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With detailed anatomical drawings, this book precisely illustrates the inner workings of your body during key martial arts moves. Its color drawings, helpful photos and clear text make it easy to identify the specific muscles you need to train for maximum speed, power and accuracy. More than just an anatomy book, each section is accompanied by exercises and stretches to strengthen muscles, prevent injury and improve form.



The Anatomy of Martial Arts is designed for a variety of disciplines, including:

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- judo
- karate
- kendo
- kung fu
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