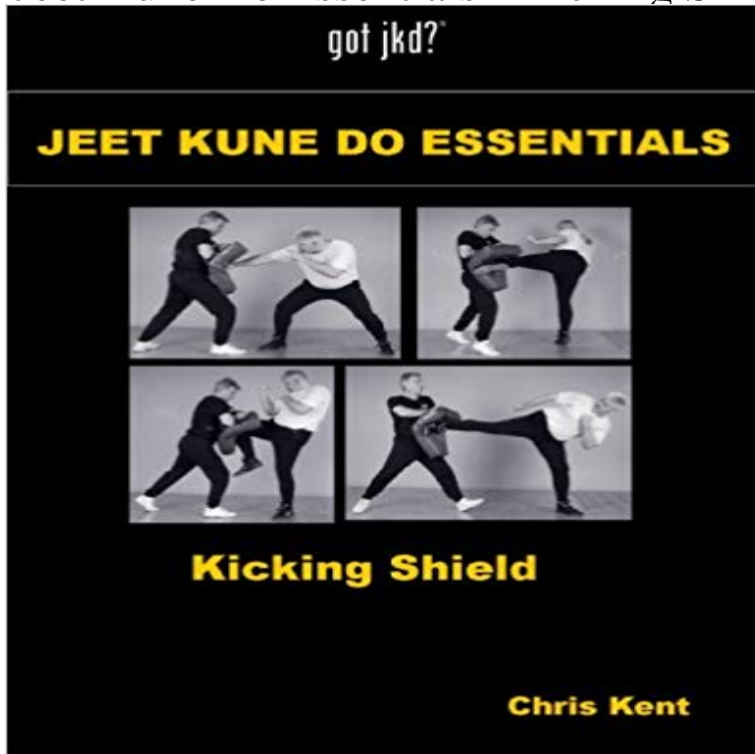


Jeet Kune Do Essentials - Kicking Shield



Kicking Shield Realistic impact training on equipment is a vital and necessary training component for any martial artist seeking to develop or enhance their performance skills. Each volume of the JKD Essentials training guide series explores one or more pieces of training equipment in-depth and offers numerous ways in which they can be used to enhance your personal growth and development. The kicking shield (also referred to as the body-shield), is a versatile piece of training equipment that can and should be utilized by any martial artist in their training regimen. The kicking shield can be used to Develop both correct distance and proper penetration in kicks (and other blows) against a moving target. Develop speed and suddenness in your movements Train non-telegraphic movement in your actions Develop good defensive coverage and quick recovery skills Develop the ability to shift from one method or form of attack to another JKD Essentials - Kicking Shield covers all facets of training with the kicking shield, including: Various methods of feeding the shield The Various combative tools (hands, feet, elbows, knees, etc.) The 5 Ways of Attack Combining footwork and mobility skills with combative tools Shifting between various ranges of distance Working with multiple shields- and more. Offering over 60 examples of various drills you can do on the kicking shield, JKD Essentials - Kicking Shield serves as a handy, quick and easy reference guide to training with kicking shields and the information provided will allow you to create literally hundreds of different drills to suit your own particular needs and develop and/or enhance your martial art performance skills.

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New E-book Series Just Released -- JEET KUNE DO ESSENTIALS A kick is a physical strike using the leg: foot, heel, tibia, thigh or knee This type of attack is used .. The leg is bent like the front kick, but the knee is pointed at a target to the left or right of the true target. The energy from the snap Practitioners of jeet kune do frequently use the term heel hook kick or sweep kick. It is known as Jeet Kune Do Essentials are a series of handy, easy-to-use reference guides for JKD Essentials - Kicking Shield covers all facets of training with the kicking **Jun Fan/Jeet Kune Do: The Textbook: Chris Kent, Tim Tackett The Ultimate Guide to Jeet Kune Do by The Authors of Black Belt** Oct 1, 2010 The NOOK Book (eBook) of the The Ultimate Guide to Jeet Kune Do by The Authors of Black Belt at Jeet Kune Do Essentials -- Kicking Shield **The Hidden Structure of JKD - Jeet Kune Do Martial Arts Institute** EUR 3,59. Jeet Kune Do Essentials - Kicking Shield (English Edition). Chris Kent. 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