



Warrior Fitness: Conditioning for Martial Arts

By Jonathan Haas

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Since ancient times, stories have abounded about the legendary physical prowess of martial artists. Today's lifestyle, coupled with a lack of knowledge about how to combine fitness and budo, has led to a rapid decline in martial artists levels of strength and conditioning. Warrior Fitness will help you and your students attain a new level of strength, flexibility and endurance -- quickly and with little chance of injury. Warrior Fitness combines old school fitness with modern exercise science. Warrior Fitness covers: Flexibility, Joint mobility, Flow drills, Breathing exercises, Strength exercises, Conditioning exercises, Recovery, And much more...

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Editorial Review

About the Author

Jon Haas is a certified Underground Strength Coach -Level 2, an ACE and FMS certified Personal Trainer, and has been involved in the martial arts for over 30 years. He has been training in the Budo Taijutsu warrior arts of the Bujinkan for more than 25 years and is currently ranked as a Kudan (9th degree black belt) under Jack Hoban Shidoshi. Since 2009 he has been studying Aiki and internal power training with Dan Harden, as well as training in Yiquan, an internal Chinese martial art. He is the founder of Warrior Fitness Training Systems and author of the book, *Warrior Fitness: Conditioning for Martial Arts*, as well as numerous other online training and private coaching programs. For more information, please visit www.warriorfitness.org

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