



The Hardest Punch in the World

By Al Case

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Hardest Punch in the World (formerly known as The Punch!) is the complete scientific break down of what a punch is. Interestingly, nobody actually knows what a punch is. This includes boxers and martial artists of all styles and disciplines. For instance: people say it is how hard you hit a person, or some such thing. The fact of the matter is that this definition is only a shadow of the real definition; it is not correct. What is even more interesting is that once people read the correct definition they immediately begin punching harder. The incorrect definition actually holds people back, it makes them train in the wrong way, so they never really achieve the hardest punch possible. In this book the author not only defines the punch, but he goes into the exact sequence of training methods that will build a punch of unimaginable power. The exact sequence of things a student has to know include the knowledge of and exact training drills for: Breaking The Fire Punch The Paper Punch The Water Punch The...



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Reviews

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