



Practical Kick Boxing: Strategy in Training and Technique

Benny Urquidez

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Practical Kick Boxing: Strategy in Training and Technique Benny Urquidez

ISBN #0-96151-269-5 Paperback. 189 pages. This book provides a good understanding of the basic techniques in kickboxing, as well as, advanced combinations, fighting techniques, strikes, Focus Pads, the Medicine Ball, Speed Ball, Thai Pads, the Power Shield and Punching Bags. A must for students of Muay Thai Kickboxing & Japanese Kickboxing, and a good resource for any practitioner of Karate, Tae Kwon Do and other martial arts styles. Benny 'the Jet' Urquidez is world renown and an undefeated World Kickboxing Champion.

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