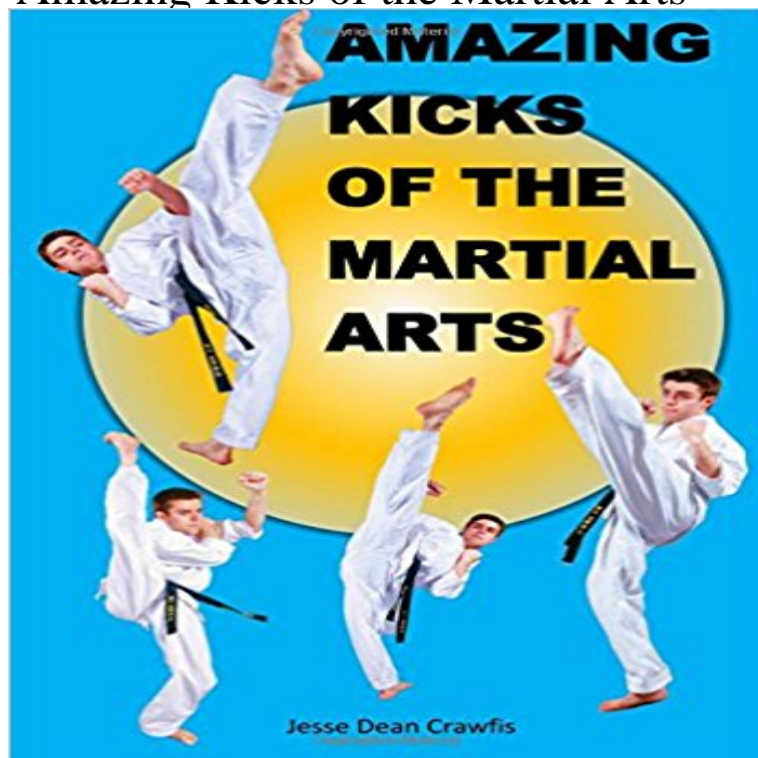


## Amazing Kicks of the Martial Arts



In one of the only books of its kind solely dedicated to kicking techniques, master martial artist Jesse Dean Crawfis takes the reader through the fundamental kicking techniques of the martial arts. In *Amazing Kicks of the Martial Arts*, Crawfis covers 28 kicks providing in-depth technique analysis, step-by-step instruction, and proper technique application as well as training tips to refine your techniques and common errors to watch out for. Also, included is sections dedicated to kicking combinations, striking areas of the hand and foot, and Master Crawfis personal stretching routine that is designed specifically to increase flexibility while enhancing ones kicking ability.

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