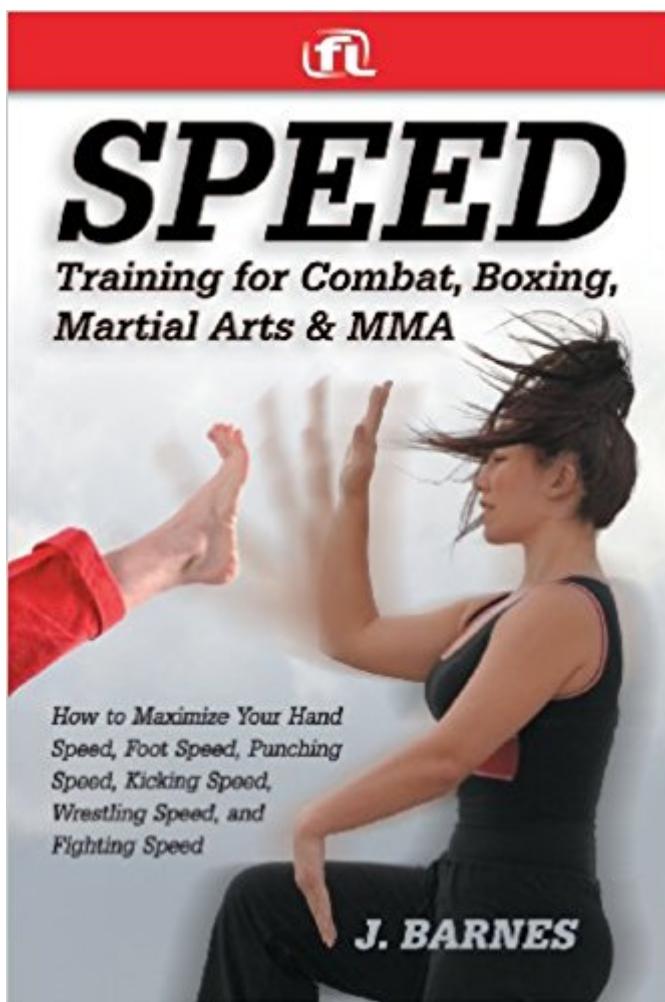


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# Speed Training For Combat, Boxing, Martial Arts, And MMA: How To Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, And Fighting Speed





## Synopsis

Want to Double Your Combat Speed Within Weeks? Tired of training and still not gaining more speed and quickness? What essential quality do all superior fighters possess? Simple. They possess the attribute responsible for making all combat training applicable--speed. Regardless of your combat style...you cannot apply it unless you can react quickly and respond instantly. Razor-sharp speed and reflexes are often the sole difference between winning and losing a fight or bout. Learn The #1 Speed Training System for Martial Arts, Boxing, MMA, and Wrestling. Based on proven training methods of martial arts masters, such as Bruce Lee, and champion boxers, wrestlers, and MMA fighters...Speed Training for Combat, Boxing, Martial Arts, and MMA provides basic, intermediate, and advanced drills and knowledge to maximize speed for competition and self-defense. The Speed Loop™ training system...detailed in this guide...is the most simple, innovative, and effective method for developing superior combat speed. The Speed Loop training system is designed to isolate, transform, maximize, and integrate the seven attributes of fighting speed. Discover The 7 Keys to Superior Fighting Speed 1. Visual Reflexes: Exceptional visual reflexes allow you to recognize, track, distinguish, and counter attacks with speed and confidence. Learn to react and respond to attacks or openings within a fraction of a second. 2. Tactile Reflexes: Ninety-five percent of all fights end up in close range. Be prepared! Learn to instantly feel what the opponent is attempting to do by quickly interpreting and manipulating his body force. 3. Auditory Reflexes: It is important to react quickly to what you hear. If you have ever experienced fighting in the dark, you know the importance of this attribute. 4. Adaptation Speed: Learn to respond accurately and seemingly without thought. Develop your mind's ability to instantaneously select the perfect action in response to an attack or opening. 5. Initiation Speed: It's not how fast you move, but how soon you get there that really counts. Train yourself to make your strikes felt before they are seen. 6. Movement Speed: Discover and ignore the popular myths of "demonstration" speed. Learn how to develop "applied" movement speed that will help you overwhelm and subdue an opponent in seconds. 7. Alteration Speed: Learn to quickly change directions in the midst of movement. Develop the ability to stop your attack instantly...just in case you initiate a wrong move. Get a Bonus Chapter In addition to a step-by-step guide on combat speed training, you will receive bonus information on developing speed hampering skills. Speed hampering allows you to slow down the opponent's reaction time and counter attacks. Develop your speed hampering skills and you will increase your ability to dominate the fight. Learn More Order the print edition and get the kindle edition for FREE. Buy now and start improving your speed today.

## Book Information

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## **Customer Reviews**

Teaches techniques that will help you respond more quickly and react more accurately to an attack...includes drills for improving your physical reflexes and mental process. --Black Belt Magazine

Any martial artist or boxer looking to increase speed and reaction time should give the techniques in this book a try. The drills are designed to increase your reaction times as well as the actual speed of your technique. If you are serious about developing speed, improving your reaction time, and speeding up your reflexes, then this book is a must have in your library.

--About.com

Written in plain terms for readers of all backgrounds and all martial arts styles, Speed Training for Martial Arts is highly recommended supplemental resource for anyone serious about honing their self-defense skills for any reason, from personal protection to professional safety to improved tournament performance. --Midwest Book Review

J. Barnes has more than 20 years of training and success in martial arts, boxing, wrestling, and street fighting. He is the creator of the innovative Speed Loop training system. For more information, check out [More About the Author](#) below...

It's okay, there's some stuff to think about in here, other stuff that should be obvious if you've been studying anything martial already, but there are also some places that say things like 'what would be really good for you is to go and train in x' - well, duh. And it is printed in an annoying double-spaced format, so it feels like a college paper, or something printed for blind people. But if you need to think about your methods, there's probably some good advice in here.

I love this book! The book is full of informative and knowledge information. I learned how to use certain techniques that include mental and visual training. This is a must have book for anyone who wants to do competitive fighting and also for everyone who wants to learn self-defense. The book is well written and easy to understand. The author does an excellent job laying out easy steps to help improve your fighting skills through speed training. You definitely will want to keep this book close by for anytime you want to refresh what you have learned.

WOW! Book is packed with great tips on reflex and speed. Based on experienced and proven concepts. This book provided more then I thought it would and was really impressed once I implemented some of the tactics. From adaptation speed, to movement speed, and alteration speed the author breaks down everything you will need to learn to become extremely fast. I highly recommend since it made noticeable improvements in my training.

Barnes does a phenomenal job of detailing what it takes to focus on when it comes to refining and executing flawless combat techniques. The author is clearly an expert on speed training and teaches several valuable techniques through this book that I had never considered before, especially when it comes to exercising reflexes. Speed is essential when it comes to competition fighting and anything I can do to increase this skill is priceless. This book is a MUST read for anyone looking to enhance their fighting skills whether for competition fighting or defense!

Great layout . All I can ask for in a book like this and enjoyed the chapter summaries. Great balance of what you want to learn to increase speed in different realms. Great exercises to practice as well.

This book features some really great techniques and speed drills to improve your fighting skills. This is a must read for anyone in self defense, boxing, MMA, etc. My son has been practicing just like J. Barnes explains in this book and his speed has greatly improved in a short amount of time. This book is easy to read and understand and is a valuable tool for those in combat sports.

Rip OffPoor excuse for a fighting / training book. Great book for those that need help to sleep.

I am very impressive with the content shared throughout this book. The information is detailed and comprehensive but also written in a manner that I found easy to learn from and most importantly,

easy to apply to my life. There's no filler, no fluff and it packs a straightforward writing style from start to finish. I have been practicing some of the methods for close to a week now and I have already noticed some positive results, I am very excited to see some results after trying some more of the techniques out within the coming weeks. I highly recommend it, it's perfect for all fighters, regardless of skill.

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