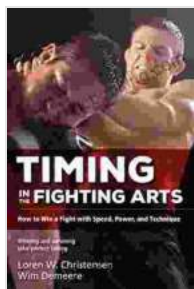


How to Win Fights With Speed, Power, and Technique

The Ultimate Guide to Self-Defense

In today's world, it's more important than ever to be able to defend yourself. Whether you're a man or a woman, young or old, you never know when you might be faced with a dangerous situation.



Timing in the Fighting Arts: How to Win a Fight with Speed, Power, and Technique by Loren W. Christensen

★★★★☆ 4.3 out of 5

Language	: English
File size	: 39166 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 287 pages



That's why I'm excited to announce the release of my new book, *How to Win Fights With Speed, Power, and Technique*. This book is the culmination of my years of experience as a martial arts instructor and self-defense expert.

In this book, I'll teach you everything you need to know to defend yourself against any opponent, regardless of their size, strength, or skill level.

You'll learn:

- The basic principles of self-defense
- How to use speed, power, and technique to your advantage
- Effective strikes, blocks, and takedowns
- How to deal with multiple attackers
- How to stay safe in dangerous situations

Whether you're a beginner or an experienced martial artist, this book has something to offer you.

So if you're ready to learn how to defend yourself with speed, power, and technique, Free Download your copy of *How to Win Fights With Speed, Power, and Technique* today.

What Others Are Saying

"This book is a must-read for anyone who wants to learn how to defend themselves." - **Joe Rogan**

"This book is packed with practical, easy-to-follow advice that could save your life." - **Dave Asprey**

"This book is the definitive guide to self-defense. I highly recommend it." - **Tim Ferriss**

Free Download Your Copy Today

Click here to Free Download your copy of *How to Win Fights With Speed, Power, and Technique* today.

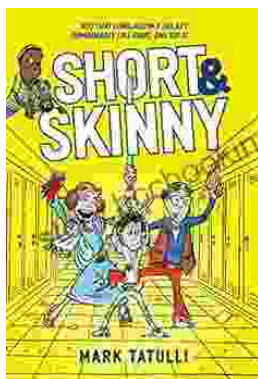
Don't wait until it's too late. Free Download your copy today and learn how to defend yourself against any opponent.



Timing in the Fighting Arts: How to Win a Fight with Speed, Power, and Technique by Loren W. Christensen

★★★★☆ 4.3 out of 5

Language : English
File size : 39166 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 287 pages



Short, Skinny Mark Tatulli: The Ultimate Guide to a Leaner, Healthier You

Are you tired of being overweight and unhealthy? Do you want to lose weight and keep it off for good? If so, then Short, Skinny Mark Tatulli is the book for...



Embark on an Unforgettable Cycling Adventure: The Classic Dover Calais Route and the Enchanting Avenue Verte

Explore the Timeless Charm of England and France by Bike Prepare to be captivated as you embark on an extraordinary cycling journey along the...