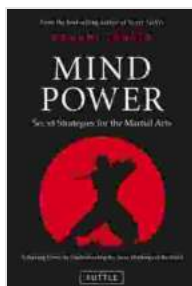


Secret Strategies For The Martial Arts: Achieving Power By Understanding

The martial arts are a powerful tool for self-defense and personal growth. They can teach you how to defend yourself against attackers, improve your fitness, and develop your mental and physical strength.



Mind Power: Secret Strategies for the Martial Arts (Achieving Power by Understanding the Inner Workings of the Mind) by Kazumi Tabata

★★★★☆ 4.4 out of 5

Language : English
File size : 1229 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 168 pages



However, to truly master the martial arts, you need to understand the secret strategies that will help you achieve power. These strategies are not always easy to learn, but they are essential for anyone who wants to reach their full potential in the martial arts.

In this book, you will learn the secret strategies that will help you achieve power in the martial arts. You will learn how to use your body and mind to generate power and defeat your opponents.

Here are some of the things you will learn in this book:

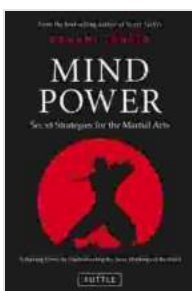
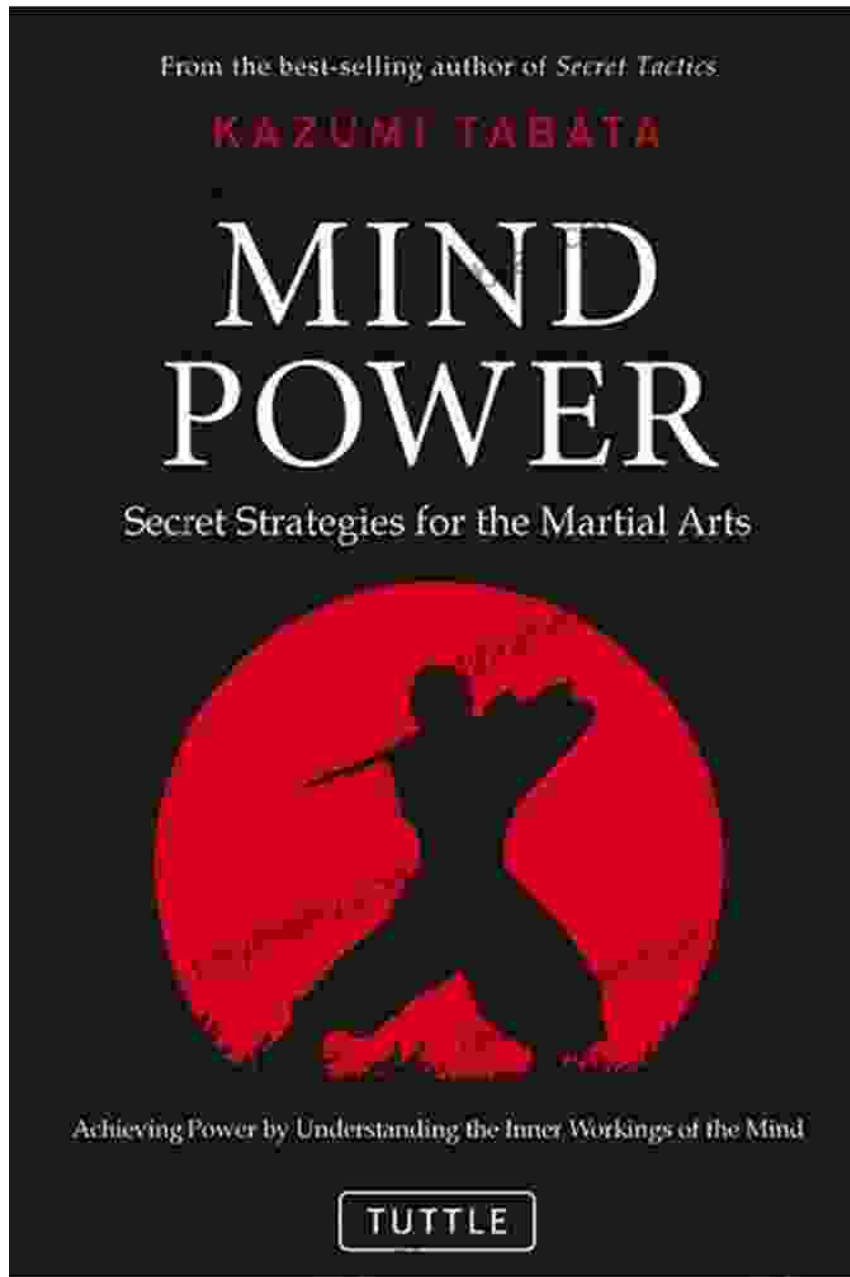
- How to generate power from your core
- How to use your body weight to your advantage
- How to develop explosive power
- How to use your mind to focus your power
- How to apply these strategies to different martial arts techniques

This book is essential reading for anyone who wants to master the martial arts. It will teach you the secret strategies that will help you achieve power and defeat your opponents.

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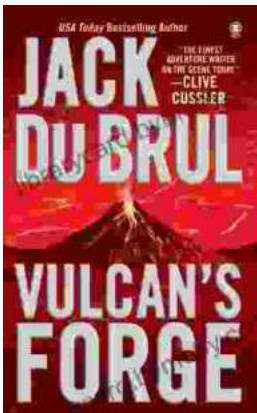
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