

Speed Training : How to Develop Your Maximum Speed for Martial Arts

Loren W. Christensen

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Speed Training: How to Develop Your Maximum Speed for Martial Arts

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Speed Training: How to Develop Your Maximum Speed for Martial Arts Loren W. Christensen Speed is the most important asset a fighter can have. Find out from a top martial artist and police officer how to develop instantaneous reflexes and explosive speed for punching, kicking, grappling and police defensive tactics. Improve perception, polish timing and double your speed by using these sure-fire techniques.



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