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# The Complete Body Opponent Bag Book

**The Complete**  
**BODY OPPONENT BAG**  
**Book**



By Sammy Franco



## Synopsis

GET THE MOST OUT OF YOUR BODY OPPONENT TRAINING BAGThe Body Opponent Bag or BOB is a one-of-a kind freestanding punching bag used by martial artists, self-defense students, fitness enthusiasts, and men and women of all ages. Unfortunately, most people don't know how to unlock the hidden training features of this unique workout bag. In this one-of-a-kind book, world-renowned martial arts expert, Sammy Franco teaches you the many hidden training features of the body opponent bag (BOB) that will improve your self-defense skills and accelerate your fitness and conditioning.

**THE BODY OPPONENT BAG**  
DEVELOPS:SpeedTimingCoordinationPunching and kicking accuracyEnduranceTarget distancingMuscle toneCardiovascular conditioningAnger managementAnd much more...THIS BOOK WILL TEACH YOU:Benefits of body opponent trainingSetting up the BOBMoving the BOBSafety tipsBody opponent bag training gearProper hand wrapping techniquesInjury free punching techniquesHand, wrist, and forearm trainingFighting stancesMobility and footworkBody opponent bag targetsKicking techniquesPunching techniquesGrappling techniquesThree training methodologies (proficiency, conditioning, and street training)Time-based workoutsPunching and kicking combinationsWeapons training on the BOBBOB grappling drillsGround fighting with BOBDozens of workouts that will challenge you for years to comeAnd much, much moreUNLOCK THE HIDDEN TRAINING FEATURES OF THE BODY OPPONENT BAG!With detailed photographs, step-by-step instructions, and dozens of unique workout routines, The Complete Body Opponent Bag Book is the authoritative resource for mastering this lifelike punching bag. Whether you are a beginner, intermediate or advanced practitioner, The Complete Body Opponent Bag Book is an invaluable training resource that you'll refer to again and again.

## Book Information

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## Customer Reviews

This book is a must have for anyone who owns or uses a Body Opponent Bag. It covers all the basics like punching combinations....at first it seems a little redundant, perhaps even dull for an experienced martial artist. I ask though, do you really train using ALL possible combinations or do you stick to a few "favorites" only? That question alone makes reading EVERY part of this book essential. It covers more though, a lot more! Besides basic striking, it covers first strikes, choking drills, stick/knife drills, proficiency drills and even razing drills. It covers realistic and practical training scheduled for continuous skill advancement. And as always, you can find the always handy glossary at the end of the book for quick reference. I don't just recommend this book, I consider it an essential companion to purchase with a BOB!

If you have never attended a martial arts class this book has some good pointers for keeping you from hurting yourself or your BOB. For anyone who regularly trains in a dojo you will already be performing the techniques in this book. However, there are some good reminders such as how to protect your wrists. In summary a good book, but nothing new. Still I am glad I own a copy.

this book is great, been taking tae kwon do for years. got a century wave bag, and just got bob book. its a must have for training,

If you own a bob, then this book is for you. It has many unique workouts, some for conditioning others for self-defense. The best book I've read on the subject.

This is the book that should actually come with the BOB when you buy it! It has real good tips of how to and how not to train with the dummy. This way you do not damage it and can utilize it to your full advantage when training. I would also recommend the DVD from Sammy Franco as well on the

same subject.

I've been a Self Defense practitioner for thirty two years and a Police Officer for fifteen. Sammy Franco is one of the best Reality based Self Defense instructors in the world today. I highly recommend this book.

If you have a BOB you must get this book. Many excellent drills. I have the DVD and this book is an excellent companion

some good advice and basic drills, if you know what you are doing. For example, keeps talking about correct body mechanics but doesn't explain them. Refers to his other books, videos, etc (for purchase) instead of providing information. Insufficient warnings about how some of the strikes, etc could harm you on this "bag" as it is different from other bags.

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