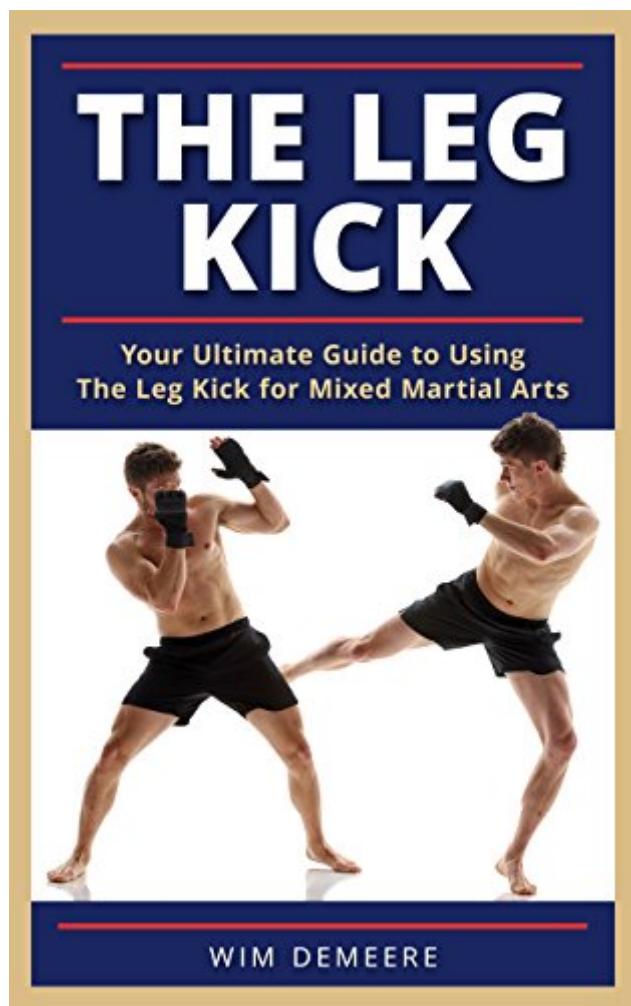


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# The Leg Kick: Your Ultimate Guide To Using The Leg Kick For Mixed Martial Arts



## **Synopsis**

Learn how professional fighters use devastating leg kicks to beat their opponents! The leg kick is without a doubt one of the most effective weapons a Mixed Martial Arts fighter can have in his arsenal. When used correctly, it cripples an opponent's strategy, takes away his power and undermines his self-confidence. All this, after landing just a handful of hard kicks! Unfortunately, the leg kick is also a much-misunderstood technique. Too many MMA competitors use it without thinking through how to use it best. As a result, their kicks get blocked and used against them. Don't let that happen to you! This book teaches you combat-tested tips, tricks, strategies and tactics to transform your leg kick into a devastating attack. You will learn: \*Which part of the shin to use for best results. \*How to use your hips to generate tremendous power. \*When to use the leg kick and when not to. \*Why Anderson Silva broke his shin with a leg kick and how you can avoid that. \*How UFC champions use leg kicks in their fights against top contenders. \*Much, much more... No matter what your level of experience is right now, the knowledge in this book will improve your skill with the leg kick. With consistent training, you will master the leg kick and strike fear in your opponent's mind when you attack them with it. Bonus! You receive free access to an online resources page with more information, videos, gear to use and much more.

## **Book Information**

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## Customer Reviews

Anything by Demeere is excellent and this is no exception. The pages contain clear, easy-to-follow photos, and the text is detailed, logical, and concise. In short, this is an excellent text on a subject every self-defense-minded martial artist should own.

Wim Demeere is one of the people whose teachings I draw on when trying to create realistic violence in my stories. I only just started this one, but it's written in Wim's trademark style: clear, detailed, easy to follow, always interesting and sometimes funny, too. I've read Wim's other works, watched his videos, and hurt my knees and elbows on his body enough during enough training sessions to know this one is going to be well worth your time, too.

Another first class work from Wim Demeere. This is a super practical and well written book - he has the rare knack of explaining things in a way that you can actually go away and apply them pretty much straight away, from the technical stuff of how to throw the kick through to the tactics and strategy of when to use it (and when not to). And it's all useful, well-researched material that has clearly been tried and tested. There's no fluff or braggadocio here, just clear, insightful guidance. His other books and in particular his instructional DVDs are also highly recommended!

Superb. Wim Demeere is a unique martial artist, someone who can cover traditional, sport, and self defense arts without confusing the context of each. Here he breaks down the finer points of the leg kick, a sadly undervalued technique in the martial arts today. This book is required reading for the new fighter, and those who think they already know how to kick an opponent in the leg. Whatever you do, don't pass up the opportunity to learn from this master martial scientist.

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