



# **Stop Kicks: Jamming, Obstructing, Stopping, Impaling, Cutting and Preemptive Kicks (Volume 2)**

*Marc De Bremaeker*

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Stop Kicks are among the most effective, sophisticated kicks a fighter can use. And because they hit your opponent at his most vulnerable, they are also the safest way to pre-empt or counter an attack. Stop Kicks are delivered just as your opponent is fully committed to an attack, physically or mentally, meaning it is too late for him to change his mind. Hitting an opponent in mid-attack gives you the added advantage of using his attacking momentum against him. Stop Kicks: Jamming, Obstructing, Stopping, Impaling, Cutting and Preemptive Kicks presents a well organized array of stop-kicking techniques from a wide range of martial arts. Learn Pushing Kicks, Timing Kicks, Cutting Kicks, Obstruction Kicks, and Block Kicks from the hard-hitting styles of Muay Thai, Karatedo, Krav Maga, Tae Kwon Do, MMA, Kung Fu and more. Regardless of the Art you practice, Stop Kicks will become the secret weapon of your arsenal and will make you a better and a more sophisticated fighter. To paraphrase a well-known author: the most dangerous fighter, the one you should fear, is the one who waits patiently for you to make a mistake. In Stop Kicks, Marc De Bremaeker will teach you how to be that fighter. Over 1000 photos and illustrations. The first edition of the book was reviewed and rated at 4.4 stars by Amazon customers. A representative review reads as follows: "Single most comprehensive work dealing with the topic of how to "stop kicks". By S. DeKay. Most martial arts/self defense texts deal with the issues of blocking/parrying/evading kicks in a couple of paragraphs. This excellent book is a detailed, thorough compendium--almost encyclopedia--of techniques for addressing a very broad variety of kicks. Undoubtedly the single most comprehensive work dealing with the topic of how to "stop kick."

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