



The Speed Bag Bible

Alan Harvey Kahn

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The Speed Bag is normally viewed as "boxing equipment" but it is a great fitness activity for the home. The Speed Bag Bible is a comprehensive training program for the Speed Bag that covers all aspects of the equipment and how to use it, including punching with fists and elbow strikes from all around the bag. The book describes twenty four individual techniques and how to create multiple, non-stop combinations from all areas of the bag, as well as a chapter on using the speed bag for martial arts techniques, including kicking. It also has information on how to use the accented beats of the speed bag as a form of "punch drumming" to music.

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