



Fighter's Fact Book

Loren W. Christensen

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With over 35 years experience in the ring, on the mat and in the street, Loren Christensen understands the daily challenges faced by martial artists. In this book he has put together a collection of over 400 tips, drills, principles, concepts and exercises to give you the edge no matter what style of martial art you practice. Discover quick and innovative ways to improve your punching, kicking, sparring and self-defence skills plus dozens of tips to work those hard to improve areas like speed, power and flexibility.

If you are feeling stuck or bored in your martial arts routine, Loren's down-to-earth, in-your-face-style will get you up and training with a fire you have not felt in years. With hundreds of training methods drawn from his vast experience, research and interviews with top instructors around the country, Loren has put together an essential reference for every martial arts student and instructor.

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