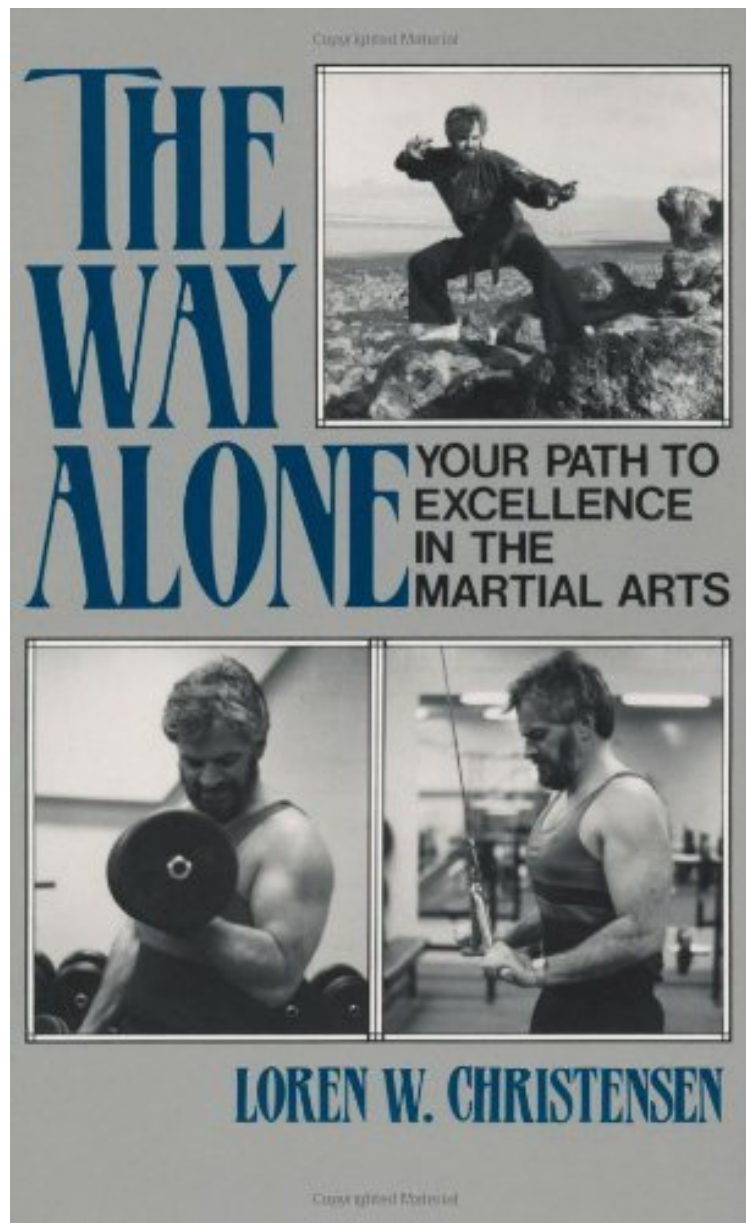


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## The Way Alone: Your Path To Excellence In The Martial Arts: Your Path to Excellence in the Martial Arts

Von Loren W. Christensen

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Von Loren W. Christensen : The Way Alone: Your Path To Excellence In The Martial Arts: Your Path to Excellence in the Martial Arts before purchasing it in order to gage whether or not it would be worth my time, and

all praised The Way Alone: Your Path To Excellence In The Martial Arts: Your Path to Excellence in the Martial Arts:

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich.

Mediocre programs at bestVon Gamal E. CastileAs a student of karate for 7 years and a Personal Trainer with 15 years of weight training and bodybuilding experience, I was disappointed with the very rudimentary information offered on all of the subjects within this book. One would be much better off locating other books covering such topics as mental training, weight training and general martial arts conditioning than going with "The Way Alone"1 von 1 Kunden fanden die folgende Rezension hilfreich. Awesome - very informative and realisticVon Ein KundeMr. Christensen's techniques are realistic and straight-forward, while still very challenging. He discusses everything about training on your own (supplementary to dojo training, not in place of it), including sections such as how to keep motivated and training outdoors. His instructions/teachings are clear and concise. I strongly recommend this book, and all others by Mr. Christensen, for that matter.0 von 1 Kunden fanden die folgende Rezension hilfreich. Excellent! A helpful and informative read.Von Ein KundeThis book discusses a wide variety of original drills and exercises to help martial artists supplement their dojo training. I would recommend this to anyone who is serious about martial arts.

KurzbeschreibungA surefire way to increase your motivation, strength, speed, explosiveness, endurance and timing - The Way Alone. This book about solo training includes tips on weight training, practicing reps and kata, bag work and cardiovascular training anytime, anywhere.KurzbeschreibungA surefire way to increase your motivation, strength, speed, explosiveness, endurance and timing - The Way Alone. This book about solo training includes tips on weight training, practicing reps and kata, bag work and cardiovascular training anytime, anywhere.Synopsis A surefire way to increase your motivation, strength, speed, explosiveness, endurance and timing. This book about solo training includes tips on weight training, practising reps and kata, bag work and cardiovascular training anytime, anywhere.