: Aiming Low For Maximum Punishment In Unarmed Combat

Fred Hutchinson

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If you want to acquire the skills needed to defend against larger, stronger adversaries without devoting a lifetime to martial art study, this book offers a viable solution: become an expert low kicker. The anatomical targets emphasized in most self-defense programs (eyes, throat, testicles) are stunningly effective - if you can hit them. But that's often easier said than done when your adversary is big, mean and coming at you with both fists flying. By comparison, the knees, shins and insteps are relatively easy to hit even without extensive training or above-average strength. In fact, the average person - even the average woman - has enough lower-body strength to deliver a punishing kick to these vital targets. In this book, Fred Hutchinson, author of *The Modern Swordsman*, offers basic instruction on stance, kick chambering, weight shifting and footwork. He then teaches specific training drills and methods for throwing chambered and unchambered kicks; practicing proper kicking form; training for agility, speed, accuracy and power; maximizing your kicking power through lower-body conditioning; and employing low kicks tactically. Practice them consistently and you will become adept at dealing out destruction with your feet and knees should the need arise.

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This Low Kicks: Aiming Low For Maximum Punishment In Unarmed Combat book is just not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is actually information inside this book incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This particular Low Kicks: Aiming Low For Maximum Punishment In Unarmed Combat without we recognize teach the one who studying it become critical in contemplating and analyzing. Don't always be worry Low Kicks: Aiming Low For Maximum Punishment In Unarmed Combat can bring whenever you are and not make your carrier space or bookshelves' become full because you can have it in the lovely laptop even cell phone. This Low Kicks: Aiming Low For Maximum Punishment In Unarmed Combat having excellent arrangement in word and layout, so you will not experience uninterested in reading.

Donna Vazquez:

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