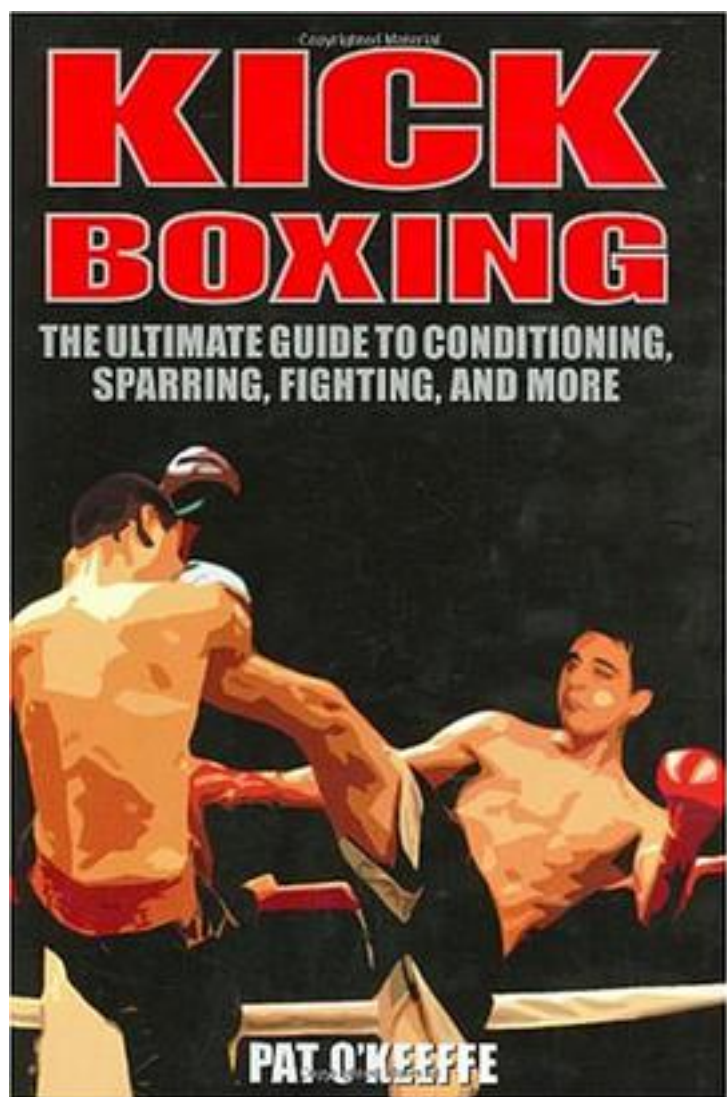


# Kick Boxing



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著者:O'Keeffe, Pat

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With its intense action and the unbelievable skills of its athletes, kickboxing has gained worldwide popularity in a way that few international sports ever do. It requires perfect timing, incredible speed, and relentless power, and this guide details the techniques and methods needed to win. Author Pat O'Keeffe is a coach, trainer, and champion with three decades of experience, and his book includes dozens of techniques to prepare both body and mind for this dangerous and exciting sport. Helpful step-by-step illustrations demonstrate the techniques of defense; counter-attack; timing, distance, and mobility; sparring; speed and power; conditioning; and more. Perfect for the amateur kick boxer or the experienced fighter, "Kick Boxing" is a must-read resource written by one of the sport's top experts.

作者介绍:

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