



Swedish Combat

Henrik Nilsson

 **Descargar**

 **Leer En Linea**

Swedish Combat Henrik Nilsson

In 1993, Professor Henrik Nilsson founded a continuously improving fighting-method – Swedish Combat. In short: If you take traditional fighting methods like Karate, Jujitsu, etc, pick the techniques that actually “work” in self-defence or fighting, take away the “stylish” parts that are mostly for show, then you have the basics of Swedish Combat. The basic idea of Swedish Combat was to create an education system which distinguishes the choreographic and realistic defence. In Swedish Combat, the basic philosophy is that we use low kicks, and striking techniques from the waist up. For a technique to be handpicked into the base system of Swedish Combat, it has to be suitable for self-defence or fighting. This combat system has techniques which are drawn from, among others, Jujitsu, Judo, Kempo Karate, Taekwondo, Kickboxing and Shaolin Wushu. “I recommend that after initially reading this book that you refer back to it every so often as there are lots of valuable information contained within which is not available in many Martial Arts publication. This book should be viewed as a reference source as it has numerous points of interest, which is beneficial to all Martial Artists.” Neil Hourston Kyoshi

 [Descargar Swedish Combat ...pdf](#)

 [Leer en linea Swedish Combat ...pdf](#)

Swedish Combat

Henrik Nilsson

Swedish Combat Henrik Nilsson

In 1993, Professor Henrik Nilsson founded a continuously improving fighting-method – Swedish Combat. In short: If you take traditional fighting methods like Karate, Jujitsu, etc, pick the techniques that actually “work” in self-defence or fighting, take away the “stylish” parts that are mostly for show, then you have the basics of Swedish Combat. The basic idea of Swedish Combat was to create an education system which distinguishes the choreographic and realistic defence. In Swedish Combat, the basic philosophy is that we use low kicks, and striking techniques from the waist up. For a technique to be handpicked into the base system of Swedish Combat, it has to be suitable for self-defence or fighting. This combat system has techniques which are drawn from, among others, Jujitsu, Judo, Kempo Karate, Taekwondo, Kickboxing and Shaolin Wushu. “I recommend that after initially reading this book that you refer back to it every so often as there are lots of valuable information contained within which is not available in many Martial Arts publication. This book should be viewed as a reference source as it has numerous points of interest, which is beneficial to all Martial Artists.” Neil Hourston Kyoshi

Descargar y leer en línea Swedish Combat Henrik Nilsson

400 pages

Download and Read Online Swedish Combat Henrik Nilsson #I3LSU1DV0PR

Leer Swedish Combat by Henrik Nilsson para ebook en líneaSwedish Combat by Henrik Nilsson Descarga gratuita de PDF, libros de audio, libros para leer, buenos libros para leer, libros baratos, libros buenos, libros en línea, libros en línea, reseñas de libros epub, leer libros en línea, libros para leer en línea, biblioteca en línea, greatbooks para leer, PDF Mejores libros para leer, libros superiores para leer libros Swedish Combat by Henrik Nilsson para leer en línea.Online Swedish Combat by Henrik Nilsson ebook PDF descargarSwedish Combat by Henrik Nilsson DocSwedish Combat by Henrik Nilsson MobipocketSwedish Combat by Henrik Nilsson EPub

I3LSU1DV0PRI3LSU1DV0PRI3LSU1DV0PR