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Nota di contenuto	Front Cover -- Back Cover -- Title Page -- Copyright Information -- Acknowledgements -- Contents -- Using This Book -- Section One: Building a powerful foundation -- 11 Ways to Develop Powerful Fighting Abs -- 16 Innovative Push-Ups and 3 Ways to Bench Press -- 12 Ways to Develop Legs of Steel -- 13 Ways to Improve Your Core Grappling Strength -- 48 Ways to Build a Bone Crushing Grip -- 41 Ways to Prevent and Relieve Pain -- 21 Ways to Develop a Powerful Mind-Set -- Walking Meditation -- 8 Ways to Create and Use Mental Triggers -- Section Two: Sharpening the Warrior's Blade -- 9 Ways to Practice the Art of Fighting Without Fighting -- 9 Ways to Attack & -- Defend From the I-Don't-Want-to-Fight Stance -- 5 Everyday Fighting "Stances -- 20 Ways to Practice Solo Grappling -- 16 Ways to Cheat Speed -- 14 Combinations on a Mannequin Bag -- 10 Ways to Create Same-Arm Combinations -- 12 Ways to Increase Your Hitting Accuracy -- 6 Differences Between Practice and Real Fighting -- 4 Mental Techniques For Women -- 4 Things to Do the Day of the Tournament -- Section Three: 15-, 20- & -- 35-minute workouts -- 35-minute workout: boxer workout -- 20-minute workout: I-don't-want-to-fight stance -- 20-minute workout: cheating speed -- 25-minute workout: up-and-down kicking drill -- 15-minutes workout: weights -- 20-minute workout: free-hand power builder -- 20 Minutes: Combinations on a Mannequin -- 20-minute workout for women: mental commitment -- Conclusion -- Random thoughts to

