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PETER

"SUGARFOOT"

CUNNINGHAM'S
CIVILIZED WARRIOR

Fundamental Kickboxing Techniques

As Told To ROBERT "SNAKE" MICKEY

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Pete Cunningham Canadian born kickboxer and martial arts actor tells his story Kickboxing Guidebook , **A Complete Guide to Kickboxing** Stefano Di Marino,2017-07-15 Readers will enter the action packed and fascinating world of kickboxing This book provides a history of the discipline as well as information on necessary equipment warm up exercises to prevent injury and details on the different categories Charts and tables organize information in a visually appealing and easy to grasp way Detailed step by step instructions and accompanying photographs help readers learn the fundamental techniques and movements such as defensive positions punching kicking and knee and elbow strikes The book also includes a glossary a further reading section with books and websites and an index **Full Contact Kickboxing** Andy Dumas,James Turner,2022-11-01 The sport of Full Contact Kickboxing demands the highest degree of technical skill physical conditioning and intellectual discipline Athletes must rely on their technical expertise by throwing all kicks above the waist and winning the bout purely with kickboxing techniques A structured training programme is therefore essential Full Contact Kickboxing is a comprehensive guide to all aspects of kickboxing training Combining the expertise of an experienced coach and kickboxing

champion it provides the motivation and techniques needed to make better choices in and out of the ring and to become a disciplined and successful competitor Featuring over 380 photographs this valuable training guide will help readers to swiftly progress and gain a competitive edge It will be of great interest to all those interested in kickboxing principles from amateurs to professionals from boxers to martial artists

Kickboxing Christoph Delp, 2006-12-05 This comprehensive training manual features all the information needed for a successful start in kickboxing right up to winning the match in the ring Author Christoph Delp an expert fitness coach and an experienced kickboxing and Muay Thai trainer begins by describing kickboxing's history development and rules The technical section explains all of the attacking techniques as well as important defense and feinting skills In spectacular photographs champion kickboxers demonstrate the skills step by step enabling the reader to easily duplicate the exercises and to understand the technical fine points Chapters dedicated to training and competition contain vital information on training plans and structure contest preparation and competitive strategy An ideal companion for beginners the book is also an excellent reference for active kickboxers and other martial arts athletes who want to improve their punching and kicking techniques Readers can use the book to train on their own or as a complement to club training

Kick Boxing Pat O'Keeffe, 2007-05-17 With its intense action and the unbelievable skills of its athletes kickboxing has gained worldwide popularity in a way that few international sports ever do It requires perfect timing incredible speed and relentless power and this guide details the techniques and methods needed to win Author Pat O'Keeffe is a coach trainer and champion with three decades of experience and his book includes dozens of techniques to prepare both body and mind for this dangerous and exciting sport Helpful step by step illustrations demonstrate the techniques of defense counter attack timing distance and mobility sparring speed and power conditioning and more Perfect for the amateur kick boxer or the experienced fighter Kick Boxing is a must read resource written by one of the sport's top experts Skyhorse Publishing as well as our Sports Publishing imprint is proud to publish a broad range of books for readers interested in sports books about baseball pro football college football pro and college basketball hockey or soccer we have a book about your sport or your team In addition to books on popular team sports we also publish books for a wide variety of athletes and sports enthusiasts including books on running cycling horseback riding swimming tennis martial arts golf camping hiking aviation boating and so much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home

Complete Kickboxing Martina Sprague, Keith Livingston, 2004 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 Whether you want to become a professional kickboxer or just train like one this is an invaluable reference Begin with the basics of movement stance punching kicking and defensive fundamentals Each skill is taught scientifically learn good mechanics drill with specific goals in mind and then apply your

skills in sparring Once you have established solid fundamentals the authors introduce advanced skills like knee and elbow strikes unorthodox punches jump kicks and sweeps As you build your arsenal Keith and Martina share the kind of information that only two veterans of the ring can Learn strategies for short and long range fighting controlling the fight outsmarting your opponent working the angles and gaining superiority If your goal is competition Complete Kickboxing can ensure you don t miss a step along the way 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 Kick Boxing Pat O'Keeffe,1999

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