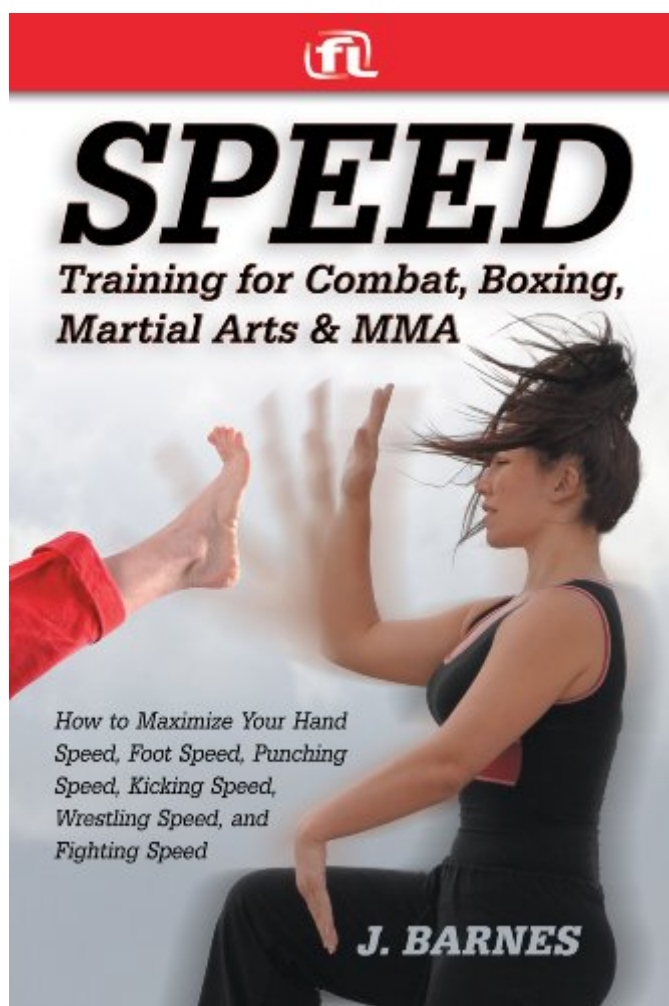


The book was found

# 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

Cutting edge and innovative techniques I haven't seen anywhere else for speed training, so I recommend you consider Barnes' guidance. The guide is clear, direct, well-written and incredibly well-organized, so Speed Training works to catalyze and optimize your training plan now, and then as a reference guide going forward. The book is divided into 10 chapters that break down speed training into skill sets to understand and work on. All facets of each capability are explored, with guidance on improving mentally, reflexively and physically. Having the Speed Loop framework defined explicitly creates a true mental preparedness for implementing the training, giving the sense of understanding that inspires doing the work to apply those concepts to personal training goals. Really solid approach to learning and coaching. Tons of drills are well-described, and many were innovative techniques you can use anywhere, during committed training time and also throughout your day. I think in this way Barnes gets you to pivot your thinking so that speed optimization becomes a way of life, of looking at every moment, even when you are playing with your dog. Maybe this is the key to superior fighting. Definitely a lifechanger full of fresh, useful coaching.

The book wasn't ground breaking like other reviewers claimed but it was very solid. Plus: Straight to

the point, no fluff. At least half of the ideas are truly great. Cons: Some ideas seemed really, really silly. Snatch toy faster than your dog? Read vinyl records spinning at different speeds? Sure, they work but come on. Still, I would rather have half a book's worth of great ideas than not.

This book is an excellent reference book for anyone interested in the martial arts. The author explains in great detail all of the elements involved in speed, including movement speed and reaction speed just to name a few, as well as drills and exercises to increase one's speed. The drills are beneficial for beginners as well as experts. This book would make a great addition to anyone's bookshelf, especially a martial arts instructor's.

Short. To the point. Easily readable. Good techniques and exercises -- they work. On my third read. A must have if you spar, fight, or are truly interested in self-defense.

To be honest, I did not think I was going to like this book. But I was pleasantly surprised with the detail, expression and practical exercises. I am VERY picky and have been involved with martial arts and conditioning for over 30 years. Still, I found great advice and ideas in this book. If you actually use the philosophy and examples in this book, you WILL improve. Best wishes.

I can react much faster now. It is easy to follow and very useful. I recommend this book to anyone who wants to speed up their reaction time in the mmm.

Very easy to understand, easy exercises that can give dramatic results if you do them. A lot of practical information with just enough theory to justify the conclusions.

Barnes is a very knowledgeable author. I was very impressed by his book "Speed Training for Martial Arts" Martial Arts is an art that I find very interesting but it always seems so complex. Self discipline, speed and how to handle an attacker are all the topics I was interested in learning about. Most books contain very complex information, in a language that I am not familiar with. This author is obviously very very knowledgeable but he realizes that his readers are searching for different levels of information. The novice to the expert will all take away a lot from this very educational book.

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