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Nota di contenuto	Front Cover -- Back Cover -- Title Page -- Copyright Information -- Contents -- Dedication -- Acknowledgements -- Epigraph -- Introduction -- Chapter One: The Nuts and Bolts of Timing -- Physical components -- The OODA loop -- You and OODA -- Types of reactions -- Hick's Law -- Mental components -- Seizing an opportunity -- It's called timing for a reason -- Chapter Two: Winning & Surviving Takes Perfect Timing -- Fighting ranges -- Don't "overpull" your blows -- Positioning -- Framing with footwork -- Centerline -- Your fighting posture -- Slow? Improve your timing -- Timing when you are already fast -- Age, injures and speed -- How to use timing to increase your power -- Know the power of your weapons -- Eliminate excess movements -- The value of experience and how to get it -- What to do when you can't use footwork -- Chapter Three: Into the Mean Streets -- Two techniques that almost always save your bacon -- Verbal Judo -- Know when it's time to get physical -- Timing against big guys -- Timing against a gun threat -- Timing against the blade -- Fighting multiple opponents -- Chapter Four: It works in a tournament, but will it work in the street? -- "That would never happen on the street -- Sport techniques for the street -- Punching the body -- High kicks in the street -- Chapter Five: Timing a grab: How to close the gap -- Law enforcement needs this, too -- The setting -- 1. Move when he is distracted -- 2. When he changes stances -- 3. Catch him

with his feet parallel -- 4. When he drops his hands -- 5. When moving back -- 6. When he retracts his attack -- 7. When he is talking -- 8. When you are with a buddy -- Doing your civic duty -- Chapter Six: Wisdom of the ages -- The Tai Chi Chuan Classics -- The Art of War -- A Book of Five Rings -- Chapter Seven: Drills -- Dodge the stick -- Ball dodging -- Back to the wall -- Touch and go. Surprise attack -- Stop the bag -- The fan drill -- Pin the glove to the wall -- Yardstick -- React to the string -- Hand mitts hitting drill -- Rhythm kicking drill -- Timing a feint -- Baiting -- Catch the rabbit -- Conclusion -- Index -- About the Authors -- Books from YMAA -- DVDs from YMAA.
