

Wayne Otto Kumite Guide Hand Book

Volume 1

The Wayne Otto Kumite guide book is a step by step detailed instruction of some of Wayne's most effective techniques with detailed illustrative photographs.

By Wayne Otto OBE



1) Direct Attack

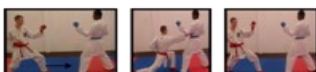
This section of the training guide focuses on attacking your opponent without any hesitation. The attacks may be a singular technique such as reverse punch or a combination such as jab to the face then reverse punch to the body; in any case each technique must be executed with full conviction.

A) HAND TECHNIQUES: Reverse punches to the Body

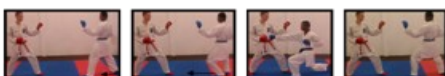
I) Reverse punch on the spot



II) Driving reverse punch



III) Step up reverse punch



IV) Step back then reverse punch



The Wayne Otto Kumite Guide Hand Book Volume 1

This book is the first in the series of training books that will show you all of the major fighting strategies, techniques, mental preparation techniques and training tips that had made Wayne Otto one of the most successful Kumite competitor in the world .

The Wayne Otto Kumite Guide Hand Book volume 1 has been designed to be used as a lesson planner, training guide and performance indicator for both instructors and athletes.

The guide book will also give you a step by step instruction on how each technique should be performed. A must have for all athletes from novice to elite.

Own your copy of the Wayne Otto Kumite Guide Hand Book for just

£15 plus £3.00 P&P within the UK.

Order now by requesting your copy at

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