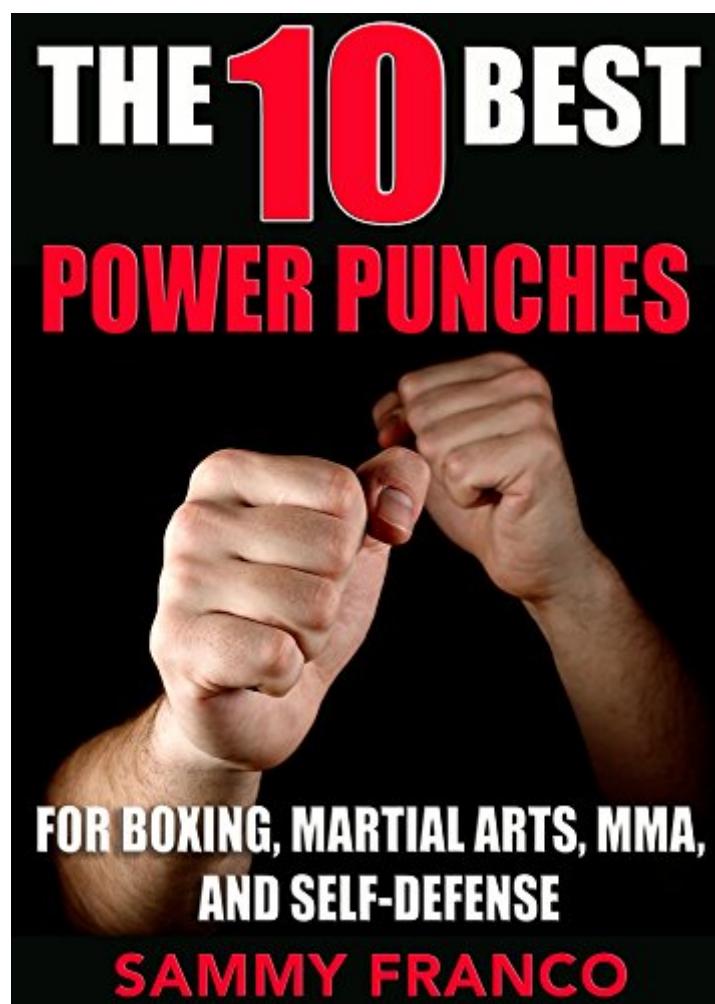


The book was found

The 10 Best Power Punches For Boxing, Martial Arts, MMA And Self-Defense (The 10 Best Series Book 6)



Synopsis

WANT BONE SHATTERING POWER PUNCHES! Dramatically increase your punching power with Sammy Franco's battle tested power punching techniques. THE 10 BEST POWER PUNCHES FOR BOXING, MARTIAL ARTS, MMA, AND SELF-DEFENSEÂ gives you the winning edge you'll need in both the ring and the streets. In this one-of-a-kind book, you'll learn simple and effective bone crushing knock-out power punches that will drop any opponent of any size. THE 10 BEST POWER PUNCHES FOR BOXING, MARTIAL ARTS, MMA, AND SELF-DEFENSE is ideal for: Boxing Mixed martial arts (MMA) Martial artsÂ Kickboxing Self-defense/Street fighting Personal fitness TURN YOUR FISTS INTO SLEDGEHAMMERS! This easy to follow bookÂ covers the entire spectrum of explosive power punching techniques. Learn how to throw the perfect "knockout power punch", turn your hands into virtual sledgehammers, discover the hidden secrets of power punching footwork, and learn some of the best power punching training tips. THE 10 BEST POWER PUNCHES FOR BOXING, MARTIAL ARTS, MMA, AND SELF-DEFENSE will show you that it's not size or strength, but punching form and technique, timing and proper footwork that will turn your fists into lethalÂ power pistons. By following the techniques outlined in this book youÂ will dramatically improve your punchingÂ powerÂ regardless of your size, strength, or level of training experience.Â

Book Information

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Customer Reviews

Just finished reading "The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense." I appreciate how the author points out that a punching technique is unless useless accompanied by certain things such as speed, timing, balance, non-telegraphic movement, rhythm, etc. He then goes over ways to develop each of these attributes. Sammy Franco writing is always succinct and so well organized in its delivery of information. I can always count on his product being the most accurate on the particular subject. Now, it's time to get accurate and hit the heavy bag!

Sammy Franco does a great job with "The 10 Best Power Punches" book. Like all his books, he keeps it free from any fluff, and only gives important information that you can immediately utilize and practice. This short ebook gives very specific ways to make your punches more powerful and faster. I especially enjoyed the section where he described the optimal footwork to get power punches. I definitely recommend this book!

Provides good fundamentals on punching, stance, to dos and not to dos and training tips. Very basic and fundamental and to the point. Does make you want to see more but as this is a short intro type ebook I assume that was its intent and not to go into details or cover advanced topics like combinations or movements. Worth a read if you are just starting out.

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