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Kickboxing: The Ultimate Beginners Guide To Kickboxing (Kickboxing, Thai Boxing, Muay Thai, Boxing, MMA, Mixed Martial Arts)



Synopsis

Kickboxing is a group of stand-up combat sports based on kicking and punching, historically developed from Karate, Muay Thai, and Western boxing. Kickboxing is practiced for self-defense, general fitness, or as a contact sport. In theory, Kickboxing concepts and ideas should be easy to grasp for all beginners. Kickboxing is based on the natural body structure and common sense found in fighting. However, in reality beginners can be overwhelmed with the amount of information, theories, strategies, and ideas that Kickboxing has to offer. Kickboxing taught properly is not simply, follow me and do this. So, the path it takes to training will be foreign to anyone who has never experienced it before. That is why I have written this beginners guide to help you get started quickly and easily. Here Is A Preview Of What You'll Learn... What is Kickboxing? The history of Kickboxing How is kickboxing different from Muay Thai How to find a gym to train at How to check your instructor is legitimate What happens in a typical kickboxing class What training gear will you need If I'm overweight should I lose weight before I start training? Is Kickboxing good for self defence? Is Kickboxing right for women? I have never done a martial art before can I still do KB? I have an injury/condition but I want to train. What should I do? How long does it take before you are competent in Kickboxing? What are the belt ranks in KB if any? Will you get hurt in KB? How do I avoid injuries in KB? Beginner Sparring Tips Shadow boxing tips Basic striking combinations And much more Download your copy today! Scroll to the top of the page and click the Buy button.

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Customer Reviews

This book is amazing and very helpful for the kickboxing fans. This book is perfect for beginners and by the help of this book I have learned some basic knowledge of kickboxing. Actually, I purchased this book because I had some curiosity about kickboxing and wanted to learn some basic of it. Inside of this book I have found some kickboxing concepts and ideas. By the help of this book I have learned about what is kickboxing and the history of it. This book also taught me about how to find a perfect gym and how to check my instructor is legitimate. By reading this book I have understood about what training gear I will need. It is true that kickboxing is good for self-defense. If you have any interest about kickboxing and you are a beginner then this book is perfect for you. Inside of this book I have found some helpful tips also.

well, I bought a book for boxing and ran pass through this, it has given immense information about kickboxing and as well as the origin of the sport which is muay thai. I just find the book less pleasing to read because of the way how the author provided the information through his writing, or maybe I'm just not into how he writes, this is just my opinion based on the other books i've purchased before hand

Kickboxing is one on my wish list. I really want to learn kickboxing for the purpose exercise and self defense. I want to learn this as I take it as a challenge to myself and develop my physical ability. And this guide is just a perfect guide for someone like me who is just about to start practicing. I got a great tips on how what are the things I should look on to on choosing the gym I should enroll.

My friend has just started training kickboxing and I bought this book for him. This book is an excellent addition to his training. The explanations of the techniques are great in this book. This is the optimum book for beginners and as an accompaniment to training! Recommended!

This is the book that will give you a great understanding to kickboxing. The content will definitely give you some light and perspective about kickboxing. A lot to learn for a beginner that might feel overwhelmed with the full-packed information and ideas in this book.

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