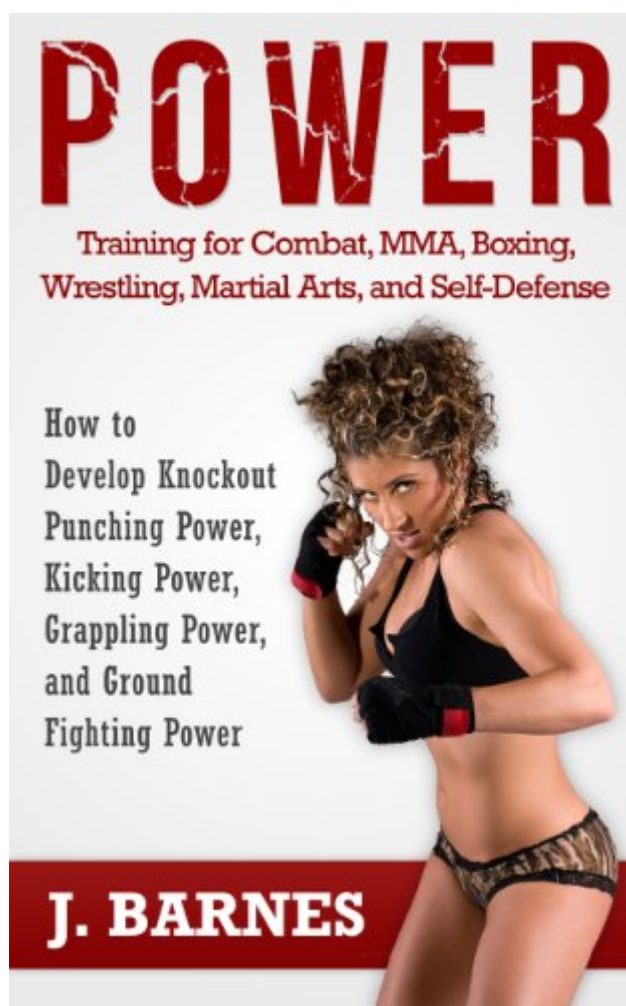


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# Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, And Self-Defense: How To Develop Knockout Punching Power, Kicking Power, Grappling Power, And Ground Fighting Power





## Synopsis

Want to Double Your Punching, Kicking, or Grappling Power Within Weeks? Tired of training and still not gaining more power and explosiveness? What essential quality do all knockout fighters possess? Simple. They possess the attribute most responsible for finishing fights quickly and decisively—power. Regardless of your combat style...you cannot win by knockout or submission unless you can generate and connect with superior force. Superior power and explosiveness are often the difference between winning and losing a close fight or bout against a highly skilled opponent. Learn The #1 Power Training System for Martial Arts, MMA, Boxing, Wrestling, and Self-Defense. Based on scientific training methods of combat masters, such as Bruce Lee, and champion boxers, MMA fighters, and wrestlers—Power Training for Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense provides basic, intermediate, and advanced teachings and training methods to maximize power for competition and self-defense. The Combat PowerSync training system—detailed in this guide—is the most complete, innovative, and effective method for maximizing total power for applied combat. Combat PowerSync comprises and utilizes every element of power fighting and power science. Discover The 8 Keys to Superior Combat Power

1. Knockouts and Submissions: Knockout power is the great equalizer in a fight because it can deliver a fast and definitive victory for the well-trained power fighter. Learn the science and physiology of knockout striking and power grappling.
2. Combat PowerSync: Developing total fighting power is the key to maximizing your innate power potential. Combat PowerSync is the most rapid and effective process for maximizing your total combat power and ability to finish fights quickly.
3. Power Principles: Learn the seven fundamental principles of combat power. With knowledge of these core principles, you will have a solid starting point for building the foundation of your power training program.
4. Power Attributes: Discover the most important attributes for knockout power. You will master the building blocks of combat power and learn how to close your power gaps!
5. Power Weapons: Learn proven strikes, takedowns, chokes, and locks to incapacitate an opponent in seconds. Based on science and statistics—these are the “go-to weapons” for power fighters, because they deliver consistent knockouts and submissions.
6. Power Training Tools: Improve your power attributes and skills in the shortest possible time with the same training tools and equipment used by combat champions for maximizing knockout and submission proficiency.
7. Power Training Program: Get a successful jumpstart on your power development by creating a customized training program. Using simple and convenient tools—you will learn how to plan, execute, and adapt your training for continuous power improvements.
8. Combat Power Inspiration: Gain rare insights into the power of the greatest

knockout strikers and grapplers. Plus, learn how to increase your power IQ and maintain your training motivation. Get a Bonus Chapter! In addition to a step-by-step guide on combat power training, you will receive bonus information on how to avoid knockouts and submissions. Discover 18 solutions for knockout and submission prevention. Learn drills, exercises, and tips to avoid or counter power strikes and submissions. [Learn More](#) Order the print edition and get the kindle edition for FREE. Buy now and start improving your power today.

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## **Customer Reviews**

I would first say that Power Training for Combat is an excellent resource for both beginners and more advanced fighters. It breaks down the basics really well, but it also incorporates very sophisticated techniques, fighting styles, and tools to give you an edge. The book covers everything from self-defense to more practiced martial arts. My impression of the book from the start was incredibly high, largely because of how thorough it seemed to be from skimming. As I read, I found that I was also learning about the mind, ways to keep motivation high, and some of the most

innovative programs about maximizing power. That is really the focal point of the book - maximizing power, no matter what fighting style. Because the common denominator between any fighting style or martial art really is to reach maximum power and harness it properly. It's a great book, and I learned so much. Thanks!

If you want to master the art and science of Power training, this is the ultimate resource. I have always seen on fights, guys knocking out their opponent with either one hit or a series of hits, without any real resistance. I was always amazed and puzzled. This book does an amazing job, explaining the science and mechanics that you can also master to achieve similar results. It is very well laid out and provides tangible advice on how to excel in any kind of combat art. I really liked the chapter on flow power and look forward to training on such techniques. I would definitely recommend it for anyone that wants to get into MMA or is already experienced.

First of all, I can't believe I found a book on this subject and one that could exceed my expectations. I found this e-Book under boxing in Kindle and now have the ability to be able to refer to it whenever I need to due to the Kindle App I downloaded to my phone. I enjoy boxing as my fitness routine and this is a well thought out book and excellent resource manual on starting or even improving Power Training for use in boxing, self-defense, martial arts, among others. The author's experience in combat fighting is clearly evident and the reader will immediately feel privileged from being able to learn many secrets this author/fighter has shared including Combat PowerSync - the secret for tapping into our own power potential; seven basic power principles; power training tools, to name just a few. As you learn to train with this manual, the author ultimately explains how to put together an individual and unique power training program for yourself starting with a very simple principle that is also used in other areas of development. What a prize this book is and a definite five stars.

Power Training for Combat, MMA, Boxing, Wrestling, Martial Arts and Self-Defense is an excellent guide to increasing your power and thereby your game. Author J. Barnes provides the knowledge, guidance, tools, motivation and action needed to attain the power necessary to polish your game. You can have the best game out there but if you lack power you are susceptible to losses. Power enables you to have one punch knockouts, excellent takedowns and submissions, and explosive capabilities. Barnes will guide and inspire you to new heights by adding power to your game. Barnes breaks down the science behind power and how to achieve this for yourself. By providing

information on neurology, physiology, and scientific studies Barnes illustrates how and why this will work for you. He also provides an amazing chapter on inspiration that gets you motivated to incorporate power training into your routine. Barnes techniques are effective in any sport that you are looking to add this feature to, including self-defense. I highly recommend it!

I've read a few books on the topic of self-defense, but a lot of them were not easy to read or asked for a great deal of commitment and results didn't really happen. Reading this guide however, I found it easy to navigate through the steps, and even found some interesting points on punching with serious power. I tested it out in my home gym and really felt progression within a few minutes. J. Barnes presents an incredible manual here, and it truly will give you knockout and precision skills. For me, the explanations that were placed within the first few pages helped me really understand the book as a whole. You will find that a lot of other books just throw you into the lion's den and hope you know what you're doing. Not here, you get a full explanation of what to expect, how to use the guide, and what steps will help you in and out of the training you will need to get results. Whether you're fighting, or you want to lose weight, there's a lot to appreciate in this book. I found myself using some of the punching and kicking steps to help with my cardio, and it truly is a winner. Easy to read, innovative in presentation, and to the point. I highly recommend it.

I thought this book was decent; it did help me in some areas that I needed work on. My punching power also increased and I was satisfied with my growth. The book was long but it had some good information in it and information that I haven't seen anywhere else. Also, the training is straight to the point and easy to understand, which was nice. I would get this book if you are not a heavy puncher, because this book will help you become one. Over-all I thought this was a good resource for the most part.

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