



The Complete Martial Arts Training Manual: An Integrated Approach

Ashley Martin

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The Complete Martial Arts Training Manual is for beginners who want to explore options in terms of disciplines and veteran martial artists looking to expand their knowledge into other martial arts arenas.

Author Ashley P. Martin provides a catalog of the various martial arts being taught worldwide and where each one is focused. He then covers the basics of hand-to-hand techniques within each of those disciplines, from strikes to ground fighting. Finally, he offers information on the overall health and well-being of the martial artist, including important nutritional information and stretching techniques. *The Complete Martial Arts Training Manual* provides a solid foundation for beginners and is a key supplement to the veteran martial artist's library.

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