

Complete Kickboxing The Fighters Ultimate Guide To Techniques Concepts And Strategy For Sparring And Compeon

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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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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 ...

Kickboxing - Wikipedia

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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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