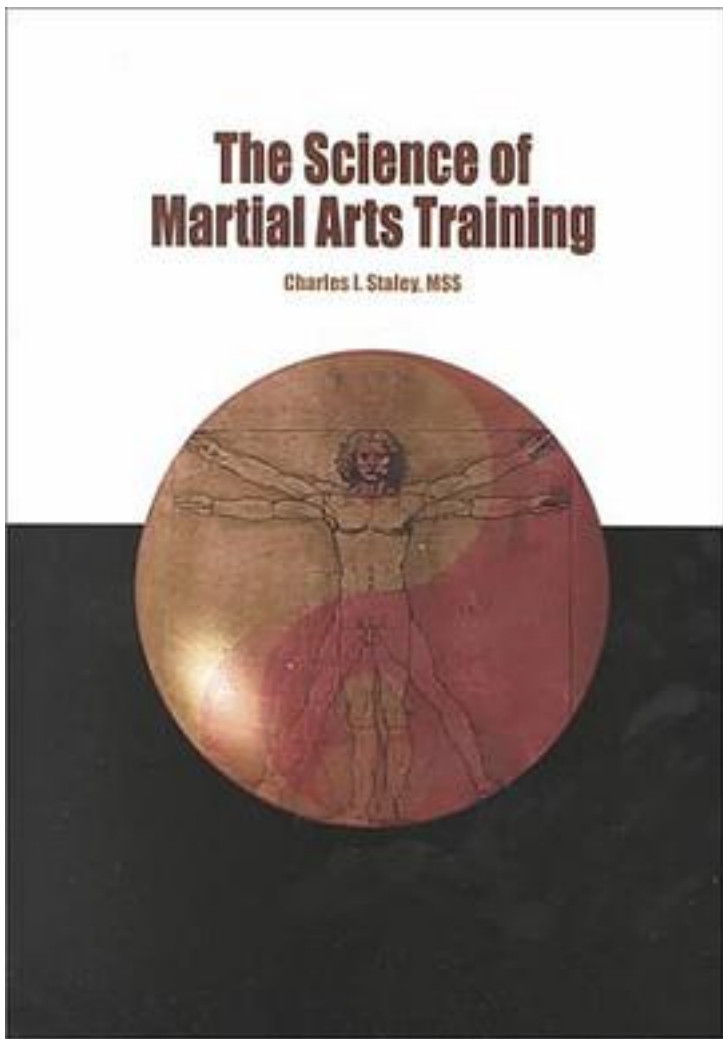


The Science of Martial Arts Training



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著者:STALEY

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Traditionally, martial arts emphasize the process of training over the expected end

result. However, author Charles Staley asserts that even for those whom the martial arts represents a non-sporting activity, proper training methodologies should be adhered to in the interest of safety and to optimize the satisfaction and enjoyment that one should derive from athletic training. This book includes in-depth discussions on such topics as skills training, strength development, flexibility, speed and quickness training, tournament strategy, motivation, nutrition, restoration, and many others. The end result of the training process is a reflection of the synergistic effect of all the components in the training plan.

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