

**WMD - STRENGTH & CONDITIONING FOR THE
MARTIAL ARTIST**

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Since September I decided to post-pone boxing and the consistent training until at least my thesis was submitted. You throw punches, not baseballs, but the principles are much the same.

We now realise that there are better ways. The biggest danger for an injured athlete is mass building. Sorry, your blog cannot share posts by email. Mass building is a double whammy of training and calories. For a fighter, you can't beat bodyweight training as it builds unified, coordinated strength. You need to develop the structural integrity and coordination of the body.