

Complete Conditioning for Martial Arts

With wide-ranging scope, Sean Cochran's collection of training regimes and exercises carries an appeal for martial artists of all abilities, or indeed anybody interested in sport and fitness.

Split into ten chapters, this book sees the author explain, in simple terms, the methodology of designing one's own personal fitness regime. Firstly, the introductory chapter clarifies the meanings of many technical phrases involved, before moving on to provide tables and charts indicating the quantity, and type, of physical training required for various styles. Cochran, himself a 2nd degree black belt holder and eminently qualified personal trainer, then offers tips on lifting weights and detailed instructions on cardio-vascular workouts, both partnered and un-partnered, and ranging from those using fixed machines or portable equipment to those requiring none at all. Moreover, his unquestionable ability to soften and translate the terminology that could otherwise discourage or intimidate many 'newbies', ensures that his wealth of knowledge *is* accessible. Ultimately, then, the greatest attraction of the book is that it presumes very little inherent knowledge on the part of the novice reader, yet manages to remain an interesting source of reference for the more experienced.

As a lapsed martial artist who has recently returned to the dojo after an absence of several years, I have personally found Cochran's book very useful, and, despite being far beyond my ideal weight, have managed to carry out some its exercises to good effect. Anybody looking to increase their fitness, to whatever end, should find *Complete Conditioning for Martial Arts* of great use.

8 sausages out of 10