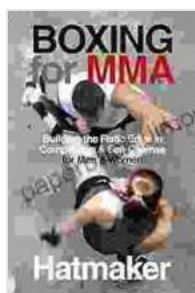


Building The Fistic Edge In Competition Self Defense For Men Women: The Ultimate Guide to Achieving Success in Martial Arts and Self-Defense

In today's world, it's more important than ever to be able to defend yourself and your loved ones. Martial arts and self-defense training can give you the confidence and skills you need to protect yourself from harm.



Boxing for MMA: Building the Fistic Edge in Competition & Self-Defense for Men & Women

by Mark Hatmaker

★★★★☆ 4.3 out of 5

Language : English
File size : 5136 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 144 pages
Lending : Enabled



This comprehensive guide will teach you everything you need to know to achieve success in martial arts and self-defense, from the basics to advanced techniques. Whether you're a beginner or a seasoned fighter, this book has something for you.

Chapter 1: The Basics of Martial Arts and Self-Defense

In this chapter, you'll learn the basic principles of martial arts and self-defense. You'll also learn how to choose the right martial art for you and how to get started with your training.

Chapter 2: Training for Success

This chapter will provide you with a step-by-step guide to training for success in martial arts and self-defense. You'll learn how to develop your physical skills, your mental skills, and your self-defense techniques.

Chapter 3: Competition

If you're interested in competing in martial arts, this chapter will provide you with all the information you need. You'll learn how to prepare for competition, how to compete safely, and how to win.

Chapter 4: Self-Defense

This chapter will teach you the essential self-defense techniques you need to protect yourself and your loved ones. You'll learn how to defend yourself against common attacks, how to use weapons for self-defense, and how to stay safe in dangerous situations.

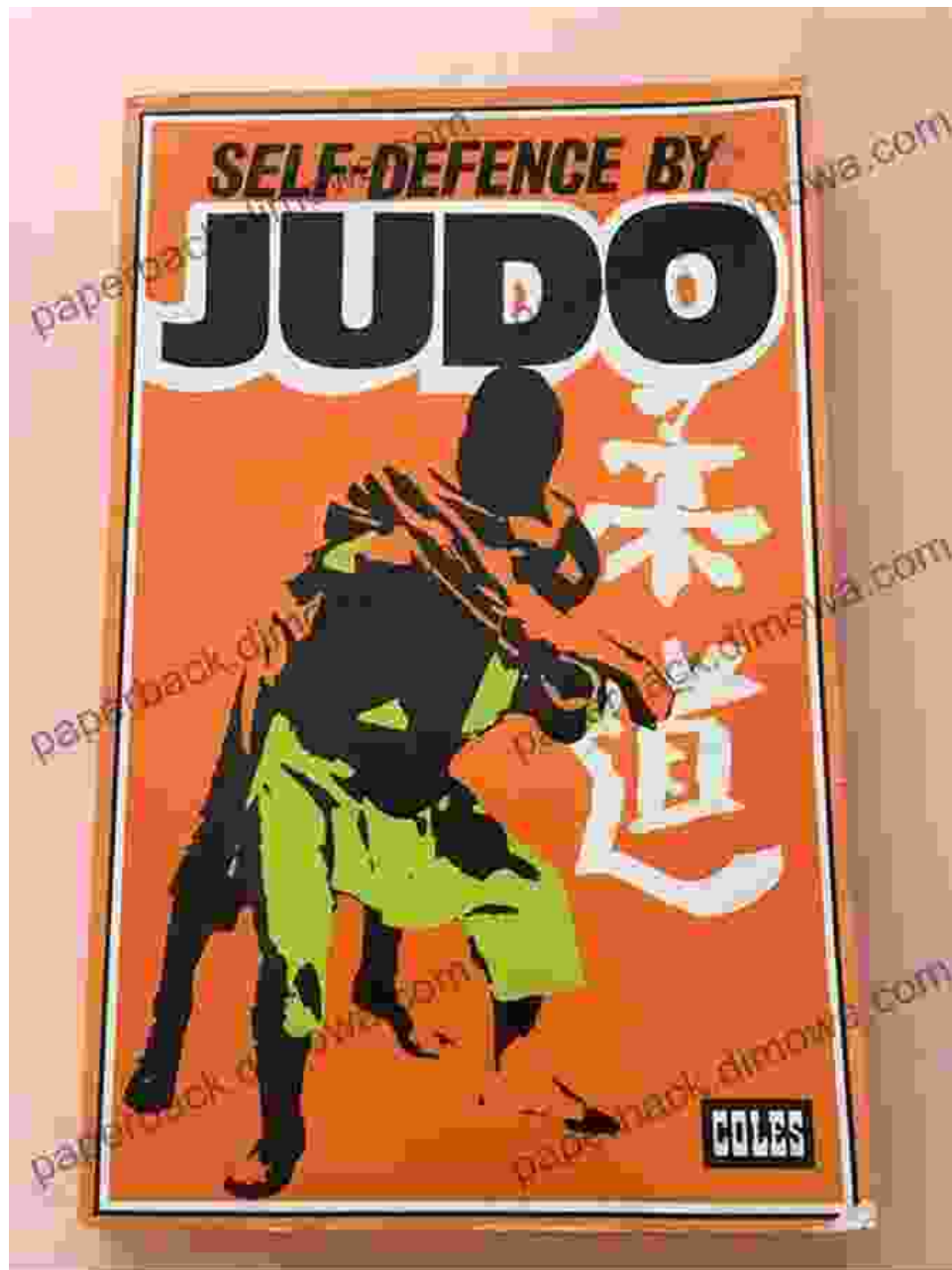
Chapter 5: The Fistic Edge

This chapter will reveal the secrets of the masters and teach you how to develop the fistic edge in competition self-defense. You'll learn how to generate power, speed, and accuracy in your punches, and how to use your fists to devastating effect.

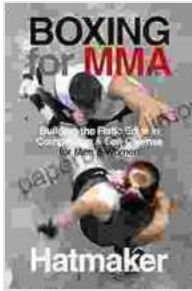
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Free Download your copy today and start your journey to becoming a master of martial arts and self-defense!



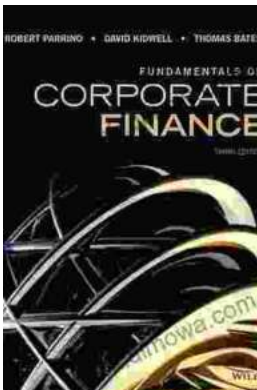
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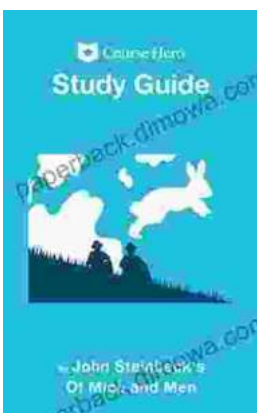
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