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BEYOND the wooden dummy

Chris Robinson

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The wooden dummy has long been associated exclusively with only Wing Chun Kung Fu. Because of this general stereotype, the benefits of using one has only been able to reach a limited amount of people as an extremely effective and versatile training tool for many other styles of Martial Arts as well, but even more importantly, for the everyday person wanting to improve other areas in their life too such as, Posture, Muscle Toning, Fat Loss, Cardio, Stress Reduction, Focus, Hand & Eye Coordination, Personal Protection and more. BEYOND the wooden dummy breaks the mold by incorporating more modern, realistic and practical applications not only for real life fighting situations but also to have a great functional workout tool where you can both learn and train simultaneously. Chris Robinson combines his true life experiences with Martial Arts, Law Enforcement and Personal Protection into an easy to follow guide. It is one of the most informative books written on the subject of street fighting based on actual near death combat experiences that the Author personally encountered. It covers the physical, mental and spiritual side of street combat. This book contains 237 pages, more then 180 instructional color photographs and even a special section on "How to Build a Wooden Dummy", (both PVC & wood models).

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