



Complete Kickboxing: The Fighter's Ultimate Guide to Techniques, Concepts, and Strategy for Sparring and Competition

Martina Sprague, Keith Livingston

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In the most comprehensive book on kickboxing ever written, Martina Sprague and Keith Livingston teach you exactly what it takes to survive and win in the kickboxing ring. Whether you want to become a professional kickboxer or just train like one, this is an invaluable reference. Begin with the basics of movement, stance, punching, kicking and defensive fundamentals. Each skill is taught scientifically: learn good mechanics, drill with specific goals in mind and then apply your skills in sparring. Once you have established solid fundamentals, the authors introduce advanced skills like knee and elbow strikes, unorthodox punches, jump kicks and sweeps. As you build your arsenal, Keith and Martina share the kind of information that only two veterans of the ring can. Learn strategies for short and long range fighting, controlling the fight, outsmarting your opponent, working the angles and gaining superiority. If your goal is competition, Complete Kickboxing can ensure you don't miss a step along the way. Learn how to mentally and physically prepare for a fight, which equipment to train on, what goes on in the locker room before a match and how the business end of the fight game works. With nearly 500 pages of instruction and over 1000 photographs, "Complete Kickboxing" is the most comprehensive reference available on the exciting sport of Kickboxing.

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