



Fit to Fight - Manual of Intense Training for Combat

Peter Consterdine

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Fit to Fight teaches you a wide variety of physical training and fighting drills you need to win in the street. This book will show you how to train for strength, stamina and most importantly, aggression as well as that all important mental edge.

This mental edge is developed through hard training drills – Fit to Fight will teach you those drills with over 100 photographs. You need to be fit and strong to win a fight, but more importantly, you have to develop the ‘will to win’ – the aggression never to give up and never to lose.

SUBJECTS COVERED

- Human Physiology and Biology
- Aerobic Training
- Anaerobic Training
- Strength Training
- Stress Work
- Aggression Drills
- The use of equipment
- Single Drills
- Partner Training
- Hill Work
- Motivation
- Training Programmes

Peter Consterdine, a 8th Dan Black Belt in Karate has over 42 years experience in the martial arts. A former Great Britain and England Karate International, he is acknowledged as one of the country’s leading experts in self defence.

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