



# Fighting Power: How To Develop Explosive Punches, Kicks, Blocks, And Grappling

*Loren W. Christensen*

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**Fighting Power: How To Develop Explosive Punches, Kicks, Blocks, And Grappling** Loren W. Christensen

Find out how to combine the latest techniques with centuries-old secrets, resistance exercises and proper body mechanics to make your punches, kicks, blocks and throws more powerful, as well as to defend yourself against explosive power. Double your fighting power by following this proven training regimen.

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