

Loren 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, you won't be disappointed. This incredible collection of drills, techniques and exercises will take your workouts to the next level. Learn to: *Organize 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 favorite training partner.

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