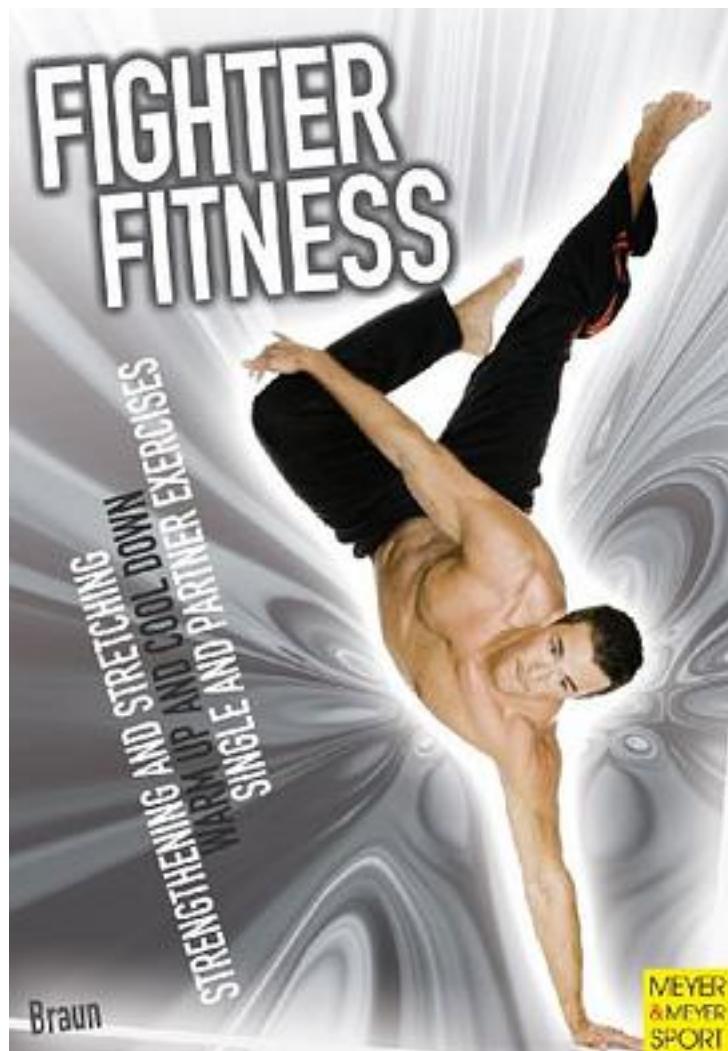


Fitness for Fighters



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Physical fitness is essential in order to carry out a Martial Arts sport successfully. In this book, you will find special exercise forms and drills for the warm up and for strengthening the body. Martial Arts sportsmen and women must have flexible bodies and be capable of reacting rapidly. However, they must also be able to have sufficient build and strength to carry out the lifts and throws. Besides this, they must have stamina and good coordination as well. This is why they need special exercises to build up the capabilities mentioned above. In this book, you will find special exercise forms and drills for the warm up and for strengthening the body. This covers also the various muscle groups in the body. To improve body flexibility, stretching exercises are covered. The book is rounded off by the inclusion of a number of little exercise game forms that can be used in Martial Arts training sessions.

作者介绍:

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