

Boxing Savate: The Definitive Guide to the Art of French Kickboxing



About the Book

Boxing Savate: Translated by Johanna Reiss is the definitive guide to the art of French kickboxing. This comprehensive book covers everything from the history and philosophy of Savate to the techniques and strategies used by top fighters.

BOXING & SAVATE: [Translated] by Johanna Reiss

★★★★☆ 4.1 out of 5



Language	: English
File size	: 5103 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 110 pages
Lending	: Enabled



Whether you're a beginner looking to learn the basics or an experienced fighter looking to improve your skills, this book has something for you. With over 500 pages of detailed instruction, Boxing Savate is the most authoritative and comprehensive book on the subject ever published.

What You'll Learn in This Book

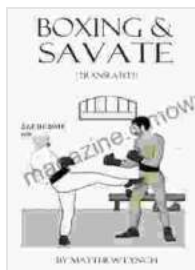
- The history and philosophy of Savate
- The basic techniques and strategies of Savate
- How to train for Savate
- How to compete in Savate
- And much more!

About the Author

Johanna Reiss is a world-renowned Savate instructor and author. She has trained and competed in Savate for over 20 years, and she has written extensively on the subject. Her previous books include The Savate Bible and Savate: The Complete Guide to French Kickboxing.

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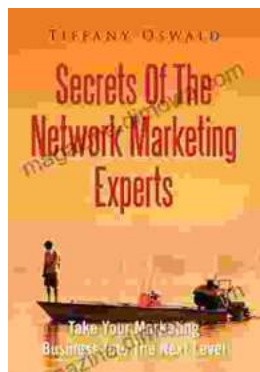
Boxing Savate is available now from all major booksellers. Free Download your copy today and start learning the art of French kickboxing!



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