

**JEET KUNE DO ESSENTIALS - FOCUS GLOVES**

Allan Vita

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Focus Pads. A good set of focus pads is possibly the single most essential piece of training equipment for any serious martial artist. Tommy knows this and that's.

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**Focus Pads - Tommy Carruthers: Jeet Kune Do Instructor UK**  
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If a lot of hard kicking is required then Thai pads may be a safer option for both the striker and pad holder. Speed: Whip analogy for speed of recovery: e. TrappingDrills. Beasley ...Free! Bruce Lee: Daca esti prea soft esti usor de lovit, daca esti prea rigid esti usor de controlat. Aikia also offers certification for self-defense instructors and personal trainers in both Boxing and Kickboxing and provides low cost student rank certificates for traditional martial arts schools worldwide operating as the historic American Independent Karate Instructors Association.

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