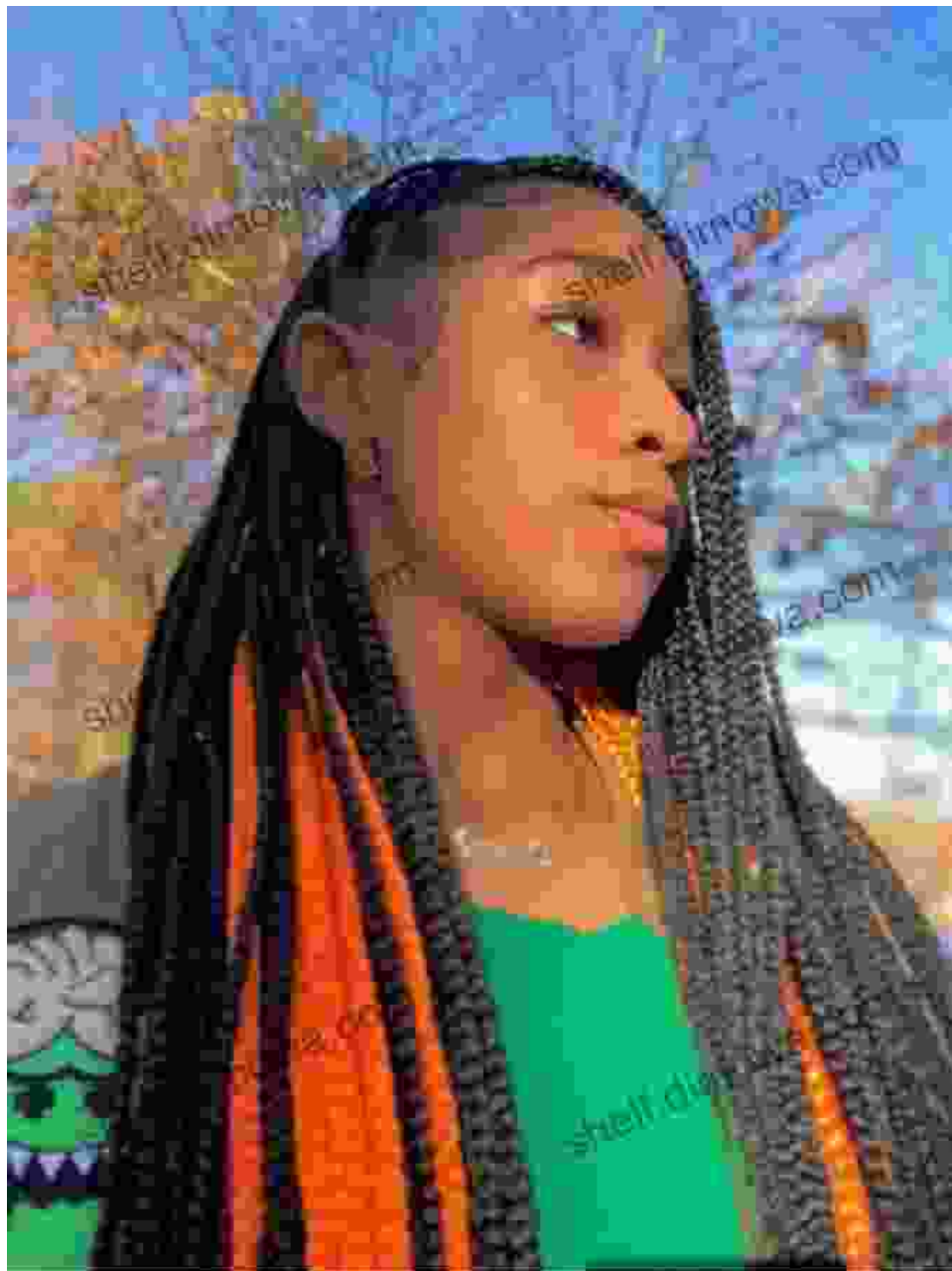


Peek Boo Style: The Ultimate Guide to Mastering the Black Belt

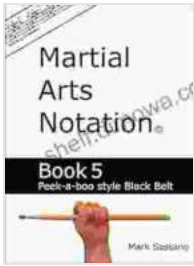


Martial Arts Notation: Book 5. Peek-a-boo style Black

Belt by Mark Sassano

★★★★★ 5 out of 5

Language : English



File size	: 4910 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 362 pages
Lending	: Enabled



Peek Boo Style is a highly effective martial art that combines the power of boxing with the precision of wrestling. It is named after its signature move, the "peek-a-boo," which involves hiding your face behind your gloves while circling your opponent. This style is known for its relentless pressure, devastating punches, and lightning-fast footwork.

Benefits of Peek Boo Style

- Increased punching power
- Improved footwork and mobility
- Enhanced head and body movement
- Greater defensive capabilities
- Increased confidence and self-discipline

Fundamentals of Peek Boo Style

1. **Stance:** The Peek Boo stance is wide and low, with your feet shoulder-width apart and your knees slightly bent. Your elbows are tucked in close to your body, and your gloves are held in front of your face.

2. **Peek-a-Boo:** The signature move of Peek Boo Style, the peek-a-boo involves hiding your face behind your gloves while circling your opponent. This move helps you to avoid punches and sets up your own strikes.
3. **Jab:** The jab is a fast, straight punch that is used to establish range and set up combinations. In Peek Boo Style, the jab is typically thrown with the rear hand.
4. **Cross:** The cross is a powerful right-handed punch that is delivered with a slight forward step. It is one of the most devastating punches in Peek Boo Style.
5. **Hook:** The hook is a short, powerful punch that is thrown from a close range. It is typically used to finish off opponents who are already hurt.

Advanced Techniques

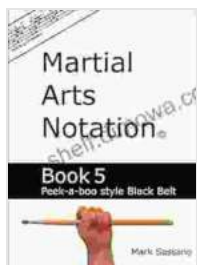
- **Slip:** The slip is a defensive technique that involves moving your head to the side to avoid punches. It is a key skill for Peek Boo Style fighters, as it allows them to avoid getting hit while still being able to counterattack.
- **Roll:** The roll is a defensive technique that involves rolling your body away from punches. It is a more advanced technique than the slip, but it can be very effective against powerful punches.
- **Weaving:** Weaving is a defensive technique that involves moving your head in different directions to avoid punches. It is a very effective technique for staying out of range while still being able to attack.

Training for Peek Boo Style

Training for Peek Boo Style requires a combination of physical and mental conditioning. You need to be physically strong, fast, and agile. You also need to have a strong mind and be able to focus under pressure.

A typical Peek Boo Style training session will include a warm-up, followed by basic technique practice, advanced technique practice, and sparring. You should also focus on developing your cardio and strength.

Peek Boo Style is a powerful and effective martial art that can be used for both self-defense and competition. It is a demanding style, but it is well worth the effort to master. If you are looking for a martial art that will challenge you both physically and mentally, then Peek Boo Style is the perfect choice for you.



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