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Learn how to mentally and physically prepare for a fight, which equipment to train on, what goes on in the locker room before a match and how the business end of the fight game works. With nearly 500 pages of instruction and over 1000 photographs, Complete Kickboxing is the most comprehensive reference available on the exciting sport of Kickboxing.

Complete Kickboxing: The Fighter's Ultimate Guide to ...

Complete Kickboxing: The Fighter's Ultimate Guide to Techniques, Concepts, Strategy for Sparring and Competition by Sprague, Martina; Livingston, Keith at AbeBooks.co.uk - ISBN 10: 1880336847 - ISBN 13: 9781880336847 - Turtle Press - 2004 - Softcover

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Keith Livingston - Complete Kickboxing: The Fighter ' s ...

Complete Kickboxing: The Fighter's Ultimate Guide to Techniques, Concepts, and Strategy for Sparring and Competition, Martina Sprague, Keith Livingston, Turtle Press, 2004, 1934903582, 9781934903582, 480 pages. In the most comprehensive book on kickboxing ever written, Martina

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Kickboxing is a stand-up combat sport based on kicking and punching, historically developed from karate mixed with boxing. Kickboxing is practiced for self-defence, general fitness, or as a contact sport.. Japanese kickboxing originated in the late 1950s, with competitions held since then. American kickboxing originated in the 1970s and was brought to prominence in September 1974, when the ...

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Complete Kickboxing: The Fighter's Ultimate Guide To Techniques, Concepts And Strategy For Sparring And Competition. by Sprague, Martina/ Livingston, Keith. In the most comprehensive book on kickboxing ever written, Martina Sprague and Keith Livingston teach you exactly what it takes to survive and win in the kickboxing ring.

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The world's premier kickboxing league, GLORY World Series maintains six different weight classes. Fights take place both as single matches between two fighters known as 'superfights') and as part of tournaments. Four-man tournaments are the standard, with eight-man tournaments also staged on occasion.

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