



Ground Kicks: Advanced Martial Arts Kicks for Ground-fighting from Karate, Krav Maga, MMA, Capoeira, Kung Fu and more

Marc De Bremaeker

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Whether you are on the ground by choice or you have been taken down, whether your opponent is standing or is on the ground with you, whether you are a good grappler or you are trying to keep a good grappler at bay, whether you were caught unawares sitting on the floor or you have evaded down on purpose, whether you are a beginner or an experienced martial artist...this book has the right kick for the situation. In *Ground Kicks: Advanced Martial Arts Kicks for Ground-fighting from Karate, Krav Maga, MMA, Capoeira, Kung Fu and more*, Marc De Bremaeker has created a comprehensive collection of ground kicks, with hundreds of applications for sport fighting and self-defense situation. Packed with over 1200 photographs and illustrations, *Ground Kicks* also includes specific training tips for practicing each kick effectively and detailed information on safely transitioning to and from the ground as well as the important art of moving on the ground. Being on the ground is certainly not being vanquished; in fact, it is often an advantageous situation against a standing adversary whose groin and knees are easy targets. Not only are *Ground Kicks* efficient and surprising techniques for both sport and self-defense, they are also great drills for serious improvement of the corresponding standing kicks. Training with *Ground Kicks* will make you a better fighter, regardless of style.

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