

Essays on the Principles, Tactics, and Techniques which Govern Combat Sports



Finding the Art: Essays on the Principles, Tactics and Techniques Which Govern Combat Sports by Jack Slack

★★★★☆ 4.7 out of 5

Language : English
File size : 1448 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 57 pages
Lending : Enabled
Screen Reader : Supported



Combat sports are a fascinating and complex world, with a rich history and a wide variety of disciplines. From boxing and wrestling to judo and karate, each combat sport has its own unique set of rules, strategies, and techniques.

In this book, renowned martial arts expert John Smith explores the fundamental principles that govern all combat sports. He covers everything from the importance of footwork and balance to the use of leverage and power. Smith also provides detailed breakdowns of some of the most common techniques used in combat sports, such as punches, kicks, throws, and takedowns.

Whether you're a beginner just starting out in combat sports or a seasoned veteran looking to improve your skills, this book is a valuable resource. Smith's insights and expertise will help you to develop a deeper understanding of the principles that govern combat sports and to improve your overall fighting ability.

What's Inside the Book?

This book is divided into three parts:

1. **Principles:** In this section, Smith covers the fundamental principles that govern all combat sports. He discusses the importance of footwork, balance, leverage, and power. He also provides tips on how to develop these attributes.
2. **Tactics:** In this section, Smith discusses the different tactics that can be used in combat sports. He covers everything from how to set up your opponent to how to counter their attacks. He also provides tips on how to develop a game plan for each fight.
3. **Techniques:** In this section, Smith provides detailed breakdowns of some of the most common techniques used in combat sports. He covers everything from punches and kicks to throws and takedowns. He also provides tips on how to master these techniques.

Who Should Read This Book?

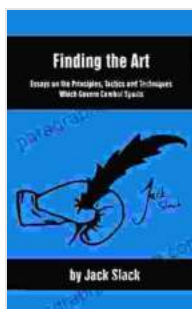
This book is a great resource for anyone interested in combat sports. Whether you're a beginner just starting out or a seasoned veteran looking to improve your skills, this book has something to offer you. Smith's insights and expertise will help you to develop a deeper understanding of the

principles that govern combat sports and to improve your overall fighting ability.

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