

Testimonials & Reviews

Read What People Are Saying:

"Please know I mean it with all sincerity when I say that Fighter's Mind/Fighter's Body is the most valuable training tool I have come across to prepare for this competition (and I've done my research!). Thank you for writing this book and sharing your knowledge.

-- Jeanne, Mixed Martial Artist

"This book provides innovative conditioning programs for fighters and martial artists of all skill levels, both competitive and non-competitive. The programs focus largely on calisthenic workouts, but also incorporate drills to improve cardiovascular endurance, footwork, speed, and coordination. Backed by empirical research into kinesiology and tailored to the specific conditioning needs of the competitive fighter, the Fighter's Mind / Fighter's Body training system builds physical and mental skills that are essential to good fighting.

Being a self-defense instructor, MMA practitioner, and boxer, I would highly recommend this guide to any serious martial artist who wants to improve his game."

-- Janet, Boxer, USA

" WOW! This book has it all, from fundamental training philosophies to advanced conditioning techniques!

The book is broken up into well established sections that really guide you. First from understanding and creating an effective training system tailored to your style and skills. With the later chapters advancing you through higher skilled level exercises as well encompassing all aspects of training such as exercise, mental conditioning, to rest, and nutrition.

I doubt you will find a book that has as many different training drills and exercises anywhere.

This one is a must for all serious Martial Artists."

--Alonzo, Martial Arts Instructor, USA "I received the book plus the CD's and journal. I have already read about 70 pages and am finding it very interesting. One thing I didn't know was that static stretching can reduce your performance for up to 20 minutes."

-- Paul, Kickboxer, United Kingdom "As an avid runner, I have incorporated several of the exercises described in this book in my daily training routine. I have noticed drastic results in my core strength. I highly recommend this book for anyone who is looking to try new exercises or looking to improve technique."

--Hilde, Athlete, USA Fighters Mind/Fighters Body - Four Star Review by Martial Edge

Fighter's Mind Fighter's Body is a comprehensive training manual aimed at the competitive martial arts fighter with hundreds of exercises available to pepper your training programme. Lesley Jackson finds out more as she falls on her nose trying a plyometric hand-clap press up.

Fighter's Mind Fighter's Body

Publisher: Bushido Publishing (2007)Pages: 330 pages Languages: English RRP: \$39.95 (£25.00)

Book Review: "Become stronger, faster, tougher" - Tony Li has presented us with an all-encompassing guide to becoming the ultimate fighting machine, whereby you will learn to fight harder, faster and smarter and if, after you have mastered the eye-watering plyometrics exercises, possibly fly as well! After reading this comprehensive and thorough training manual, you won't be short of ideas to flavour your training programme although you will need to make sure you are part of the book's target audience and are physically strong enough manage some of the exercises suggested. Although Tony Li is credited as being an instructor of the Vietnamese martial art Hiep Tihn Mon and often draws his exercises from this source, such as the interesting "frog breathing"; this book is relevant to all people wishing to fight competitively. There is a massive bank of exercises to choose from, nearly two hundred pages worth in fact, which are usefully divided up into the various body concentrations relevant to the different genres of martial art be they striking, kicking or grappling. Like all good scouts, Tony Li's best advice in preparing for a big competition is to be prepared, "The one trait that has separated champions from losers is an unwavering dedication to mental and physical preparation, and it always pays off." The training programmes included in Tony Li's text range from the beginner to the advanced and although he is quite resolute in his dedication to training for a big event, he also errs on the side of sensible as he advises readers to stick to the relevant programme suitable to your level of fitness and to build in the active recovery to enhance performance; whilst the opposition not in the know can over-train themselves into defeat. Technique is also emphasised, "It's not enough to just have a needle; you need to know how to use it," as well as a useful training log and CD rom. However, as useful as this book is, there are some details which must be taken into consideration before spending a chunk of your money on it. First of all, this is a book aimed primarily at men. There are no pictures of women at all, apart from the obviously female hands massaging Tony's tired shoulders on page 80. Also, there is an emphasis on testosterone levels, which is of course important if you are a male fighter but no discussion on how this would be relevant to the female fighter. Don't get me wrong, I don't have a problem with a book aimed at the male athlete (after all, we wouldn't question a book aimed at women), but some indication on the cover who the intended audience is would be useful. As well as the physical, there is also some discussion on the mental aspect of a fighter's well being which is relevant but slightly skewed in places. There is, of course, a need for a fighter to be mentally tough and Tony rightly links the mental aspect to a fighter's performance, "avoid making an artificial distinction between

‘mental’ and ‘physical’. Ultimately, they’re one and the same.” Some of the tips he offers are very useful, such as developing the pre-competition “poker face” and to, “Smile if you can between rounds. If you can muster the energy, skip the stool and stand.” However, when applying the fighter’s will to win to Maslow’s hierarchy of needs, Tony’s argument doesn’t quite work as, “A person seized with passion will forgo Maslow’s needs.” This would work up to a point but the idea of the hierarchy of needs is to establish what a human being desires and what they need for survival. So yes, when a fighter’s red mist has descended and is gripped in the will to win, he or she may well forgo the immediate desire for food or a designer handbag but without air or water, you will be dead and that won’t help you win a competition. Having said all this, ‘Fighters Mind Fighter’s Body’ is a comprehensive training manual with a lot of good ideas for exercises to make you a stronger fighter. The recipes at the back are a nice addition as well; I personally can vouch for the Chinese Beef and Broccoli, yum!

Review by Lesley Jackson of <http://www.martialedge.net>

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