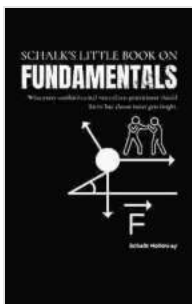


What Every Combatives and Martial Arts Practitioner Should Know But Almost Doesn't

In the realm of combatives and martial arts, there lies a wealth of knowledge that often remains hidden from the average practitioner. These are the secrets, the unspoken techniques, and the subtle strategies that can elevate your skills to new heights.

In the comprehensive guide "What Every Combatives and Martial Arts Practitioner Should Know But Almost Doesn't," renowned author and instructor Master Robert Allen unveils these hidden gems, empowering you with the knowledge and skills to:



Schalk's Little Book on Fundamentals: What every combatives and martial arts practitioner should know but almost never gets taught. (Schalk's Little Book Series) by Schalk Holloway

★★★★☆ 4.7 out of 5

Language : English
File size : 1380 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 46 pages
Lending : Enabled



- Develop lightning-fast reflexes and pinpoint accuracy

- Anticipate and counter your opponent's moves before they happen
- Exploit biomechanics to generate devastating power
- Move with fluidity and grace, conserving energy and maximizing efficiency

li>Develop an unyielding mental fortitude that will never waver in the face of adversity

Through a series of in-depth chapters, Master Allen meticulously dissects the finer points of combatives and martial arts, offering practical insights and step-by-step instructions. Whether you're a beginner or an experienced practitioner, you'll discover a wealth of invaluable knowledge that will transform your approach to the art.

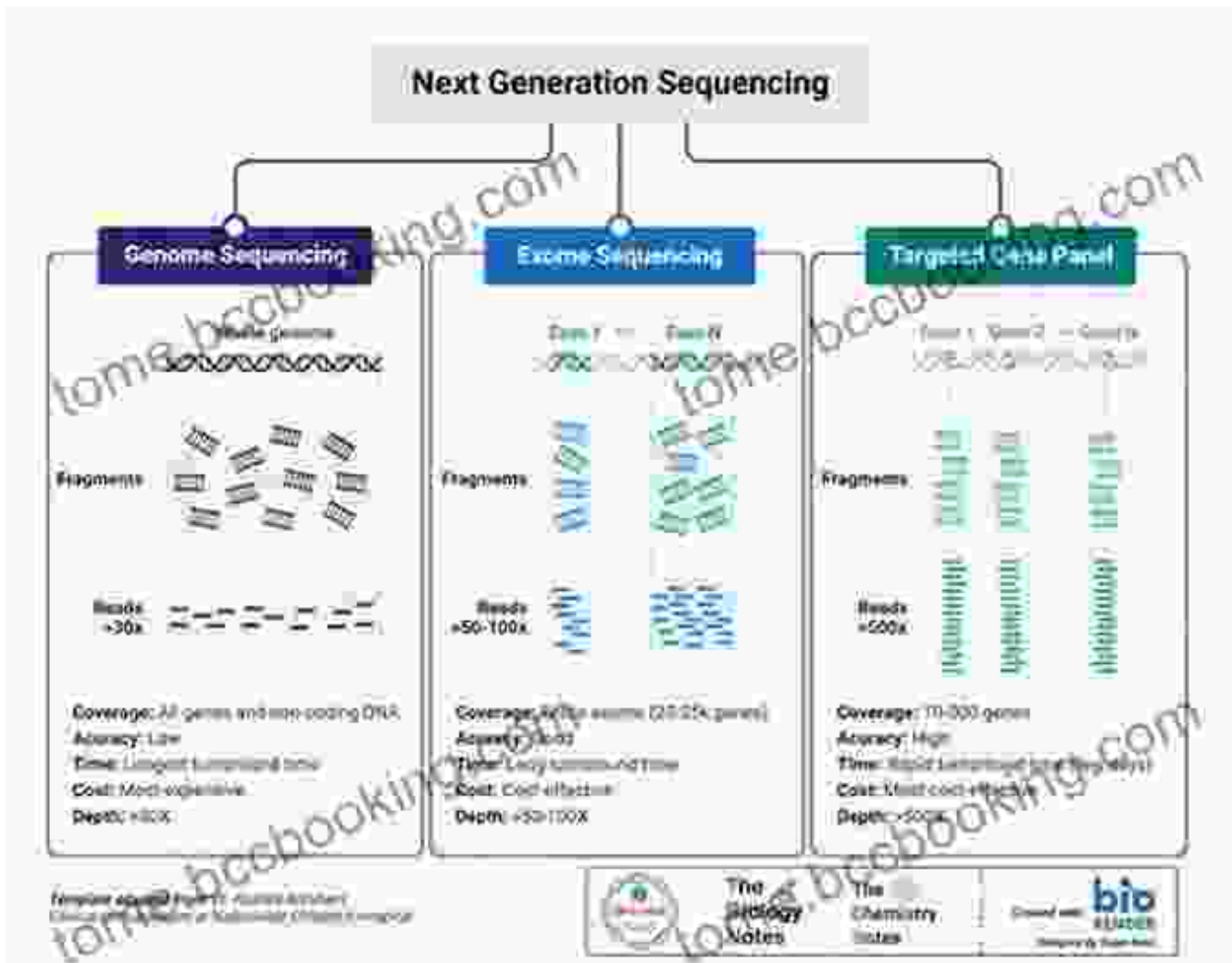
Chapter 1: The Anatomy of a Strike: Precision and Power Unveiled

In this chapter, Master Allen delves into the mechanics of striking, revealing the secrets of generating maximum power and accuracy. You'll learn the optimal stance, body alignment, and breathing techniques to deliver devastating blows with minimal effort.



Chapter 2: The Art of Evasion: Anticipation and Counter-Striking

Master Allen teaches you the art of evasion, showing you how to anticipate your opponent's moves and counter them with precision. You'll learn efficient footwork, head movement, and body positioning to stay one step ahead in any confrontation.



Chapter 3: Exploiting Biomechanics: The Science of Power

Uncover the secrets of biomechanics, the science behind generating power and efficiency in your movements. Master Allen explains the principles of leverage, momentum, and joint alignment, enabling you to maximize your strength and explosiveness.



Chapter 4: Flow and Energy: The Path to Mastery

Master the art of flow and energy management, conserving your resources and moving with effortless grace. You'll learn techniques for optimizing your breathing, controlling your adrenaline, and developing a rhythm that will keep you in the zone.



Chapter 5: The Inner Game: Forging Mental Toughness

Beyond physical techniques, Master Allen emphasizes the importance of mental toughness. You'll discover mental exercises, visualization techniques, and strategies to build an unbreakable mindset that will empower you in any situation.

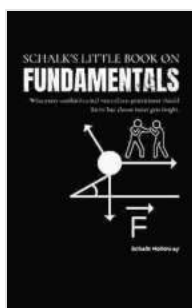


: The Path to Excellence

In the concluding chapter, Master Allen provides a comprehensive roadmap for your journey as a combatives and martial arts practitioner. He outlines the steps to follow, the pitfalls to avoid, and the mindset necessary to achieve your full potential.

"What Every Combatives and Martial Arts Practitioner Should Know But Almost Doesn't" is a treasure trove of knowledge that will benefit any serious practitioner. Whether you seek to enhance your skills in self-defense, improve your performance in competition, or simply deepen your understanding of the art, this guide will serve as an invaluable resource.

Free Download your copy today and embark on the path to unlocking your true potential as a combatives and martial arts practitioner.

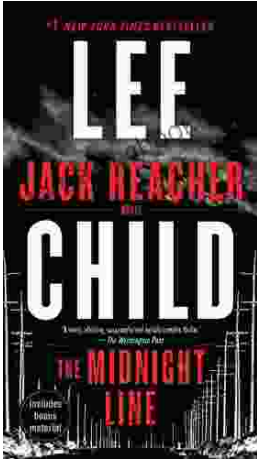


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