



## Ultimate Flexibility: A Complete Guide to Stretching for Martial Arts

By Sang H. Kim

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### Ultimate Flexibility: A Complete Guide to Stretching for Martial Arts By Sang H. Kim

Ultimate Flexibility is the book you've been waiting for. More than a collection of exercises or an explanation of technique, Ultimate Flexibility is a complete guide to stretching for martial arts, from the very basics of why you should stretch to detailed workout guidelines for every style and level of martial arts practice. Written by acclaimed author and martial artist Sang H Kim, Ultimate Flexibility is your guide to achieving maximum flexibility in your training. Begin with an in depth look at the hows and whys of flexibility and stretching. Learn about the many types of stretching, which methods are best for beginners, when to graduate to advanced techniques and why you should completely avoid certain types of exercises. You'll also find information that you won't find in any other martial art book, including a detailed exploration of how your body works for or against you in your training and how flexibility can make you stronger and faster. Building on this foundation, Sang H Kim teaches you nearly 200 flexibility exercises that he has personally used to achieve the highest levels of flexibility. You'll get detailed instructions, workout planning guides, goal setting tips, difficulty levels, injury prevention and recovery, and over 400 color photos to guide you. Special bonus sections: 10 Tips for Full Splits, 20 Tips for High Kicks and 10 workouts for specific martial art types.

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Ultimate Flexibility is the book you've been waiting for. More than a collection of exercises or an explanation of technique, Ultimate Flexibility is a complete guide to stretching for martial arts, from the very basics of why you should stretch to detailed workout guidelines for every style and level of martial arts practice. Written by acclaimed author and martial artist Sang H Kim, Ultimate Flexibility is your guide to achieving maximum flexibility in your training. Begin with an in depth look at the hows and whys of flexibility and stretching. Learn about the many types of stretching, which methods are best for beginners, when to graduate to advanced techniques and why you should completely avoid certain types of exercises. You'll also find information that you won't find in any other martial art book, including a detailed exploration of how your body works for or against you in your training and how flexibility can make you stronger and faster. Building on this foundation, Sang H Kim teaches you nearly 200 flexibility exercises that he has personally used to achieve the highest levels of flexibility. You'll get detailed instructions, workout planning guides, goal setting tips, difficulty levels, injury prevention and recovery, and over 400 color photos to guide you. Special bonus sections: 10 Tips for Full Splits, 20 Tips for High Kicks and 10 workouts for specific martial art types.

## Ultimate Flexibility: A Complete Guide to Stretching for Martial Arts By Sang H. Kim Bibliography

- Sales Rank: #87360 in eBooks
- Published on: 2004-01-10
- Released on: 2004-01-10
- Format: Kindle eBook

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### **Editorial Review**

#### About the Author

Sang H. Kim is an internationally respected author of 20 martial arts books, including the widely acclaimed Vital Point Strikes and the classics Ultimate Flexibility, Ultimate Fitness through Martial Arts, Martial Arts After 40, Combat Strategy and Teaching Martial Arts. His new book Mindful Movement: Mastering Your Hidden Energy is available at Amazon.com.

He has also created over 200 instructional video programs including Self-defense Encyclopedia, Knife-defense, Power Breathing, Junsado Training Series, and Complete Taekwondo Series. They are available through Amazon Instant Video.

He won the 1976 Korean National Championship and was named Instructor of the Year by the Korean government in 1983. As a special agent during his military service, he developed tactical combat methods for hand-to-hand and hand-to-weapon combat for covert operatives.

Sang H. Kim is the originator of MBX-12, mindful movement and deep breathing exercises, and found it clinically effective in managing stress. His research results were published in the July 2013 issue of the Journal of Clinical Endocrinology and Metabolism, and featured in CBS News, Huffington Post, Fox News, and others.

Dr. Kim has a PhD in Exercise Science, and had training as a Postdoctoral research fellow at the National Institutes of Health. He also had additional training at the National Cancer Institute and the Institute of Lifestyle Medicine of Harvard Medical School.

Dr. Kim frequently travels across North America, Europe, and Asia presenting seminars and speeches. He currently resides in the Washington, D.C. Metro area with his wife, Cynthia. He blogs at OneMindOneBreath.com.

### **Users Review**

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##### **Jim Weigel:**

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