



Speed Training : How to Develop Your Maximum Speed for Martial Arts

By Loren W. Christensen

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Speed is the most important asset a fighter can have. Find out from a top martial artist and police officer how to develop instantaneous reflexes and explosive speed for punching, kicking, grappling and police defensive tactics. Improve perception, polish timing and double your speed by using these sure-fire techniques.

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Editorial Review

About the Author

Loren Christensen began his law enforcement career in 1967 when he served in the army as a military policeman in the United States and in Vietnam. He joined the Portland, Oregon, Police Bureau in 1972 and retired in 1997. During those years, he specialized in street gangs, defensive tactics, dignitary protection, and patrolling the bizarre streets of skid row. He now writes full time and teaches martial arts.

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