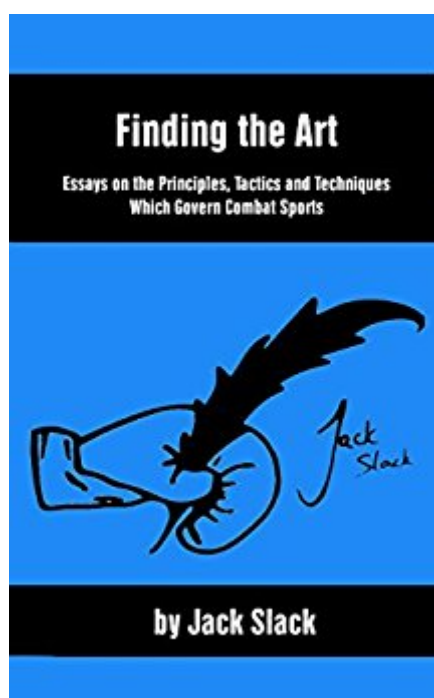


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Finding The Art: Essays On The Principles, Tactics And Techniques Which Govern Combat Sports



Synopsis

Acclaimed fight journalist, Jack Slack examines the ins and outs of combat sports. In a series of essays covering angles, ring craft, infighting and fighting dirty, Slack lays out the principles most important to the dynamic and control of a bout.

Book Information

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Customer Reviews

There is nothing new under the sun here. However Jack Slack does an excellent job of explaining basic principles of standup fighting that every coach, fighter, and educated fan should know. If you are a coach or corner man this book is a must read. Jack explains in easy to understand (yet engaging) terms why certain time tested principles in combat sports have worked and will probably continue to work for generations to come.

Jack is the type of writer that oozes love for the science of combat, whether it be about judo or Muay Thai. This book focuses on the little things in hand to hand combat that differentiate the good from the great. My only gripe isn't really a gripe, I honestly just wish this book was 200 more pages.

If you've been reading Jack Slack for a while, there's nothing particularly novel in this set of essays. But it's a great introduction to the basics of striking, and would be a great gift for someone you're trying to get hooked on combat sports.

This booklet(57 pages) is comprised of five easy to read introductory chapters to very important topics of the fight world:The meaning of angles.Cutting of the ring.InfightingDirty Tactics.Lyoto Machida and the pursuit of perfection on how to hit and don't get hit

The beginning chapters on circling and cutting off the ring are gold for a novice boxer like me. The later chapters are very entertaining, but probably a bit advanced. Only wished this "book" was longer; it's really more like a collection of four or five essays.

Jack Slack is in a class of his own when it comes to understanding and communicating the intricacies of full contact martial arts. I have coached Bellator and UFC fighters in MMA, and have learned a ton from reading everything Jack has put out. Buy every book he has written, it is classes above anything else you will find out there. :)

Amazing read! First heard of Jack Slack through Fightland and the couple videos he has out are just amazing. Highly recommend this book and also go check out his Twitter. He is one of the best at breaking down fights and showing fighters tendencies that would be invisible to the general public. After reading or watching his videos you can see how fighters set things up. So again check out his Twitter, he's very active especially when it comes down to live events.

Jack Slack is the best fighting journalist today. His articles are full of insights with astutely paired examples. He brings that same dedication to the essays in this book. Jack has helped me re-think my own training, and this book is essential to that. The focus on footwork is important and often overlooked in today's training environment. The detailed discussions in these essays really opened up my perspective, and I'd recommend this book to anyone.

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