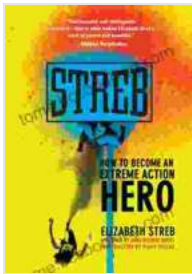


Streb: How to Become an Extreme Action Hero

Are you ready to become an extreme action hero? In *Streb: How to Become an Extreme Action Hero*, you'll learn everything you need to know to get started, from the basics of physical fitness to the art of stunt work.



Streb: How to Become an Extreme Action Hero

by Elizabeth Streb

★★★★☆ 4.1 out of 5

Language : English
File size : 63750 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 224 pages
Lending : Enabled



With over 30 years of experience in the film industry, Darrin Prescott, also known as Streb, is one of the world's leading experts on action filmmaking. In this book, he shares his secrets for creating realistic and exciting action sequences, and he provides step-by-step instructions for performing your own stunts safely and effectively.

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- The basics of physical fitness for action heroes
- How to perform basic and advanced stunts

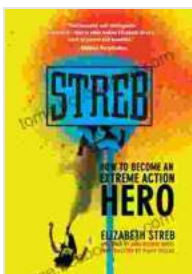
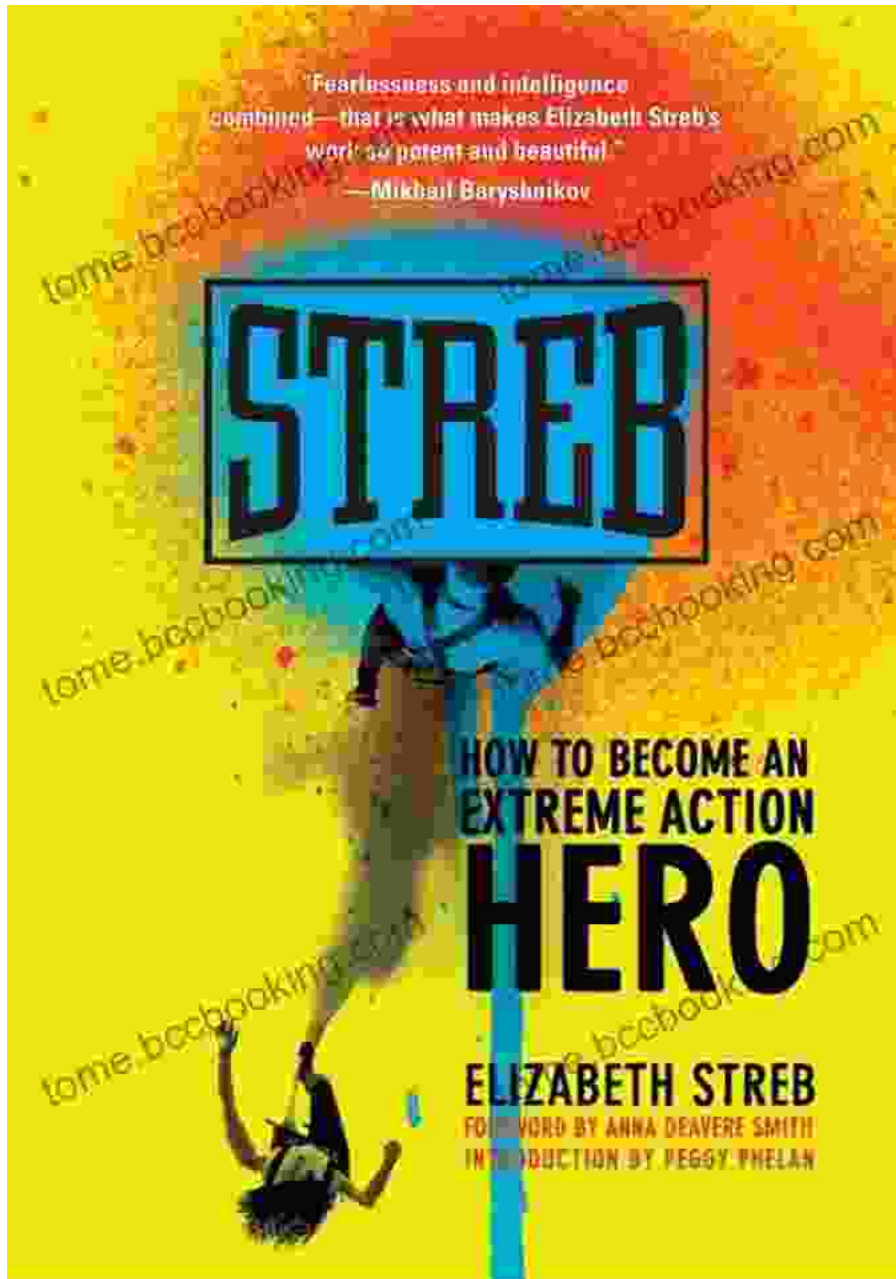
- The art of fight choreography
- How to use weapons safely and effectively
- The business of action filmmaking

About the Author

Darrin Prescott, also known as Streb, is an action filmmaker, stuntman, and actor with over 30 years of experience in the film industry. He has worked on over 100 films and television shows, including *The Matrix*, *The Bourne Ultimatum*, and *John Wick*. He is also the founder of the Stunt Performers Association of America.

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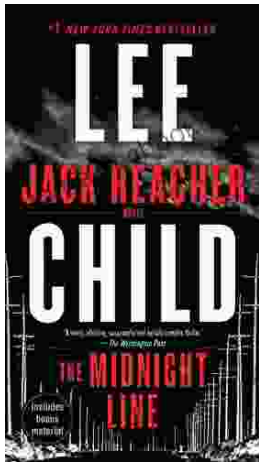
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