

SOLO TRAINING

The Martial Artist's Home Training Guide



325
*techniques, drills,
& exercises*

LOREN W. CHRISTENSEN

Solo Training The Martial Artists Guide To Training Alone

SA Adler



Solo Training The Martial Artists Guide To Training Alone:

Solo Training Loren Christensen,2013-07-15 Loren Christensen shows you over 300 ways you can add variety to your daily martial arts training routine Whether you are a student looking for fun new solo drills to spice up your home training or an instructor in search of new ways to pump up your classes you won't be disappointed This incredible collection of drills techniques and exercises will take your workouts to the next level Learn to Organise your solo workouts to the get maximum results from even the shortest training session Improve your speed and power with dozens of inside tips and tricks Beat boredom and get excited about your solo training sessions Become a well rounded fighter by adding essential skills that your instructor may not be teaching you Safely experiment with new techniques to find your ideal personal style of training Get an edge on your opponents with training methods that will make you unstoppable in the ring or on the street Not only will you learn enough new training strategies and methods to keep you busy for years but Loren Cristensen's no nonsense writing style will get you up and moving even on the days you rather skip your solo workout Packed with solid advice and kick butt motivation this book will become your favourite training partner

Solo Training Loren W. Christensen,2016-09 Loren W Christensen shows you over 300 ways you can add variety to your daily martial arts training routine Whether you're a student looking for fun new solo drills to spice up your home training or an instructor in search of new ways to pump up your classes this book has what you need It is an incredible collection of drills techniques and exercises that will take your workouts to the next level Organize your solo workouts to get maximum results from even the shortest training sessions Improve your speed and power with dozens of inside tips and tricks Beat boredom and get excited about your solo training sessions Become a well rounded fighter by adding essential skills your instructor may not be teaching you Safely experiment with new techniques to find your ideal personal style of training Get an edge on your opponents with training methods that will elevate your skills in the ring and on the street Not only will you learn enough new training strategies and methods to keep you busy for years but Loren W Christensen's no nonsense writing style will get you up and moving even on the days you'd rather skip your solo workout This book is packed with insight technique and motivation It will become your favorite training partner

50 Martial Arts Myths Sulaiman Sharif,2009-11-25 Presents and refutes various myths about the martial arts and gives detailed information about the various disciplines for martial arts teachers students and enthusiasts

The Principles and Practices of Solo Training Dr. Guy Windsor,2023-09-14 EVERYONE WANTS TO ADD YEARS TO THEIR LIFE BUT EVERYONE NEEDS TO ADD LIFE TO THEIR YEARS One of the world's foremost experts in historical swordfighting and martial arts systems Dr Guy Windsor wants to teach you how to maximize your personal development and live up to your true potential in training in martial arts and in life even when training solo Using simple straightforward and above all achievable principles of action Dr Windsor can help you establish a solid foundation for mechanics and training in your own martial arts practices as well as teaching you best practices to achieve excellence in life Whether you are searching

for ways to improve your combat and martial arts training hope to increase your physical fitness or simply want to find a better mindset for living life The Principles and Practices of Solo Training is for you Join Dr Windsor as he teaches you how to USE MENTAL IMAGERY to improve your training effectiveness FIND GREATER HEALTH as you progress UNDERSTAND THE IMPORTANCE of and best way to set goals IMPROVE YOURSELF even when dealing with physical or psychological impediments AND MORE With profound insight unparalleled expertise and good old fashioned common sense Dr Windsor is the perfect guide for your journey of self improvement Whether you are a master of the martial arts trying to add that last critical edge to your skills or a beginner who has never thrown a punch or picked up a sword The Principles and Practices of Solo Training will help you find and master the hidden potential within

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Practical Strength Training Guide for Self-Defense & Martial Arts Ralph Haenel,2016-08-25 The practical strength training guide for Wing Tsun Kung Fu Wing Chun Ving Tsun practitioners and fitness enthusiasts Step by step explanations of exercises Striking power for self defense and martial arts Now with bonus chapter about fundamental kettlebell training

The Guy-Friendly YA Library Rollie J. Welch,2007-05-30 Re design and upgrade your collection and services to attract male teens as well as females to the library With this guide you ll learn about reading habits of young men male friendly collection development with fiction and nonfiction materials teen advisory boards teen area design and display programs that bring male teens into the library homework services diversity of male teens and how to redefine library policies procedures and attitudes to create an environment where male teens thrive Filled with insights anecdotes practical guidelines and tips that show how to make the library a facility where male teens feel welcome and comfortable

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