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1 Visual Function / 2 Breathing In Fight / 3 Proprioception / 4 Joint Angle / 5 Stretch Reflex / 6 Gravity / 7 Motor Unit and Impulse / 8 Scapula/Upper limb / 9 Base Of Support & Movement This book is not an ordinary text book of fighting sports. The Japanese famous sports doctor who is a specialist in fighting sports, Dr. Futaesaku, by through his own experience and supporting various kinds of fighters, including UFC fighter, K1 champion, Karate world champion.Taking long years research and experiment, finally he reached "The Principle Of Human Body & Mind," and "Evidence Of Strength" from medical science point of view.Now he released Fightology book to all the fighters who really wants to be stronger.Research presentation of "Fightology" has a profound effect on fighting world. This is his first public book release in English. This will be the Good News to all of the fighting sports practitioners. Please enjoy the challenging thesis to the world!

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A teenaged boy who is thrown out of his house by his abusive father goes to live with his older brother, who ran away from home years ago to escape the abuse.

The Sand Wash Basin in Northwestern Colorado is famous for the Wild Mustangs that freely roam the 250 square miles set aside to protect them. Many other wild animals share this habitat. The Red Foxes are fun to photograph because of their comical personalities and their fun antics.

The story about a rough start to a young life and how that life was saved from going down many wrong paths by starting the practice of Shotokan karate in the late 1970s. From there, he found his peace in an unlikely locale - Japan. The story tells about the author's first one-month "vacation" to Japan to train with the best. In the end, he finds himself not only stronger in karate, but stringer in life.

Widely practiced but not always understood, the Filipino martial arts have a rich history and distinctive character that have not fully been documented until now. Written in the context of Philippine history and culture, Filipino Martial Culture uncovers the esoteric components of the Filipino martial arts and the life histories of the men who perpetuate them. Included are: the history of turbulence and war in the Philippines from prehistoric times to the present day; the culture of the Filipino martial arts, including warrior ethos and worldview, spirituality, folklore, and weaponry; biographical sketches of eighteen Filipino masters and descriptions of their respective fighting styles; and a comparative study of the ethos, ideology, and development of the Filipino martial arts in relation to the considerable martial traditions of India, China, and Japan. In the course of his research, internationally renowned martial arts master and scholar Mark V. Wiley traveled the globe, interviewing top masters and recording their life histories, thoughts, and anecdotes. In addition, he collected 320 historical photographs and illustrations, including step-by-step sequences of the masters demonstrating the distinctive techniques of their particular martial styles. A classic reference for practitioners and researchers alike, this Filipino martial arts book is as much a definitive anthropological textbook as it is a practical guide to Arnis, Kali, Eskrima, and the other martial arts of the Philippines.

Chronicles the exploits of a former CIA hitman who performed highly classified missions and who masked his covert operations under his international reputation as a martial arts black belt

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