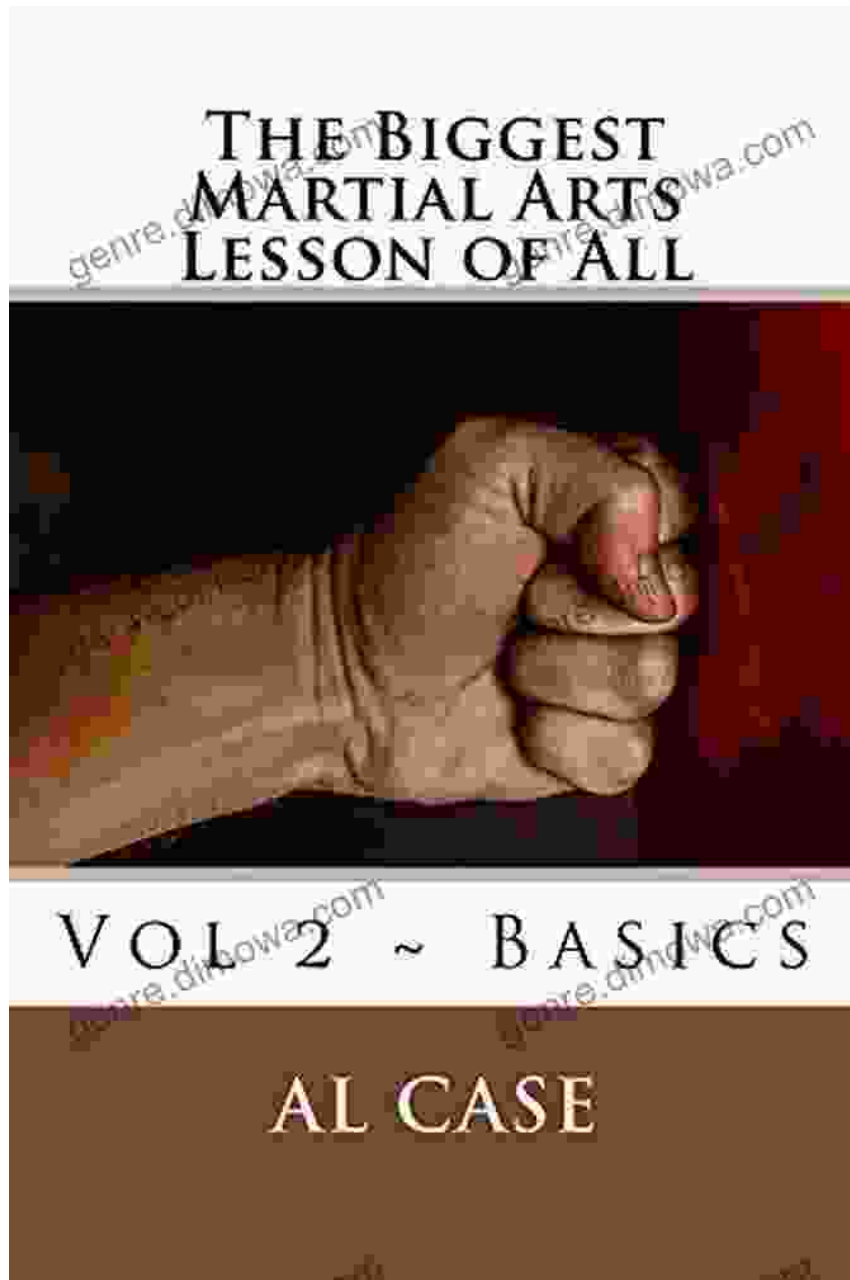


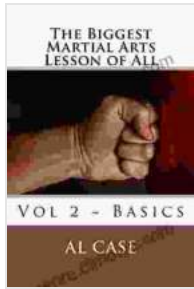
# Volume Two Basics Stances Punches Kick The Biggest Martial Arts Lesson Of All



**Biggest Martial Art 2: Volume Two ~ Basics (Stances, Punches, Kick) (The Biggest Martial Arts Lesson of All)**

★★★★★ 4.2 out of 5

Language : English



File size	: 738 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
Print length	: 154 pages



Volume Two Basics Stances Punches Kick The Biggest Martial Arts Lesson Of All is the second book in the Basics series and is a comprehensive guide to the fundamental techniques of martial arts. This book covers everything from stances and punches to kicks and throws, and is illustrated with over 1,000 photos and diagrams.

This book is perfect for beginners who want to learn the basics of martial arts, as well as for more experienced practitioners who want to refine their techniques. The author, Robert W. Smith, is a world-renowned martial arts instructor and has over 40 years of experience teaching martial arts.

In Volume Two Basics Stances Punches Kick The Biggest Martial Arts Lesson Of All, Smith covers the following topics:

- Stances
- Punches
- Kicks
- Throws
- Self-defense

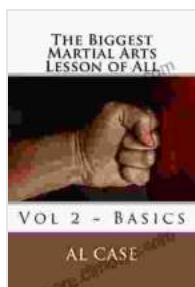
Each topic is covered in detail, with clear instructions and easy-to-follow diagrams. Smith also provides tips and advice on how to improve your technique and make the most of your martial arts training.

Volume Two Basics Stances Punches Kick The Biggest Martial Arts Lesson Of All is a valuable resource for anyone who wants to learn the basics of martial arts. This book is well-written, easy to follow, and is packed with information. I highly recommend this book to anyone who is interested in learning more about martial arts.

### **About the Author**

Robert W. Smith is a world-renowned martial arts instructor and has over 40 years of experience teaching martial arts. He is the author of several books on martial arts, including the Basics series. Smith is also the founder of the International Martial Arts Federation (IMAF), which is one of the largest martial arts organizations in the world.

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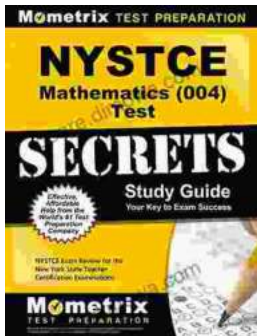


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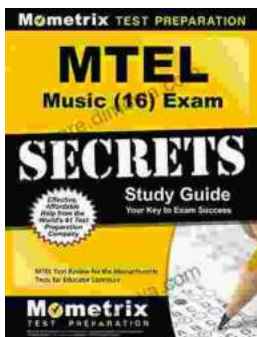
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