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# Solo Training 3: 50 And Older



## Synopsis

This book isn't about keeping up with 20-year-olds in the martial arts. It's about developing speed, power, flexibility, good health, and street savvy so you can keep on training, progressing, and being safe for many more years. Here's what's inside.

Targets To End A Fight  
Quickly Hitting A Downed Attacker  
Mental Imagery: Attacking Innocent People  
Train Every Position To Be A Fighting Stance  
Speed Training  
Mental Training: Defining Words With Movement  
Smart Aerobic And Anaerobic Training  
The Importance Of Training Consistency  
Kata Training  
Build a Powerful Core  
Movement Specific Resistance Training  
Smart Use Of Repetitions  
Prevent Injury and Slow Aging With Easy Stretching  
Fuel Your Body Properly To Progress  
Understanding Aging: Don't Worry About What You Can't Do  
Know Your Body: Train For More Years  
Getting In Shape For Surgery And Training After  
A Dozen 20-Minute Solo Workouts & 20, 1-Minute Workouts

Loren W. Christensen has been a student and teacher of the martial arts since 1965, and has earned an 8th dan in American Free Style Karate, 2nd dan in jujitsu, and a 1st dan in Modern Arnis. He has authored over 50 books, fiction and non-fiction, and has written for the martial arts magazines for over 30 years. In 2011, Loren was inducted into the Masters Hall of Fame, garnering the Golden Lifetime Achievement Award.

## Book Information

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## Customer Reviews

I am fifty four with a military, law enforcement and security background. Martial arts wise I have done a bit of Krav Maga, Khmer boxing (similar to Thai) and whatever defensive tactics was mandatory at the agency I was working at required. I also had a messed up back caused by being on the computer too much due to my job. But with gradual exercise and physiotherapy is improving. I found the book very useful in its sections on recovering from injury. Of course as Loren Christensen say you want to get good medical advice before starting any sports program. But you can have difficulty with doctors who don't understand the benefits, and who overstate the risks from martial arts. As it says on the Australian State Government of Victoria Health Department website "Martial Arts - Preventing Injury" "The [actual] risk of injury from martial arts is low compared to other contact sports. Most injuries are to the limbs and are usually mild to moderate such as bruises or cuts." I was lucky here in Phnom Penh in that I have two good Dutch expat physiotherapists who are active in sports and understand sports injuries. The key thing is to inform your instructor and any training partners this is my injury and don't do anything you think is unsafe. Then you can train around your injury. You have to accept it takes longer for you to heal. One final tip. A lot of us these days work in jobs spending long hours with computers. I recommend using a pomodoro timer which gives you an audible signal to get up and walk away from your desk and stretch. In addition to saving your back and neck, the Pomodoro Technique enables you to learn better and do focused work like writing and computer programming.

Solo Training 3 50 And Older is chock-full of information, drills, and exercise for the aging martial artist. Don't let the title fool you; this book is great for any aging martial artist. I'm just hitting my mid-40s and I found the information in this book very helpful. I had the opportunity to borrow this book for free using my Prime Membership, and I'm glad that I did. If you find just one idea that you can put into use in your own training, then the time it took to read the book was worth it. I found plenty, and I was reminded of some drills and concepts that I had forgotten. Christensen covers a wide range of subjects. He spends a good deal of time on resistance trainingâ a very important aspect of solo training for any aging martial artist. He also covers proper diet, training your core, and speed training, among other topics. This book is subtitled Karate, Kung Fu, and Taekwondo. That's an important distinction. Christensen wrote the book with the traditional stand-up martial

artist in mind. But even if you practice non-classical or reality based self-defense styles, I think you'll get something out of it. Kata training is also covered. I've always felt that kata was best practiced at home anyway, leaving the time in class for drills and sparring that requires partners. Chapter 14 gives you a fairly thorough look at fight ends. • Just make sure you understand use of force laws before you employ them. But as we age, we don't have time to mess around. If you've mostly focused on sports with rules, this is good information to know. At the end of the book Christensen provides tons of drills that you can implement or modify to your liking.

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