



The Martial Arts Athlete: Mental and Physical Conditioning for Peak Performance

By Tom Seabourne Ph.D.

YMAA Publication Center, United States, 1998. Paperback. Book Condition: New. 246 x 175 mm. Language: English . Brand New Book. The Martial Arts Athlete answers questions that today s competitors must know to succeed - should you do push-ups or lift weights? Are energy bars and sports drinks any good? Are traditional forms a waste of your time? How do you eat to win? Discover powerful mind/body training for peak performance and incredible physical conditioning. Imagery for better strikes, kicks takedowns. Meditations for a sharper mind. The power of relaxation. Mental skills to manage pain, improve discipline, and feel great! Incredible physical conditioning to get you in the best shape of your life: Step-by-step strength training for powerful arms shoulders. Killer ab-work for a lean torso and washboard stomach. Plyometrics for strong legs and explosive kicks. Three kinds of stretching for dynamic flexibility. Simple breathing techniques to power you up. Discover the most effective workouts, nutrition secrets, and mind/body training for peak martial arts performance in competition and daily practice.



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