

Hook Kick (Achieving Kicking Excellence, Vol. 7)



Hook Kick is the seventh volume in the extremely well written and fully illustrated, Achieving Kicking Excellence series of martial arts related books. Hook Kick, along with the other nine volumes in the Achieving Kicking Excellence series, goes into intricate detail over all aspects of executing the primary kick, which in this case is the Turning Hook Kick, and several of its main variations. Starting with a basic anatomical analysis of this kick, you quickly progress to the basic principles associated with the Hook Kick, and then you dive right into learning the proper execution of the primary kick, Turning Hook Kick. Once you have finished with this section, you are taken to the variations chapter which builds upon the primary kick, Turning Hook Kick, by teaching you 10 of its main variations. From here you are taken to the Training and Practice Methods chapter for a look at some very simple, yet effective methods for adding speed and power to your kicks. Your next chapter takes a question and answer approach to some of the most common problems people have executing the Hook Kick and the solutions to correct them. The next chapter in this book deals with a very brief and basic application section for the Hook Kick and each of the variations previously detailed in this book. NOTE: The combat/self-defense applications of the Hook Kick are discussed and demonstrated in much greater detail in the companion book to this book, Hook Kick: Achieving Kicking Excellence; Volume 7, which is Hook Kick: Applications in Combat: Achieving Kicking Excellence; Volume 17. This book goes into intricate detail over all aspects of applying the primary kick, which in this case is the Hook Kick, and several of its main variations, against twelve of the most common attacks that you are most likely to face in an actual unarmed self-defense/combat situation. At the conclusion of this book you are given a

sneak preview of the next volume in the Achieving Kicking Excellence series, which in this case is the Hatchet Kick.

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