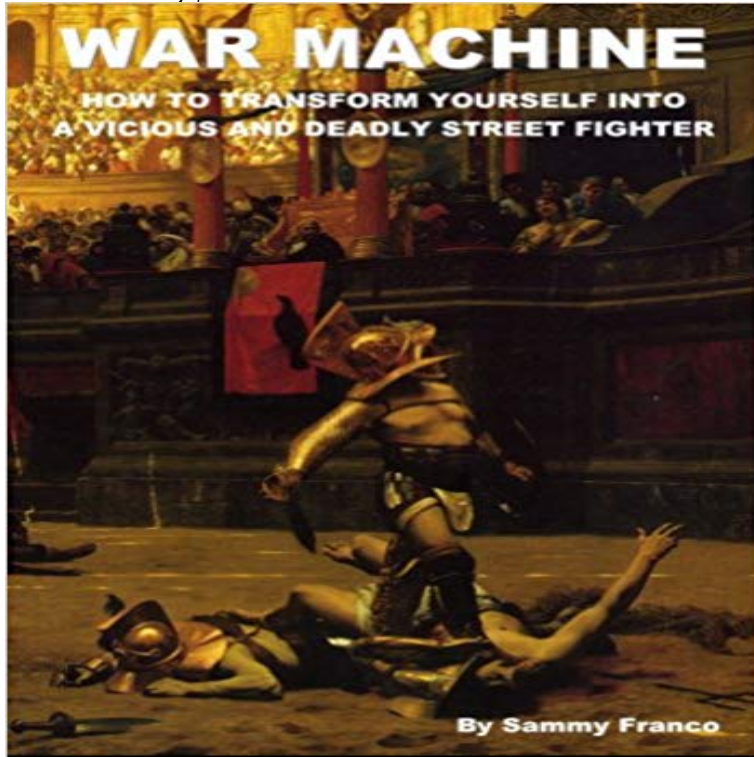


War Machine: How to Transform Yourself Into a Vicious and Deadly Street Fighter



WAR MACHINE - BECOME A MODERN DAY WARRIOR! War Machine: How to Transform Yourself into a Vicious and Deadly Street Fighter is a book that will change you for the rest of your life! This unique combat conditioning system is specifically designed to transform you into a vicious and deadly street fighter. When followed accordingly, War Machine will forge your mind, body, and spirit into iron. Once armed with the mental and physical attributes of the War Machine, you will become a strong and confident warrior that can handle just about anything that life may throw your way. In essence, War Machine is a way of life. Powerful, intense, and hard! A Powerful Transformation Program! In this powerful transformation program, world-renowned combat expert Sammy Franco shares his secrets for building explosive speed, bone crushing power and unparalleled mental strength. In this unique book you will first learn about: Range proficiency Combat stances Strategic positioning Footwork and mobility Target orientation, target recognition, target selection, target impaction, target exploitation Target zones Medical implications of combat techniques Speed development techniques Impact power development The importance of ambidexterity in combat Improving offensive reaction time How to improve balance Non-telegraphic movement when fighting Auto pilot fighting The killer instinct A Combat Conditioning Animal! Reading this book is like getting a shot of testosterone! It motivates and inspires you to train harder. Every aspect of combat conditioning is also covered in this powerful transformation program, including: Physical appearances during pre-contact stages of combat Combat body compositions Warm-ups, stretching Strength training exercises Split workout routines Combative utility of muscle

groups Cardio conditioning Working out with training partners Coping with pain and discomfort when training Rest and burnout Diet and nutrition to maximize your training gains The Confidence of a Lion! War Machine is not only designed to develop physical strength, agility, and endurance but also help you overcome the fear and inhibitions toward physical combat. It provides the mental and psychological tools to confidently handle the rigors of both armed and unarmed combat. Topics include: Developing the hard core attitude Improving self-confidence Decisiveness in combat Follow-through Courage Combative desensitization Viciousness Self-discipline Philosophical resolution Emotional masking Overcoming combat related stress reactions Visualization techniques And much more... Forge your Mind, Body, and Spirit into Iron! War Machine also bridges the gap between the technical and philosophical aspects of combat with a chapter devoted to the philosophy of warfare. Subjects include courage, pacifism, good vs. evil, the ego, laws of reality, loyalty, leadership, honor, frustration, and fighting strategies. War Machine is Ideal for: War Machine How to Transform Yourself into a Vicious and Deadly Street Fighter is ideal for military personnel, law enforcement, martial artists, self-defense students or anyone regardless of age or gender who wants the winning edge in modern day combat.

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