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Martial Arts Home Training: The Complete Guide to the Construction and Use of Home Training Equipment

Mike Young

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In *Martial Arts Home Training: The Complete Guide to the Construction and Use of Home Training Equipment*, police and SWAT trainer Mike Young shows you how to make and use ingenious home training aids-from such inexpensive, easily obtainable resources as a grocery bag, an old towel, a worn-out tire, or various construction-site scraps-to enhance your martial arts practice.

Included in this martial arts book are simple instructions for a wide array of equipment for the home martial arts studio, including the shadowboxing towel; footwork, balance, and leg developer; multipurpose tire; precision blocking stick; heavy-duty striking post; grocery bag; small hanging bag; and choking dummy.

Martial Arts Home Training sets out Mike Young's patented "rock & roll" methods for getting the most out of your training equipment and your training time. With the twin maxims "correct practice makes perfect" and "KISS" (keep it simple, stupid) always in mind, Young provides a thorough grounding in the essentials of developing home training equipment and the fundamentals of maintaining the diligent yet playful attitude necessary to get the most from it.

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