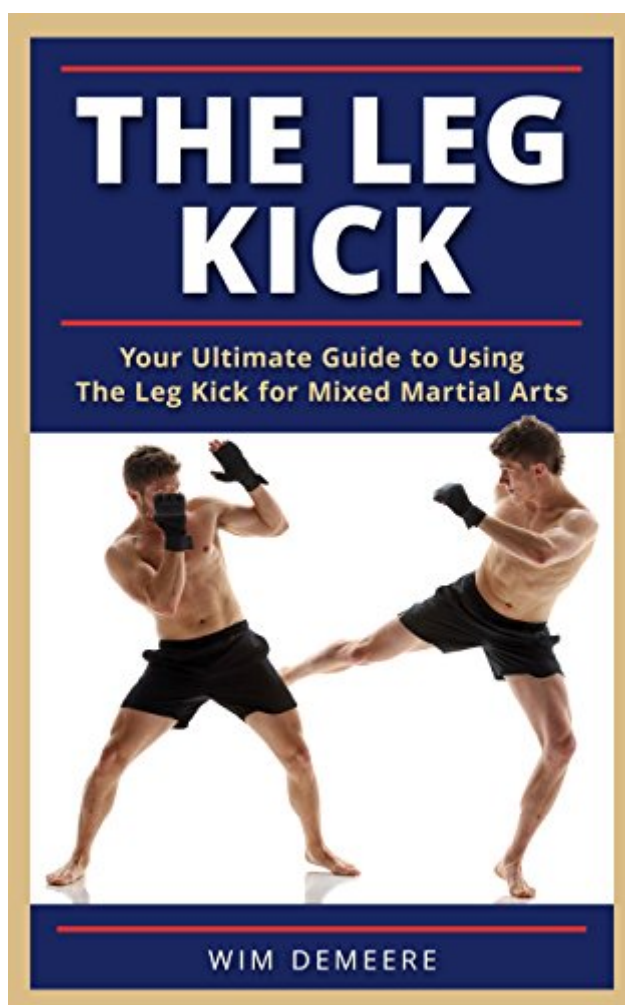


The book was found

The Leg Kick: Your Ultimate Guide To Using The Leg Kick For Mixed Martial Arts



Synopsis

Learn how professional fighters use devastating leg kicks to beat their opponents! The leg kick is without a doubt one of the most effective weapons a Mixed Martial Arts fighter can have in his arsenal. When used correctly, it cripples an opponent's strategy, takes away his power and undermines his self-confidence. All this, after landing just a handful of hard kicks! Unfortunately, the leg kick is also a much-misunderstood technique. Too many MMA competitors use it without thinking through how to use it best. As a result, their kicks get blocked and used against them. Don't let that happen to you! This book teaches you combat-tested tips, tricks, strategies and tactics to transform your leg kick into a devastating attack. You will learn: *Which part of the shin to use for best results. *How to use your hips to generate tremendous power. *When to use the leg kick and when not to. *Why Anderson Silva broke his shin with a leg kick and how you can avoid that. *How UFC champions use leg kicks in their fights against top contenders. *Much, much more... No matter what your level of experience is right now, the knowledge in this book will improve your skill with the leg kick. With consistent training, you will master the leg kick and strike fear in your opponent's mind when you attack them with it. Bonus! You receive free access to an online resources page with more information, videos, gear to use and much more.

Book Information

File Size: 6089 KB

Print Length: 149 pages

Page Numbers Source ISBN: 1974391574

Simultaneous Device Usage: Unlimited

Publisher: Wim Demeere (August 17, 2017)

Publication Date: August 17, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B074XG97W2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #149,074 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28
inÂ Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #104 inÂ Kindle Store >
Kindle eBooks > Nonfiction > Sports > Outdoors & Nature > Hiking & Camping > Instructional #129
inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts

Customer Reviews

Anything by Demeere is excellent and this is no exception. The pages contain clear, easy-to-follow photos, and the text is detailed, logical, and concise. In short, this is an excellent text on a subject every self-defense-minded martial artist should own.

Wim Demeere is one of the people whose teachings I draw on when trying to create realistic violence in my stories. I only just started this one, but it's written in Wim's trademark style: clear, detailed, easy to follow, always interesting and sometimes funny, too. I've read Wim's other works, watched his videos, and hurt my knees and elbows on his body enough during enough training sessions to know this one is going to be well worth your time, too.

Another first class work from Wim Demeere. This is a super practical and well written book - he has the rare knack of explaining things in a way that you can actually go away and apply them pretty much straight away, from the technical stuff of how to throw the kick through to the tactics and strategy of when to use it (and when not to). And it's all useful, well-researched material that has clearly been tried and tested. There's no fluff or braggadocio here, just clear, insightful guidance. His other books and in particular his instructional DVDs are also highly recommended!

Superb. Wim Demeere is a unique martial artist, someone who can cover traditional, sport, and self defense arts without confusing the context of each. Here he breaks down the finer points of the leg kick, a sadly undervalued technique in the martial arts today. This book is required reading for the new fighter, and those who think they already know how to kick an opponent in the leg. Whatever you do, don't pass up the opportunity to learn from this master martial scientist.

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

The Leg Kick: Your Ultimate Guide to Using The Leg Kick for Mixed Martial Arts MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense, BJJ) Parting the Clouds - The Science of the Martial Arts: A Fighter's Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts

Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Martial Arts for People with Disabilities (Martial and Fighting Arts) Martial Arts for Athletic Conditioning (Martial and Fighting Arts) Martial Arts for the Mind: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Winning Ways (Mastering Martial Arts) Martial Arts for Women: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Women: Winning Ways (Mastering Martial Arts) Martial & Fighting Arts (Martial and Fighting Arts Series) MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat Restless Leg: The Ultimate Guide to Eliminating Restless Legs Syndrome and Getting a Good Night's Sleep (Restless Leg Syndrome Treatment Book 1) Training for Warriors: The Ultimate Mixed Martial Arts Workout Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Fight Like a Physicist: The Incredible Science Behind Martial Arts (Martial Science) Ali vs. Inoki: The Forgotten Fight That Inspired Mixed Martial Arts and Launched Sports Entertainment Heart for the Fight: A Marine Hero's Journey from the Battlefields of Iraq to Mixed Martial Arts Champion

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)