



The Perfect Warrior

John Ritschel



This book is unique as the author worked with 10 world class Martial Artists including World champions, cage fighters and Grandmasters from different styles. Each Martial Artist critiqued their discipline including techniques, strengths and weaknesses. The masters and fighters also discussed what is required to become a perfect warrior or Martial Artist. Mixed Martial Arts (MMA) is one of the fastest growing sports in the world. The sport is often referred to as Ultimate Fighting after the Ultimate Fighting Championship (UFC). The aim of MMA is to give fighters from different fighting backgrounds and Martial Arts the opportunity to fight in one arena. Therefore it is important for fighters and Martial Artists alike to understand different styles and learn from their strengths and weaknesses. The Perfect Warrior contains: * The analysis of 10 Martial Arts styles: Kickboxing, Thai boxing, Kuk Sool Won, Karate, Mixed Martial Arts, Tai Chi, TaeKwonDo, Kali, All Range Combat System, Ju Jitsu * The attraction and main focus of each Martial Arts * Techniques used, including strengths and weaknesses * Effectiveness in real situations * History, origins, concepts and philosophies John Ritschels Martial Arts journey started when he was 12 years old. Today he holds a variety of titles in Kickboxing, is a senior instructor in Mixed Martial Arts and is a member of the German Kickboxing squad. He was a finalist in the Open World and European Kickboxing Championship (aged 38) and was recently awarded Fighter of the YearA by the London International Martial Arts Hall of Fame. Previous publications include the Mixed Martial Arts HandbookA and the Kickboxing HandbookA. He has also written a variety of articles for Martial Arts magazines.

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