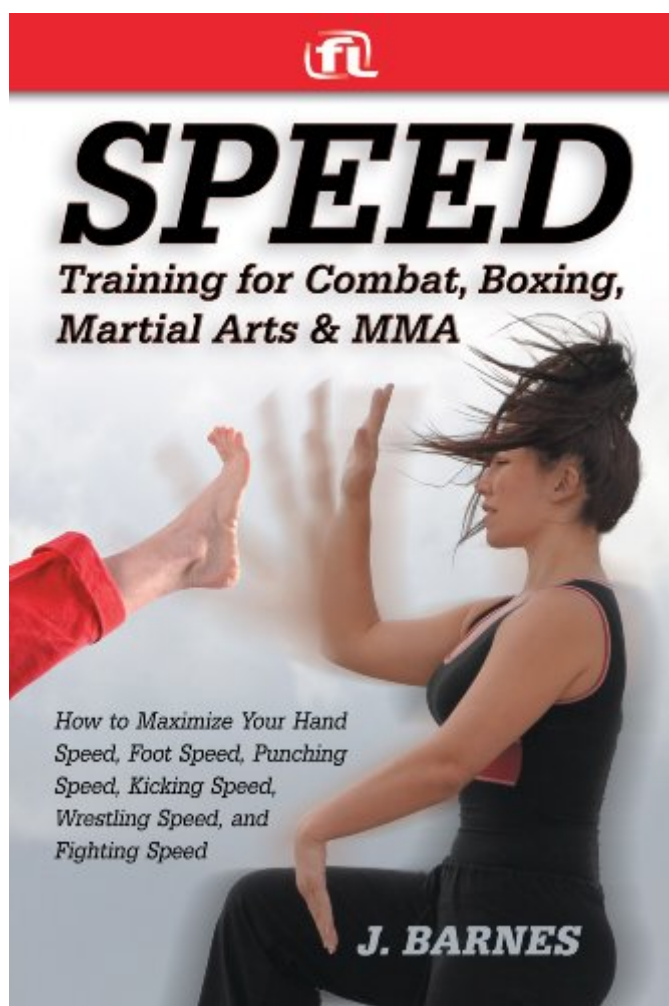


The book was found

Speed Training: For Combat, Boxing, Martial Arts, And MMA: How To Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, And Fighting Speed





Synopsis

Want to Double Your Combat Speed Within Weeks? Tired of training and still not gaining more speed and quickness? What essential quality do all superior fighters possess? Simple. They possess the attribute responsible for making all combat training applicable--speed. Regardless of your combat style...you cannot apply it unless you can react quickly and respond instantly. Razor-sharp speed and reflexes are often the sole difference between winning and losing a fight or bout. Learn The #1 Speed Training System for Martial Arts, Boxing, MMA, and Wrestling. Based on proven training methods of martial arts masters, such as Bruce Lee, and champion boxers, wrestlers, and MMA fighters...Speed Training for Combat, Boxing, Martial Arts, and MMA provides basic, intermediate, and advanced drills and knowledge to maximize speed for competition and self-defense. The Speed Loop™ training system...detailed in this guide...is the most simple, innovative, and effective method for developing superior combat speed. The Speed Loop training system is designed to isolate, transform, maximize, and integrate the seven attributes of fighting speed. Discover The 7 Keys to Superior Fighting Speed

1. Visual Reflexes: Exceptional visual reflexes allow you to recognize, track, distinguish, and counter attacks with speed and confidence. Learn to react and respond to attacks or openings within a fraction of a second.
2. Tactile Reflexes: Ninety-five percent of all fights end up in close range. Be prepared! Learn to instantly feel what the opponent is attempting to do by quickly interpreting and manipulating his body force.
3. Auditory Reflexes: It is important to react quickly to what you hear. If you have ever experienced fighting in the dark, you know the importance of this attribute.
4. Adaptation Speed: Learn to respond accurately and seemingly without thought. Develop your mind's ability to instantaneously select the perfect action in response to an attack or opening.
5. Initiation Speed: It's not how fast you move, but how soon you get there that really counts. Train yourself to make your strikes felt before they are seen.
6. Movement Speed: Discover and ignore the popular myths of "demonstration" speed. Learn how to develop "applied" movement speed that will help you overwhelm and subdue an opponent in seconds.
7. Alteration Speed: Learn to quickly change directions in the midst of movement. Develop the ability to stop your attack instantly...just in case you initiate a wrong move.

Get a Bonus Chapter In addition to a step-by-step guide on combat speed training, you will receive bonus information on developing speed hampering skills. Speed hampering allows you to slow down the opponent's reaction time and counter attacks. Develop your speed hampering skills and you will increase your ability to dominate the fight. **Learn More** Order the print edition and get the kindle edition for FREE. Buy now and start improving your speed today.

Book Information

File Size: 729 KB

Print Length: 184 pages

Publisher: Fitness Lifestyle (July 31, 2014)

Publication Date: July 31, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B003X976A2

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #51,769 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #6 inÂ Books > Sports & Outdoors > Individual Sports > Boxing #12 inÂ Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts

Customer Reviews

Cutting edge and innovative techniques I haven't seen anywhere else for speed training, so I recommend you consider Barnes' guidance. The guide is clear, direct, well-written and incredibly well-organized, so Speed Training works to catalyze and optimize your training plan now, and then as a reference guide going forward. The book is divided into 10 chapters that break down speed training into skill sets to understand and work on. All facets of each capability are explored, with guidance on improving mentally, reflexively and physically. Having the Speed Loop framework defined explicitly creates a true mental preparedness for implementing the training, giving the sense of understanding that inspires doing the work to apply those concepts to personal training goals. Really solid approach to learning and coaching. Tons of drills are well-described, and many were innovative techniques you can use anywhere, during committed training time and also throughout your day. I think in this way Barnes gets you to pivot your thinking so that speed optimization becomes a way of life, of looking at every moment, even when you are playing with your dog. Maybe this is the key to superior fighting. Definitely a lifechanger full of fresh, useful coaching.

The book wasn't ground breaking like other reviewers claimed but it was very solid. Plus: Straight to

the point, no fluff. At least half of the ideas are truly great. Cons: Some ideas seemed really, really silly. Snatch toy faster than your dog? Read vinyl records spinning at different speeds? Sure, they work but come on. Still, I would rather have half a book's worth of great ideas than not.

This book is an excellent reference book for anyone interested in the martial arts. The author explains in great detail all of the elements involved in speed, including movement speed and reaction speed just to name a few, as well as drills and exercises to increase one's speed. The drills are beneficial for beginners as well as experts. This book would make a great addition to anyone's bookshelf, especially a martial arts instructor's.

Short. To the point. Easily readable. Good techniques and exercises -- they work. On my third read. A must have if you spar, fight, or are truly interested in self-defense.

To be honest, I did not think I was going to like this book. But I was pleasantly surprised with the detail, expression and practical exercises. I am VERY picky and have been involved with martial arts and conditioning for over 30 years. Still, I found great advice and ideas in this book. If you actually use the philosophy and examples in this book, you WILL improve. Best wishes.

I can react much faster now. It is easy to follow and very useful. I recommend this book to anyone who wants to speed up their reaction time in the mmm.

Very easy to understand, easy exercises that can give dramatic results if you do them. A lot of practical information with just enough theory to justify the conclusions.

Barnes is a very knowledgeable author. I was very impressed by his book "Speed Training for Martial Arts" Martial Arts is an art that I find very interesting but it always seems so complex. Self discipline, speed and how to handle an attacker are all the topics I was interested in learning about. Most books contain very complex information, in a language that I am not familiar with. This author is obviously very very knowledgeable but he realizes that his readers are searching for different levels of information. The novice to the expert will all take away a lot from this very educational book.

[Download to continue reading...](#)

Speed Training: For Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed,

Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Kickboxing: The Ultimate Beginners Guide To Kickboxing (Kickboxing, Thai Boxing, Muay Thai, Boxing, MMA, Mixed Martial Arts) Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! (Martial Arts, Fitness, Boxing and MMA Performance) Sigmund Ringeck's Knightly Arts Of Combat: Sword and Buckler Fighting, Wrestling, and Fighting in Armor The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best Series Book 6) Knife Fighting, Knife Throwing for Combat (Special Forces/Ranger-Udt/Seal Hand-To-Hand Combat/Special W) Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag Training Series Book 1) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Foot Pain: Causes & Simple Steps & Exercises to Treat Irritating Foot Pain (Plantar Fasciitis, Bunions, Athletes Foot) Fight psychology: How to overcome the fear of fighting: A tremendous insight into the mind of a fighter (Self Defense, Mixed Martial Arts, Fighting Dirty, Self Esteem Book 1) Taekwondo For Beginners: Drills. Techniques & Tactics To Defend & End A Fight (MMA, Martial Arts, Self Defense, BJJ) Judo For Beginners: Your Comprehensive Guide To Judo Techniques, Takedowns & Tactics (BJJ, Judo, Mixed Martial Arts, Boxing) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Double End Bag Workout: For Boxing, Mixed Martial Arts and Self-Defense Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Self-Defense for Gentlemen and Ladies: A Nineteenth-Century Treatise on Boxing, Kicking, Grappling, and Fencing with the Cane and Quarterstaff Championship Fighting: Explosive Punching and Aggressive Defense