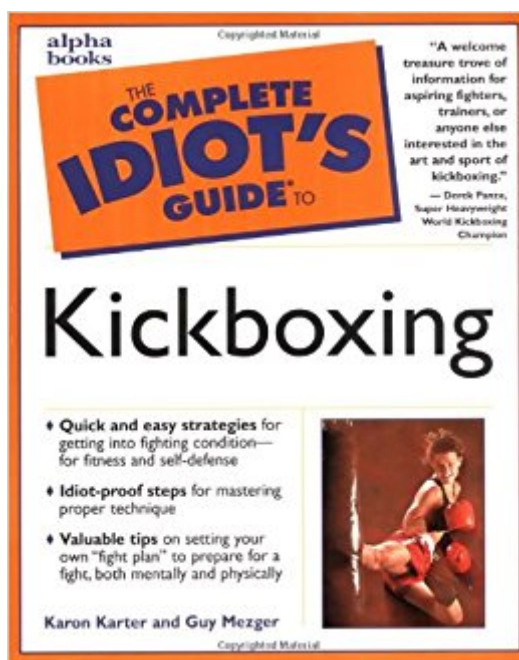


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# The Complete Idiot's Guide To Kickboxing



## Synopsis

With *The Complete Idiot's Guide to Kickboxing*, there's a new way to get the body sweating. This guide covers the ancient art and modern kickboxing, Kickboxing gear, and how to build leaner legs and a better butt. Learn power punches--cross, hook, upper cut, overhand, as well as the spinning back fist, stabs and slashes. Idiot-proof steps guide you through footwork, target practice, and stretches, allowing you to tailor beginner, intermediate, and advanced workouts. Covers every level in the ring--lightweight, middleweight, heavyweight, super heavyweight.

## Book Information

Series: *The Complete Idiot's Guide*

Mass Market Paperback: 400 pages

Publisher: Alpha; 1 edition (February 18, 2000)

Language: English

ISBN-10: 0028631757

ISBN-13: 978-0028631752

Product Dimensions: 7.3 x 0.9 x 9.1 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.5 out of 5 stars 18 customer reviews

Best Sellers Rank: #534,640 in Books (See Top 100 in Books) #192 in [Books > Sports & Outdoors > Individual Sports > Boxing](#) #454 in [Books > Sports & Outdoors > Miscellaneous > Reference](#) #1204 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#)

## Customer Reviews

With *The Complete Idiot's Guide to Kickboxing*, there's a new way to get the body sweating. This guide covers the ancient art and modern kickboxing, Kickboxing gear, and how to build leaner legs and a better butt. Learn power punches--cross, hook, upper cut, overhand, as well as the spinning back fist, stabs and slashes. Idiot-proof steps guide you through footwork, target practice, and stretches, allowing you to tailor beginner, intermediate, and advanced workouts. Covers every level in the ring--lightweight, middleweight, heavyweight, super heavyweight.

Karon Karter is the co-author of *The Complete Idiot's Guide to Kickboxing*, as well as *The Healthy Traveler: Eight Steps to Healthful Flying*. She is certified by the Aerobics and Fitness Association of America and teaches Pilates "Mat" classes. Her Pilates class appears in *Fitness* magazine's "Fitbuzz" column and every week on

ESPN2. She lives in Dallas, TX. Guy Mezger has had 122 full contact fights in kickboxing, karate, judo, and freestyle fighting, and he holds four world titles: Ultimate Fighting Champion, World Pancrase Free-Fighting Champion, World Heavyweight Kickboxing Champion, and World Freestyle Fighting Champion. As a trainer, Guy works with some of the hottest new kickboxing hopefuls and teaches all levels of kickboxing, including children. Guy lives in Dallas.

Pros: User-friendly guide to fundamentals of kickboxing. Incredible and detailed fitness program (with daily schedules!). Offers more than one type of fitness program for more than one type of user.

Cons: Pictures are black and white and don't give a lot of detail. If you are a couch potato martial artist (love to watch, but haven't participated in martial arts yet); this book is a great book to get introduced to the world of kickboxing. It guides you through the fundamental techniques and movements of a kickboxing novice (along with some more advanced combinations) along with providing some nutritional guidance and a complete fitness program for the beginning kickboxer as well as the more experienced (and actually competing) fighter. I won't say that you will be a kickboxing champion after reading this book, but you can:

1. Learn to identify and practice the basic fundamentals (Make sure you get a coach to make sure you are doing this correctly!)
2. Use the fitness and nutrition program to help you train and look like a fighter even if you don't want to be a professional kickboxer.

The book is accommodating to both purposes. The book is sequential and very easy to follow along with. The pictures, though, are in black and white and don't always give a lot of detail. If you are already familiar with the basic kickboxing moves, this is probably a refresher book. If you're new to the field or just want to get more fit

You are not going to become Chuck Norris with this book but it give you some basic information and tips to improve your technique. Of course you need a punching bag and gloves to practice what you learn in this book. Practice shadow boxing in front of a mirror and record yourself with a camera to see what you doing wrong and what you need to improve. The only thing I didn't like was the pictures because they are black and white and no many detail. I think the book is a little dated. I have new MMA books and they have color pictures and lot of details. I think is a good book to start with.

Via this very user friendly manual, all the main angles of Western Kickboxing are presented in a fluid, clear and sharp manner. The layout is good. The graphic is good. The font is good. The

wording is good. Altho well-organized via progressive modules, there is good variety to keep interest going. Ring and general strategy and tactics are quite relevant to Kickboxing. Kickboxing moves are well illustrated and explained as are their combos [combinations]. Practice and fine-tuning of those is well presented. Nutrition, warm-up, sparring, and cool-down are practically presented. Chapter 18 "The Perfect Self-Defense", Chapter 19 "The Complete Martial Artist" and Chapter 20 "The Fight of Your Life" have great advice on extending Kickboxing out of the Ring for self-protection. Kickboxing is long-time well-proven versus all opponents in and out of the Ring -- from most classical Savate to most modern Kickboxing. Savate has a nice quick explanation on page 20 in a good chapter on history and development of Kickboxing. Karon Karter and Guy Mezger have created a SMART guide to Western Kickboxing +++

If your getting your start in Kickboxing, weather it be to exercise,get fit & healthy or go in the ring, this is a good introduction to it.

I really liked this book, especially because the pictures and descriptions of the moves. There's a lot of videos on Youtube about kickboxing, but I found this book very complete and the form it teaches seems to be good and natural. At the very least, you'll understand a lot about kickboxing after reading this.

This is the first martial arts book I have read that is written with women in mind. Don't get me wrong, it's not all about women kickboxers. It's just the first time I've read any martial arts book with specific paragraphs for and about women in martial arts. This is a good book for beginners or someone just trying to decide if they want to try kickboxing. It includes techniques, conditioning and theory. This book needs more pictures explaining the moves, positions and combinations. This book seems like it would be inspirational for women.

I like the exercises in this book! Easy to follow!

I had to get this cause I'm an idiot (at times) so the title was appropriate! Good information and afterwards you won't feel like an idiot anymore!

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