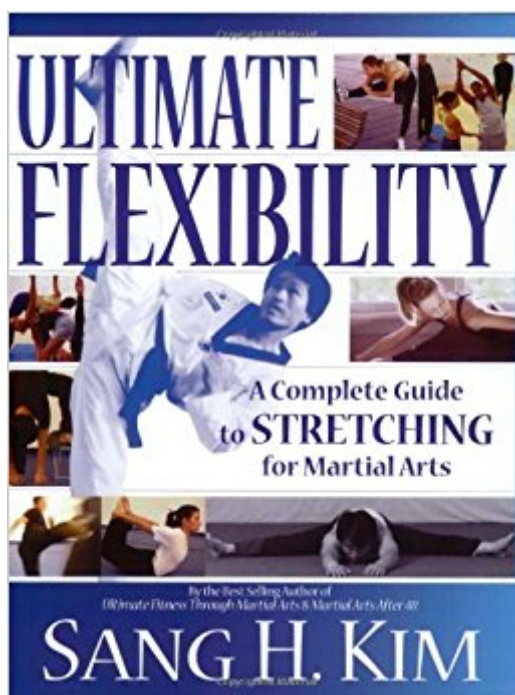


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# Ultimate Flexibility: A Complete Guide To Stretching For Martial Arts



## Synopsis

Ultimate Flexibility is the book you've been waiting for. More than a collection of exercises or an explanation of technique, Ultimate Flexibility is a complete guide to stretching for martial arts, from the very basics of why you should stretch to detailed workout guidelines for every style and level of martial arts practice. Written by acclaimed author and martial artist Sang H Kim, Ultimate Flexibility is your guide to achieving maximum flexibility in your training. Begin with an in depth look at the hows and whys of flexibility and stretching. Learn about the many types of stretching, which methods are best for beginners, when to graduate to advanced techniques and why you should completely avoid certain types of exercises. You'll also find information that you won't find in any other martial art book, including a detailed exploration of how your body works for or against you in your training and how flexibility can make you stronger and faster. Building on this foundation, Sang H Kim teaches you nearly 200 flexibility exercises that he has personally used to achieve the highest levels of flexibility. You'll get detailed instructions, workout planning guides, goal setting tips, difficulty levels, injury prevention and recovery, and over 400 photos to guide you. Special bonus sections: 10 Tips for Full Splits, 20 Tips for High Kicks and 10 workouts for specific martial art types.

## Book Information

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## Customer Reviews

Sang H. Kim is an internationally respected author of 20 martial arts books, including the widely acclaimed Vital Point Strikes and the classics Ultimate Flexibility, Ultimate Fitness through Martial Arts, Martial Arts After 40, Combat Strategy and Teaching Martial Arts. His new book Mindful Movement: Mastering Your Hidden Energy is available at [www.turtlepress.com](http://www.turtlepress.com). He has also created over 200

instructional video programs including Self-defense Encyclopedia, Knife-defense, Power Breathing, Junsado Training Series, and Complete Taekwondo Series.Â They are available through Instant Video. He won the 1976 Korean National Championship and was named Instructor of the Year by the Korean government in 1983. As a special agent during his military service, he developed tactical combat methods for hand-to-hand and hand-to-weapon combat for covert operatives. Sang H. Kim is the originator of MBX-12, mindful movement and deep breathing exercises, and found it clinically effective in managing stress. His research results were published in the July 2013 issue of the Journal of Clinical Endocrinology and Metabolism, and featured in CBS News, Huffington Post, Fox News, and others.Â Dr. Kim has a PhD in Exercise Science, and had training as a Postdoctoral research fellow at the National Institutes of Health. He also had additional training at the National Cancer Institute and the Institute of Lifestyle Medicine of Harvard Medical School.Â Dr. Kim frequently travels across North America, Europe, and Asia presenting seminars and speeches. He currently resides in the Washington, D.C. Metro area with his wife, Cynthia. He blogs at OneMindOneBreath.com.

"It's okay" about sums it up.... There's nothing here that I've not already seen, and nothing that's specific to martial arts. Though the stretches are all what's deemed as effective, the author does not specifically say that any given stretch IS good for martial arts - only that it MAY be good. He says, for instance, that being able to do splits is not necessarily (again, he is vague) an indicator of ability to kick high. He is vague about the benefits and application of just about everything in the book. If you have no other comprehensive books or videos on stretching, then this book would be great to have. Just be aware that it's just a re-hash of what's already out there....

Good book for over all directions on how to gain true flexibility. No gimmicks, no trick stretches, what it has is good advise for achieving true useful flexibility. My problem during my martial art time was/is flexibility. I tried other systems and noticed an increase in some areas and other times just plain hurt myself. This book gives a lot of options on how to gain greater flexibility and gives good guidance on how to use and mix the different techniques available according to your physical make up. No miracle changes, just good guidance for those willing to do the work.

Better than expected. Author seems to be very knowledgeable about the subject. Anatomy plus Exercises.

Great book. Dr. Kim does an excellent job explaining to the layman the types of stretching and muscles and why certain exercises and/or stretching affects our bodies in different ways. The last 2/3 of the book contains a host of exercises ranging from beginner to advanced that I pick and choose from based on how I feel and what part of my body I'm focusing on that day. Highly recommend this book for the novice martial artist (me).

The book does give you many stretches to choose from but the pictures can sometimes be unclear as each stretch has motion and a with only one or two static photos it can be hard to understand the full motion of the stretch.

I have never been very flexible ever since a kid. I have knee problems and lower back problems. This book has allowed me to get back into MMA and minimize the pain i feel after a workout

I found this to be an excellent and comprehensive resource on stretching. At age 55, I am a new choi kwang do student, but am quite flexible due to a background in ballet and yoga. This book enabled me to integrate my experience with stretching into martial arts, gave me more confidence in what I already knew, and helped me to understand what stretches are particularly helpful in martial arts. I have limited knowledge of the different types of martial arts, but feel that the material is not specific to any particular style but useful across the board..I bought a copy for myself and then bought a copy for my teacher as a Christmas present.

Buying this book, I was looking after a manual of best practices routine to increase my flexibility. Well, this book really does half the job. It has a very nice part about how muscles work which is not too complicated nor too simplistic. Then a rather large collection of exercises follows but very little time is spent talking about routines. The author expedites it in few pages without much guidance. Still a good read, but I was expecting more from it.

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