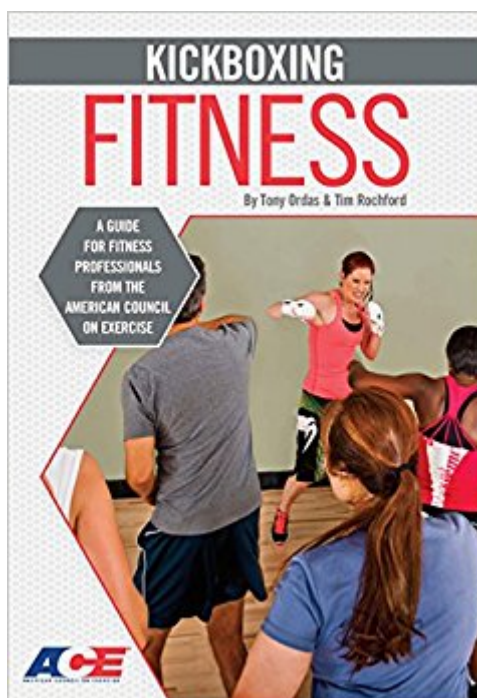


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# Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides For Fitness Professionals) (Ace's Group Fitness Specialty)



## Synopsis

Provides guidelines and criteria so that the kickboxing exercise modality can be practiced both safely and effectively. Four subject areas includes an introduction to kickboxing fitness (growth, benefits, workout types and styles), exercise science (safe participation, aerobic stimulus, kinesiology, dynamic stretching), teaching a kickboxing workout (equipment, attire, environment, music, modifications, class introduction/health screening, cueing, intensity monitoring), and programming (components, techniques, proper progression, injury prevention, high-risk and contraindicated movements). Also includes sample workouts, a glossary, and suggested reading. Contains more than 60 clear photographs. Produced in cooperation with the American Council on Exercise.

## Book Information

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## Customer Reviews

Tony Ordas, M.A., is a 4th degree black belt in Kenpo Karate and an active martial arts practitioner and instructor. He has a master's degree in Applied Exercise Physiology from San Diego State University and is an ACE-certified Personal Trainer, ACSM Exercise Specialist, and NSCA Certified Strength and Conditioning Specialist. Tim Rochford, owner of Yorkville, Ill.-Based Empower Training Systems, Inc., is a 5th degree black belt in Kajukenbo Karate and has been a sport karate and amateur kickboxing competitor since 1979. He holds personal trainer certifications from ACE, NASM, The Cooper Institute, AFAA, and NSCA, and is an ACE spokesperson for kickboxing fitness.

Even though there are some unfavorable reviews on this 73 page manual (Kickboxing Fitness by Tony Ordas and Tim Rochford: published by the American Council on exercise), I found this book is be a good basic guide for those who teach kickboxing fitness programs. For many years I taught boxing and kickboxing aerobics and this text provides an excellent basic outline to follow. This text was not designed to teach beginners but rather those who are already instructors in this fitness activity. This volume is organized into four simple and easy to follow chapters and they are as follows: Chapter one provides an introduction to kickboxing fitness principles. Exercise Science is covered in chapter two and deals with safety factors, aerobic stimulus, kinesiology and dynamic stretching. Chapter three explains how to teach a kickboxing workout, covering equipment and other important factors. The final chapter focuses on the components, techniques, proper progression, injury prevention and other issues. There is also a glossary and index section of this manual. The information is clearly written and the black and white photographs are easy to follow . I have read and reviewed numerous boxing and kickboxing fitness books over the years, and the old saying "good things come in small packages" is true with this volume. I have always had a passion for short and concise well-written instruction books, and "Kickboxing Fitness" falls in that category. Those who teach kickboxing fitness programs may want to check out this volume. Rating: 4 Stars. Joseph J. Truncale (Author: The Samurai Soul: An old warrior's poetic tribute).

I had bought this guide as a supplement in hopes that it would provide clear guidance on how to design a successful kickboxing aerobics class. It did not do that. I teach a variety of fitness classes but wasn't trained up specically for kickboxing. From time to time, I get opportunities to sub so I thought it would be nice to have a clear class design. Instead it gave basic information on punches and kicks. And while that's nice, it wasn't what I had hoped.

Thanks

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