



# **Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power**

*J. Barnes*

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## Want to Double Your Punching, Kicking, or Grappling Power Within Weeks?

*Tired of training and still not gaining more power and explosiveness?*

*What essential quality do all knockout fighters possess?* Simple. They possess the attribute most responsible for finishing fights quickly and decisively—power.

Regardless of your combat style...you cannot win by knockout or submission unless you can generate and connect with superior force. Superior power and explosiveness are often the difference between winning and losing a close fight or bout against a highly skilled opponent.

## Learn The #1 Power Training System for Martial Arts, MMA, Boxing, Wrestling, and Self-Defense.

Based on scientific training methods of combat masters, such as Bruce Lee, and champion boxers, MMA fighters, and wrestlers...**Power Training for Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense** provides basic, intermediate, and advanced teachings and training methods to maximize power for competition and self-defense.

**The Combat PowerSync™ training system**...detailed in this guide...is the most complete, innovative, and effective method for maximizing total power for applied combat. Combat PowerSync comprises and utilizes every element of power fighting and power science.

## Discover The 8 Keys to Superior Combat Power

**1. Knockouts and Submissions:** Knockout power is the great equalizer in a fight because it can deliver a fast and definitive victory for the well-trained power fighter. Learn the science and physiology of knockout striking and power grappling.

**2. Combat PowerSync:** Developing *total fighting power* is the key to maximizing your innate power

potential. Combat PowerSync is the most rapid and effective process for maximizing your total combat power and ability to finish fights quickly.

**3. Power Principles:** Learn the seven fundamental principles of combat power. With knowledge of these core principles, you will have a solid starting point for building the foundation of your power training program.

**4. Power Attributes:** Discover the most important attributes for knockout power. You will master the building blocks of combat power and learn how to close your power gaps!

**5. Power Weapons:** Learn proven strikes, takedowns, chokes, and locks to incapacitate an opponent in seconds. Based on science and statistics—these are the “go-to weapons” for power fighters, because they deliver consistent knockouts and submissions.

**6. Power Training Tools:** Improve your power attributes and skills in the shortest possible time with the same training tools and equipment used by combat champions for maximizing knockout and submission proficiency.

**7. Power Training Program:** Get a successful jumpstart on your power development by creating a customized training program. Using simple and convenient tools—you will learn how to plan, execute, and adapt your training for continuous power improvements.

**8. Combat Power Inspiration:** Gain rare insights into the power of the greatest knockout strikers and grapplers. Plus, learn how to increase your power IQ and maintain your training motivation.

## Get a Bonus Chapter

In addition to a step-by-step guide on combat power training, you will receive **bonus information on how to avoid knockouts and submissions**. Discover 18 solutions for knockout and submission prevention. Learn drills, exercises, and tips to avoid or counter power strikes and submissions.

## Learn More

Order the print edition and get the kindle edition for **FREE**. Buy now and **start improving your power today**.



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