

The book was found

Solo Training 3: 50 And Older



Synopsis

This book isn't about keeping up with 20-year-olds in the martial arts. It's about developing speed, power, flexibility, good health, and street savvy so you can keep on training, progressing, and being safe for many more years. Here's what's inside.

Targets To End A Fight
Quickly Hitting A Downed Attacker
Mental Imagery: Attacking Innocent People
Train Every Position To Be A Fighting Stance
Speed Training
Mental Training: Defining Words With Movement
Smart Aerobic And Anaerobic Training
The Importance Of Training Consistency
Kata Training
Build a Powerful Core
Movement Specific Resistance Training
Smart Use Of Repetitions
Prevent Injury and Slow Aging With Easy Stretching
Fuel Your Body Properly To Progress
Understanding Aging: Don't Worry About What You Can't Do
Know Your Body: Train For More Years
Getting In Shape For Surgery And Training After
A Dozen 20-Minute Solo Workouts & 20, 1-Minute Workouts

Loren W. Christensen has been a student and teacher of the martial arts since 1965, and has earned an 8th dan in American Free Style Karate, 2nd dan in jujitsu, and a 1st dan in Modern Arnis. He has authored over 50 books, fiction and non-fiction, and has written for the martial arts magazines for over 30 years. In 2011, Loren was inducted into the Masters Hall of Fame, garnering the Golden Lifetime Achievement Award.

Book Information

File Size: 17680 KB

Print Length: 318 pages

Simultaneous Device Usage: Unlimited

Publisher: Loren W. Christensen (September 5, 2015)

Publication Date: September 5, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0150QXWLW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #57,489 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts #84

Customer Reviews

I am fifty four with a military, law enforcement and security background. Martial arts wise I have done a bit of Krav Maga, Khmer boxing (similar to Thai) and whatever defensive tactics was mandatory at the agency I was working at required. I also had a messed up back caused by being on the computer too much due to my job. But with gradual exercise and physiotherapy is improving. I found the book very useful in its sections on recovering from injury. Of course as Loren Christensen say you want to get good medical advice before starting any sports program. But you can have difficulty with doctors who don't understand the benefits, and who overstate the risks from martial arts. As it says on the Australian State Government of Victoria Health Department website "Martial Arts - Preventing Injury" "The [actual] risk of injury from martial arts is low compared to other contact sports. Most injuries are to the limbs and are usually mild to moderate such as bruises or cuts." I was lucky here in Phnom Penh in that I have two good Dutch expat physiotherapists who are active in sports and understand sports injuries. The key thing is to inform your instructor and any training partners this is my injury and don't do anything you think is unsafe. Then you can train around your injury. You have to accept it takes longer for you to heal. One final tip. A lot of us these days work in jobs spending long hours with computers. I recommend using a pomodoro timer which gives you an audible signal to get up and walk away from your desk and stretch. In addition to saving your back and neck, the Pomodoro Technique enables you to learn better and do focused work like writing and computer programming.

Solo Training 3 50 And Older is chock-full of information, drills, and exercise for the aging martial artist. Don't let the title fool you; this book is great for any aging martial artist. I'm just hitting my mid-40s and I found the information in this book very helpful. I had the opportunity to borrow this book for free using my Prime Membership, and I'm glad that I did. If you find just one idea that you can put into use in your own training, then the time it took to read the book was worth it. I found plenty, and I was reminded of some drills and concepts that I had forgotten. Christensen covers a wide range of subjects. He spends a good deal of time on resistance trainingâ a very important aspect of solo training for any aging martial artist. He also covers proper diet, training your core, and speed training, among other topics. This book is subtitled Karate, Kung Fu, and Taekwondo. That's an important distinction. Christensen wrote the book with the traditional stand-up martial

artist in mind. But even if you practice non-classical or reality based self-defense styles, I think youâ™ll get something out of it. Kata training is also covered. Iâ™ve always felt that kata was best practiced at home anyway, leaving the time in class for drills and sparring that requires partners. Chapter 14 gives you a fairly thorough look at âœƒfight enders.â• Just make sure you understand use of force laws before you employ them. But as we age, we donâ™t have time to mess around. If youâ™ve mostly focused on sports with rules, this is good information to know. At the end of the book Christensen provides tons of drills that you can implement or modify to your liking.

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Solo Training 3: 50 And Older Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Kettlebell Training: Rapid Muscular Enhancement and Athletic Development Using

Kettlebell Only Training (Kettlebell Training and Workouts Book 1) Dog Training: Ultimate Puppy Training for Happy, Obedient Dogs: Stop Bad Behaviors, use Positive Reinforcement, and Develop Obedience (23 Impressive Dog ... Raising A Puppy, Potty Training) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) CAT TRAINING FOR HUMANS: OBEY THE CAT RULES OR THERE WILL BE TROUBLE: CAT CARE CAT FOOD CAT BEHAVIOUR CAT RULES CAT TRAINING EXPLAINED FOR HUMANS (IT IS ... FOOD CAT LOVER CAT TRAINING SERIES Book 1) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) The Abuse of Older People: A Training Manual for Detection and Prevention Bach: Sonatas and Partitas for Violin solo / Sonaten und Partiten f  r Violine solo / Sonates et Partitas pour Violon seul (ED 6850) (English, German and French Edition)

[Dmca](#)