



# Kickboxing Sparring

*Justyn Billingham*

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## **Kickboxing Sparring** Justyn Billingham

Kickboxing is practiced all over the world and is one of the fastest growing sports today. Moreover, it is a martial art that can be enjoyed by almost everyone who is physically fit, regardless of age, size, or ability. This detailed book will be of value to all those interested in kickboxing; whether they simply want to train for fun or have higher goals, the techniques and drills in this book will be of enormous assistance. Designed to take the student through the various levels of kickboxing training, from the very early stages right through to black belt, this book is an ideal aid for anyone wanting to train in the comfort of their own home or to improve their kickboxing skills in the gym or the dojo. It's many topics include: how to warm up correctly and reduce the risk of injury, basic punches with associated training drills, sparring drills, both basic kicks and advanced kicks including jumping and spinning, and much more.

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