

Core Self Defense Manual

Hapkido Defense System

BECAUSE NOT ALL KRAV MAGA IS THE SAME TM Israeli krav maga is the official self-defense system of the Israel Defense Forces. Krav maga training shares the same principles for civilians, law enforcement, and military personnel alike to deliver them from harm's way. Goals however, are different for law enforcement and military personnel. This book is designed for security-conscious civilians, law enforcement officers, military personnel, and security professionals alike who want to improve their chances of not just surviving an armed attack, but increase the odds of prevailing without serious injury. Krav maga's popularity in professional law enforcement, military, and security circles is attributable to its practicality, simplicity, quick retention, easy learning curve, and brutal effectiveness. This effectiveness is built on a few core tenets and simple building blocks. General principles are applied and customized to suit the needs of a dynamic violent situation. Contents include: Mind-sets, reactions, and tactics in response to violence The highest-level counters against multiple armed attacks and threats Core kick, clinch, and tackle defenses Core ground survival tactics Multiple-opponent strategies and tactics Impact weapon defenses Edged weapon defenses Firearm disarms and retention Includes 954 detailed photographs The most up-to-date tactics presented in this book focus on the most common violent scenarios. These techniques derive from the author's translation of the Israeli Krav Maga Association (IKMA) curriculum. The IKMA is the governing body for krav maga, recognized by the Israeli government and headed by Grandmaster Haim Gidon. Responsible people seek krav

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maga training as a shield against violence.

The inspirational teachings in this collection show that the real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. Drawn from the writings of the founder of the Japanese martial art of aikido, this work offers a nonviolent way to victory in the face of conflict.

Martial Arts.

The eagerly anticipated updated return of a bestselling martial arts classic The leaders of Tae Kwon Do, an Olympic sport and one of the world's most popular martial arts, are fond of saying that their art is ancient and filled with old dynasties and superhuman feats. In fact, Tae Kwon Do is as full of lies as it is powerful techniques. Since its rough beginnings in the Korean military 60 years ago, the art empowered individuals and nations, but its leaders too often hid the painful truths that led to that empowerment ,, the gangsters, secret-service agents, and dictators who encouraged cheating, corruption, and murder. A Killing Art: The Untold History of Tae Kwon Do takes you into the cults, geisha houses, and crime syndicates that made Tae Kwon Do. It shows how, in the end, a few key leaders kept the art clean and turned it into an empowering art for tens of millions of people in more than 150 countries. A Killing Art is part history and part biography ,, and a wild ride to enlightenment. This new and revised edition of the bestselling book contains previously unnamed sources and updated chapters.

This book will familiarise healing practitioners and martial artists with basic concepts of the human body, as defined by both Western and Eastern medical traditions, allowing those engaged in healing and martial arts to develop a more complete, holistic, and scientifically forward-looking understanding of the body. Included are: an overview of Western anatomical concepts; an overview of Eastern medical principles; a comprehensive listing of Oriental

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pressure points and meridians in English, Chinese, Japanese, and Korean, cross-referenced to nerves, blood vessels, and other anatomical landmarks; twenty essential self-massage and revival techniques; detailed principles of pressure point fighting, as used in traditional Asian martial arts.

An in-depth, sometimes whimsical look into the physics behind effective fighting techniques and examining the core principles that make them work: momentum, energy, center of mass, levers and wedges. It also exposes the illusion of safety provided by gloves and helmets, aiding the reader in reducing traumatic brain injury in martial arts, boxing, and other contact sports.--Publisher.

The most comprehensive text ever written on the world's most widely practiced martial art--Taekwondo. Expertly integrates traditional and modern approaches, sport and self-defense, in a single definitive text. ----- This ground-breaking text is the first to offer Taekwondo in its totality, documenting the traditions, philosophy, and techniques of the world's most widely practiced martial art. In more than 8,600 photographs spanning 840 pages, renowned Taekwondo masters and elite competitors demonstrate over 700 core Taekwondo techniques, including stances, footwork, hand strikes, elbow strikes, standing kicks, jump kicks, ground kicks, avoiding and blocking skills, step and self-defense sparring, Olympic-Style sparring, breaking techniques, and solo forms and patterns. Techniques are named in both English and Korean throughout. Detailed introductory chapters provide an authoritative overview of Taekwondo's history, philosophy, current structure, and contemporary issues, and thoroughly review breathing and meditation, warmups and flexibility exercises, and vital targets. To address the highly specialized and constantly evolving needs of sport competitors, in-depth chapters on Olympic-Style sparring cover basic concepts, current trends, core techniques, tactics and strategies,

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terminology, and more than 90 core attacking and counterattacking techniques used by world-class competitors. For forms enthusiasts, 250-plus pages provide a comprehensive overview of 49 forms and patterns embraced by major federations, such as the WTF and ITF. Inclusive of virtually all Taekwondo styles, this unprecedented work integrates traditional and modern approaches, sport and self-defense, in a single text. Written and designed by the author of the 1,136-page "Hapkido"--widely acclaimed the most comprehensive book ever written on a single martial art--this indispensable work is the definitive text on Taekwondo, and a classic of martial arts literature. View sample pages, read book reviews, or get more information at marctedeschi.com

----- Frequently used with: "Taekwondo: Reference Material" (ISBN 978-1891640742), a 62-page supplement to the 840 page second edition of "Taekwondo: Traditions, Philosophy, Technique." This companion booklet presents a wealth of information on Korean language, terminology, the latest Olympic-Style competition rules, referee signals, and technique nomenclature used by major Taekwondo styles.

----- MARC TEDESCHI is an internationally respected designer, photographer, educator, and martial arts master. He has studied Eastern philosophy, healing arts, and combatives for more than 40 years, training extensively in Hapkido, Taekwondo, Jujutsu, Judo, and Karate. A prolific writer, Mr. Tedeschi's landmark publications rank with the finest ever produced on the healing and martial arts. He is the author of over a dozen works, including the 1136-page "Hapkido," the 896-page "Taekwondo," "Essential Anatomy for Healing and Martial Arts," and a unique series of general martial arts books that provide an in-depth look at the core concepts and techniques shared by a broad range of martial arts."

Are you ready to learn taekwondo, but don't know where to begin? Are you intimidated by the unfamiliar terms or the

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flying kicks? With Taekwondo Basics you'll become an expert in this martial art in no time! With Taekwondo Basics you'll learn about: The origins of taekwondo — philosophy, history, and different branches of the martial art What really happens in a taekwondo class — invaluable tips on choosing the right school, getting ready for your first class, and basic training methods The essential elements of the style — stances, blocks, hand and arm strikes, and kicks How to complement your taekwondo training with other conditioning exercises, such as running and biking Effective ways to improve your technique through target training, partner training, competitive training, free-sparring, and more Resources that can help you further develop your knowledge of and training in taekwondo Whether you're considering taking up this martial art, or you've already started, Taekwondo Basics offers an easy, yet comprehensive introduction to taekwondo so that you can feel confident and be successful in your practice.

..". the art merely became like a domesticated wild cat, content to sleep whilst still retaining a savagery at its heart enabling it to bare its teeth when required." - John Dowding, 4th degree Ch'ang Hon Taekwon-do Hae Sul: Real Applications To The ITF Patterns, Vol. 2 continues where the ground breaking Vol. 1 left off. In Vol. 2 the senior patterns of the Ch'ang Hon System up to 2nd Dan, have gone through the same in-depth analysis as the lower grade patterns originally did, with each one having been examined, dissected and rebuilt to help the student of Taekwon-do to understand what is really contained within the patterns we practice in Taekwon-do. Patterns Hwa-Rang, Choong-Moo, Kwang-Gae, Po-Eun, Ge-Baek, Eui-Am, Choong-Jang, Ko-Dang and Juche have been examined in-depth to find more realistic applications for their movements - based upon what the author refers to as their 'DNA'. In this volume, even the ready postures and stances have been examined and the

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results are documented in step by step photographic detail, using over 2,200 photographs. Comprising over 350 pages, this book not only shows more realistic applications to the Red Belt, 1st Dan and 2nd Dan patterns, but also explains how it is possible to achieve these applications in the first place, why General Choi, Hong Hi, the founder of Ch'ang Hon Taekwon-do couldn't make the same conclusions, as well as expelling a falsehood that has been with Taekwon-Do since its inception! After reading this book, the patterns of Taekwon-do no longer seem just a collection of movements, performed in a dance-like fashion for competitions or gradings, but become realistic techniques that can actually be utilised as real world self defence applications - making this a must-read companion to Vol. 1, for all students who study and practice Taekwon-do.

This is the first introductory text to accurately portray Hapkido in its entirety. One of the world's most exciting, varied, and practical martial arts, Hapkido consists of thousands of techniques encompassing all forms of martial skills: strikes, kicks, blocks, avoiding movements, joint locks, chokes, throws, tumbling, ground fighting, weapons, meditation, and healing. Clearly written and expertly photographed by the author of the landmark Hapkido: Traditions, Philosophy, Technique, this unique book is essential reading for anyone seeking a concise, honest, and accurate overview of Hapkido's history, philosophy, and techniques.

In 1789, King Chongjo, ruler of the Yi dynasty, ordered General Yi Duk-moo to compile an official textbook on all martial art forms then present in Korea to preserve them for future generations. The result, the Muye Dobo Tongji, is the only surviving classical text on the Korean arts of war. Based on the earliest known Korean martial arts treatise, the Muye Chebo written in 1599, the Muye Dobo Tongji clearly shows the influence of the neighbouring Japanese and Chinese

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armies. Through hundreds of wars and invasions, Korean soldiers adapted battlefield skills and tactics from their enemies, creating a unique system of their own. Organised into 24 distinct disciplines comprised of empty hand fighting, weaponry and horsemanship, this book is an accurate historical snapshot of the warrior arts of the hermit kingdom in the late 18th century. The release of 'The Comprehensive Illustrated Manual of Martial Arts of Ancient Korea' marks the first time this volume is available in English. Carefully translated from the original text and illustrated with reproductions of ancient woodblock carvings, this book provides fascinating insights into Korea's martial arts legacy. Hapkido Traditions, Philosophy, Technique Weatherhill, Incorporated

This is the first in-depth study of the Malay martial art, silat, and the first ethnographic account of the Haqqani Islamic Sufi Order. Drawing on 12 years of research and practice, the author provides a major contribution to the study of Malay culture.

Three leading Krav Maga instructors outline a street-tested program for women on how to defend themselves while neutralizing an attacker, explaining how to use the Israeli personal defense system to turn an aggressor's size and strength against him while providing illustrated guidelines for life-saving strikes, kicks and throws. Original.

A classic, prize-winning novel about an epic migration and a lone woman haunted by the past in frontier Waipu. In the 1850s, a group of settlers established a community at Waipu in the northern part of New Zealand. They were led there by a stern preacher, Norman McLeod. The community had followed him from Scotland in 1817 to found a settlement in Nova Scotia, then subsequently to New Zealand via Australia. Their incredible journeys actually happened, and in this winner of the New Zealand Book Awards, Fiona Kidman

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breathes life and contemporary relevance into the facts by creating a remarkable fictional story of three women entangled in the migrations - Isabella, her daughter Annie and granddaughter Maria. McLeod's harsh leadership meant that anyone who ran counter to him had to live a life of secrets. The 'secrets' encapsulated the spirit of these women in their varied reactions to McLeod's strict edicts and connect the past to the present and future.

This book is a comprehensive study guide to the fundamental and intermediate levels of Shaolin long fist kung-fu. In terms of showing and preserving knowledge for the students and instructors of long fist, this volume provides an invaluable aid for teaching sequences and explaining other aspects of the style. This book lays a foundation for beginning and advanced stages of long fist in terms of giving the student of kung-fu a grounding in fundamental and intermediate knowledge and skill.

This clear, step-by-step guide to the fundamentals of Bagua Zhang lays out the principles, practices, and underlying philosophy of this cerebral and sophisticated Chinese internal martial art. Leading readers from the most basic precepts of Bagua Zhang practice to advanced techniques, Kent Howard draws on his deep understanding of the art and his decades of teaching to set students on a path toward mastery. While Bagua Zhang is often perceived as a complex martial art that is difficult to learn, Howard breaks it down into clear and easily absorbed principles and exercises that beginners can master and incorporate into higher levels of practice at their own pace. Numerous easy-to-follow photographs illustrate core practices such as circle-walking, post standing, and palm changes, as well as foundational techniques of posture and alignment, fluid motion, generating whole-body power, absorbing and redirecting energy, striking while in motion, and much more. In addition to providing a solid foundation for

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a lifetime practice, Bagua Zhang Fundamentals also offers more advanced practitioners valuable tips on how to increase their knowledge and understanding of this multifaceted martial art.

Marine Corps Reference Publication (MCRP) 3-02B. Marine Corps Martial Arts Program (MCMAP), is designed for Marines to review and study techniques after receiving initial training from a certified Marine Corps martial arts instructor or martial arts instructor trainer. It is not designed as a self-study or independent course. The true value of Marine Corps Martial Arts Program is enhancement to unit training. A properly implemented program can help instill unit esprit de corps and help foster the mental, character, and physical development of the individual Marine in the unit. This publication guides individual Marines, unit leaders, and martial arts instructors/instructor trainers in the proper tactics, techniques, and procedures for martial arts training. MCRP 3-02B is not intended to replace supervision by appropriate unit leaders and martial arts instruction by qualified instructors. Its role is to ensure standardized execution of tactics, techniques, and procedures throughout the Marine Corps. Although not a directive, this publication is intended for use as a reference by all Marines in developing individual and unit martial arts programs. For policy on conducting martial arts training, refer to Marine Corps Order 1500.59, Marine Corps Martial Arts Program (MCMAP). **WARNING** Techniques described in this manual can cause serious injury or death. Practical application in the training of these techniques will be conducted in strict adherence with training procedures outlined in this manual as well as by conducting a thorough operational risk assessment for all training.

Never before has Hapkido been accurately documented and vividly illuminated in one martial arts encyclopedia.

Throughout your journey in this comprehensive encyclopedia,

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you will be taken through the master's curriculum of applying the concepts acquired in the white to black material. You will encounter riveting detailed step-by-step instructions on how you can take the core concepts and apply them in every possible self-defense situation you can encounter in a street combat environment. Developed, and systematically organized by Grandmaster Barry Rodemaker. Documented by Master James Ziots and Master Dr. Douglas Brown Ph.D., Tactical Hapkido is the only Hapkido training system that is conceptually driven, systematic in methodology, in order to achieve the genuine way of coordinating energy within a true no holds barred tactical training environment. Grandmaster Barry Rodemaker has opened to reveal the central philosophy of Hapkido for all, a concept is a concept; how you apply it is called the technique! This is the second revision of the encyclopedia containing the original material required to become a master in application of the concepts. Being an unique conceptual based training system, it is applicable to all martial arts practitioners. Tactical Hapkido can be a stand-alone martial arts system or the concepts taught in this encyclopedia can be added to your personal repertoire to make your martial arts an art. This material contains the master application of the concepts to weapons training, offense initiation, stick / knife fighting, applying the traditional cane, blocking drills, Combative Training Program, and Ki striking research.

A Must-Have Resource for all Warrior Athletes Regardless of your skill or fitness level, The Ultimate Mixed Marital Arts Training Guide - with more than 300 step-by-step photographs, detailed callouts, and comprehensive instruction - is the personal trainer you need to accomplish your workout goals and sharpen your techniques. You'll learn:

- Cardio and strength training exercises like mountain climber push-ups, partner closed guard sit-up reaches, and the Muay

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Thai scarecrow • Striking and defense techniques such as the jab, cross, hook, overhand, Muay Thai knee, inner/outer thigh kick, and head kick • Wrestling and countering techniques including the dirty boxing clinch, the over-under clinch, and the Muay Thai clinch • Takedowns like the hip throw, shoot takedown, and single and double leg takedown • Jiu-jitsu passing and escape techniques for the full mount, knee mount, closed guard, open guard, and more • Winning submission moves like the arm bar, Kimura, omoplata, guillotine, ankle lock, and triangle choke • Drills to improve your punching and kicking speed and accuracy • Mental exercises to sharpen your focus, reduce your fears, and increase your concentration • Diet and nutrition techniques the pros use to stay in top fighting condition - whether they're in training mode or cutting weight before a match Whatever your personal fitness and fighting ambitions might be, The Ultimate Mixed Martial Arts Training Guide is your all-in-one resource to peak physical conditioning, clear mental focus, increased confidence, and superior fighting skills.

Explains and illustrates in step-by-step photographs all the self-defense movements used in the Oriental fighting arts Combat Muay Boran represents a hands-on approach to Thailand's original traditional fighting style, scientifically structured for hand-to-hand fighting. Compared to the spectacular choreographed performances so popular today in martial arts films and demonstrations, Combat Muay Boran stands out for its primary goal: to empower men and women to fight for their own safety. The techniques illustrated are based on the ancient Chern Muay fighting style: the aggressive use of the 9 natural weapons of the body (Nawarthawooth) to attack, defend and counterattack. In addition, this volume shows the use of the four main traditional attack systems: Throwing,

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Crushing, Grasping, Breaking.

“Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga.” –Imi Lichtenfeld, founder of Krav Maga

THE TOP-SELLING GUIDE TO KRAV MAGA IN AN UPDATED AND EXPANDED EDITION

All the defense moves in Complete Krav Maga—from beginner Yellow Belt to advanced Black Belt—are described in depth and illustrated with step-by-step photos:

- **BEGINNER:** Punches, kicks, knee strikes and defense movements
- **INTERMEDIATE:** Counterattacks against knives, guns and sticks
- **ADVANCED:** Advanced strikes and ground fighting techniques

Based on the principle that it is best to move from defense to attack as quickly as possible, Complete Krav Maga teaches fast-escape maneuvers combined with powerful counterattacks. Whether you are big or small, male or female, young or old, you can use Krav Maga to protect yourself by exploiting an assailant’s vulnerabilities.

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

What is the essence of martial arts? What is their place in or relationship with culture and society?

Deconstructing Martial Arts analyses familiar issues and

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debates that arise in scholarly, practitioner and popular cultural discussions and treatments of martial arts and argues that martial arts are dynamic and variable constructs whose meanings and values regularly shift, mutate and transform, depending on the context. It argues that deconstructing martial arts is an invaluable approach to both the scholarly study of martial arts in culture and society and also to wider understandings of what and why martial arts are. Placing martial arts in relation to core questions and concerns of media and cultural studies around identity, value, orientalism, and embodiment, *Deconstructing Martial Arts* introduces and elaborates deconstruction as a rewarding method of cultural studies.

"With detailed anatomical drawings, this book precisely illustrates the inner workings of your body during key martial arts moves. Its color drawings, helpful photos and clear text make it easy to identify the specific muscles you need to train for maximum speed, power and accuracy. More than just an anatomy book, each section is accompanied by exercises and stretches to strengthen muscles, prevent injury, and improve form."--P. [4] of cover.

A wide-ranging scholarly consideration of the martial arts.

This instructional Brazillian Jiu-Jitsu book with downloadable video offers a complete guide to ground fighting principles and techniques to use when the fight goes to the ground. In a street defense scenario, the ground is a dangerous place to be. While it's a good idea to actively learn defensive strategies for ground fighting,

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it is important to put those skills into the context of how you want to use them. Whether you're an experienced submission-grappling competitor, a traditional martial artist training in a stand up striking style, or law enforcement professional, Ground Defense provides you with an essential system of self-protection for street-oriented ground scenarios. When the Fight Goes to the Ground establishes the risks and hazards of various ground defense scenarios, presenting effective strategies for neutralizing and minimizing them. You will learn a wide range of tools for defense, including the targeting of vital areas, body shifting/control techniques, and the concept of "weapons of opportunity." All of these techniques are easy to learn and apply, providing an adaptable skill set for anyone, regardless of size, strength or gender. These tools are then shown in various combinations, with examples of how to use them against specific types of attacks, including simple hold-downs, ground and pound, submission grappling pins, chokes, arm locks, leg locks, knife attacks and multiple assailant scenarios. In addition, this martial arts book gives you useful training suggestions and regimens, addressing graduated skill development, challenges presented by different body types, and safety practices at all levels of training.

A raucous, irreverent look into the Buddhist and Martial Arts worlds Can we be martial arts practitioners and Buddhists at the same time? Can these practices actually complement each other, in mindfulness? How do we reconcile Buddhist concepts like non-violence with a fighting practice like judo, karate or jiu jitsu? Long-

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standing martial arts instructor and meditator Jeff Eisenberg addresses these and other questions in his own inimitable style, employing autobiographical anecdotes, along with martial arts fighting strategies, koan and sutra teachings, and Buddhist folk stories. *Fighting Buddha* outlines why the true test of a martial artist's skill and of a Buddhist's application of mindfulness is during a situation that is the least conducive for it—usually not inside the Dojo or Zendo. Challenging the belief that fighting martial arts styles are not conducive to a meditative practice, the book discusses the difference between violence and the use of force as it relates to the Buddha's teaching of "cause no harm", exploring the common misunderstanding that meditative moments are exclusive to only select activities. Further topics are the struggles of beginning training and practice, the importance of identifying goals, choosing a teacher and training in support of these goals. And, far from being the often-perceived ending, Jeff concludes that enlightenment and the black belt are really only a beginning.

Covering a variety of preparatory stretches and warm-up exercises, the 12-zone striking and defense systems, hand-to-hand combat ("trapping hands"), flow-practice drills, sinawali and redonda, this 160-page, fully illustrated text gives novices a tangible amount of self-defense skill through specific drills. For example, the sinawali is taught without sticks, in empty-hand fashion, to illustrate how its weaving motions can be easily translated into empty-hand movements for blocking, punching, and takedowns. He discusses the 12

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important angles of attacks on the human body, 12 basic ways of dealing with each angle, plus stick and sword disarming techniques.

Describes the origins, history, concepts, and techniques of the Hapkido form of martial arts, including coverage of effective defenses against strikes, grabs, kicks, chokes, knives, and guns.

-- A "sleeper" worldbook that has just continued to sell and sell. -- Martial arts are applicable to every sort of campaign...fantasy, SF, or modern! -- Detailed discussions of over 50 different fighting styles.

This book is designed for krav maga trainees, security-conscious civilians, law enforcement officers, security professionals, and military personnel alike who wish to refine their essential krav maga combatives, improve their chances of surviving a hostile attack and prevail without serious injury. This book stresses doing the right things and doing them in the right way. Right technique + Correct execution = Maximum Effect.--Publisher.

Continuing with their Amazon #1 best-selling series, Jailhouse Strong, Bryant and benShea return to deliver a guide on interval training. Instead of performing endless hours of long, slow cardio that makes you weaker, slower, and eats away at your muscle, Jailhouse Strong Interval Training is a time efficient way to lean out and harden up. Whether inside a posh gym or limited by space inside a cramped hotel room, the workout programs included inside of this work offer a means to make the most of your environment and enhance your current reality. While the workout approach of this book is rooted in the physical culture cultivated behind bars,

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this book takes the subject of interval training well beyond the confinement of prison walls. Whatever your current reality, these interval training workouts can get you leaner, harder, and improve the trajectory of your physical development. Praise for Jailhouse Strong: "If you are looking for something that is simple and you do not have to have very sophisticated equipment, this is the book to read. I strongly recommend that you buy Jailhouse Strong." Charles Poliquin - World Renowned Strength Coach "Now you have no excuse to get yourself in fantastic shape!" Fred "Dr. Squat" Hatfield, PhD - President of ISSA "Jailhouse Strong is good for grapplers, cage fighters, and everyday folks!" Ricardo "Franjinha" Miller - Founder and Head Instructor of Paragon Brazilian Jiu-Jitsu Academies "There's no gimmicks here...It's about results!" Zach Even-Esh Josh Bryant has held world records in powerlifting and won the Strongest Man in America title in 2005. Now, he is referred to as the "trainer of the superstars" because he works with some of the world's strongest and most muscular athletes at Metroflex Gym in Arlington, Texas, and via the Internet. To contact Josh about seminars, online coaching or to sign up for his free training tips newsletter, visit www.JoshStrength.com. Adam benShea is a Brazilian Jiu-Jitsu black belt and has won the California, Pan Am, and World Championships. He teaches Brazilian Jiu-Jitsu and is a college lecturer on California's central coast.

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