



Kickboxing: A Champion's Guide to Training

Scott Ashley

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The industry has been waiting for this! Anyone can use this information to start a fitness program, or it might be used by a world-class fighter to improve his or her game and win championships. This is the most comprehensive guide on the sport of kickboxing ever written. It explains in detail all aspects of the sport and is useful at any level. It is easy to follow as the author gives clear step-by-step directions and provides photographs for executing the techniques and following the training programs. Finally, the guide is written by a world champion. Throughout the text, the author justifies his recommendations by highlighting his experiences over his vast career. Through these stories, we get a firsthand look at what helped form the character of a champion.

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