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Fitness for Full-Contact Fighters: Training for Muay Thai, Karate, Kickboxing, and Taekwondo

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Martial artists require a unique physical training program, one that ensures that powerful attacking and rapid counterattacking techniques can be used in self-defense performed over the full course of any contest or practice. In *Fitness for Full-Contact Fighters*, trainer, author, and fighter Christoph Delp presents a fitness training program expertly tailored to the martial arts. The book, amply illustrated with spectacular photographs from renowned photographers, details the basics of martial arts fitness training and offers an in-depth description of its various elements: flexibility, stamina, and power. The exercises are described in detail and presented step-by-step by leading martial artists. The book focuses on planning and monitoring one's training and includes complete training programs as well as extensive advice on the proper diet. With this guide, martial artists at all skill levels, from newcomers to those at an advanced level, vastly improve their ability to perform in training and competition.



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Editorial Review

About the Author

Christoph Delp is a management consultant and Thai boxing instructor who was trained in Thailand and has a great deal of experience in competition. His wide-ranging knowledge of martial arts and fitness is available to martial artists all over the world through his publications and website (christophdelp.com). Delp lives in Germany and Thailand.

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