



# Weight Training for the Martial Artist (Martial Arts)

*Geoff Thompson*

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*Geoff Thompson*

## **Weight Training for the Martial Artist (Martial Arts) Geoff Thompson**

This volume presents the routines that helped Geoff Thompson become a leading martial artist by developing "stopping" power in his punching, kicking and grappling. There are weight training routines for all the different martial arts, along with discussion of the major muscles, safety and diet.

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