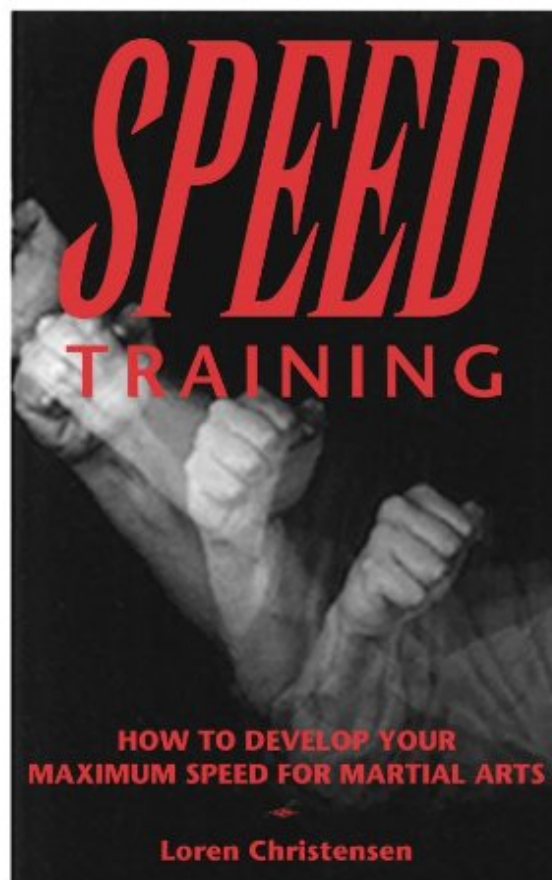


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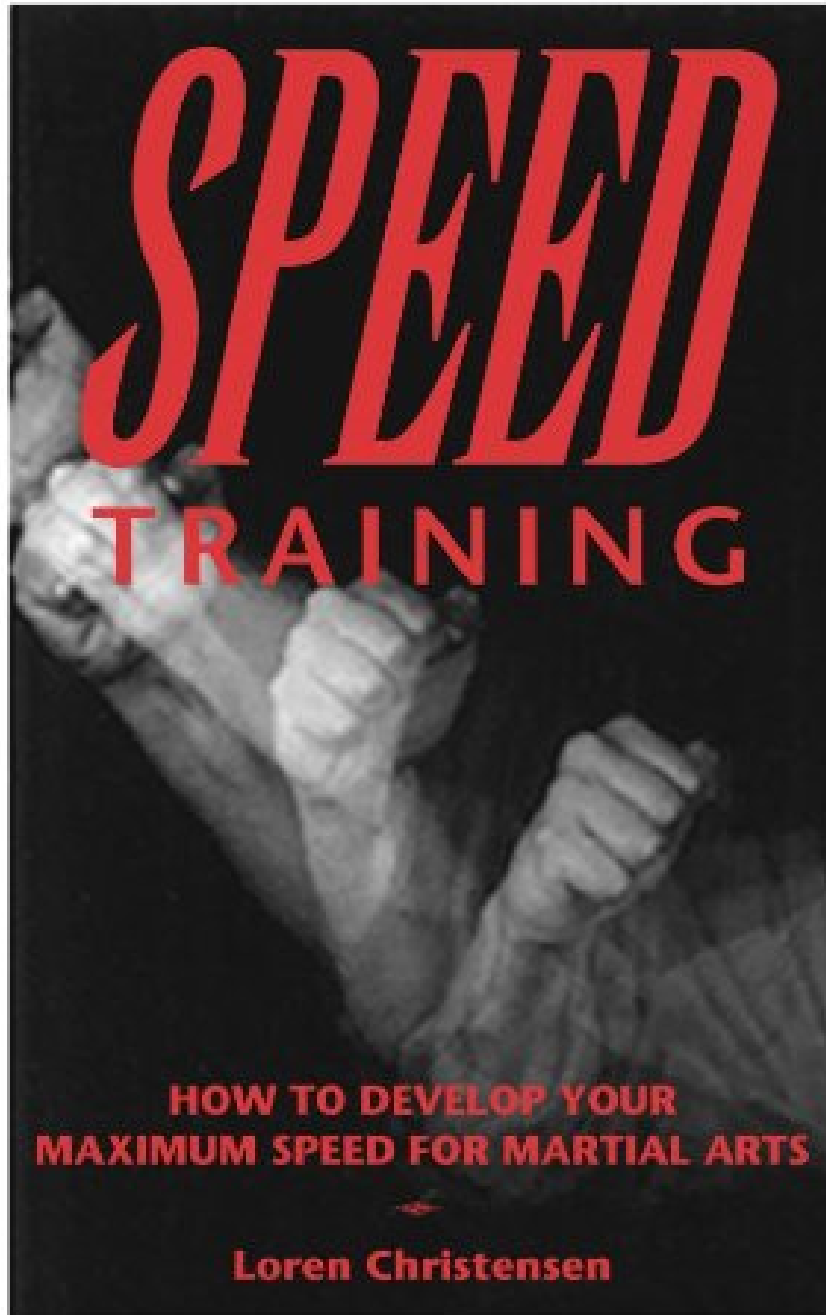


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Loren Christensen began his law enforcement career in 1967 when he served in the army as a military policeman in the United States and in Vietnam. He joined the Portland, Oregon, Police Bureau in 1972 and retired in 1997. During those years, he specialized in street gangs, defensive tactics, dignitary protection, and patrolling the bizarre streets of skid row. He now writes full time and teaches martial arts.

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- Brand: Brand: Paladin Press
- Published on: 1996-01-01
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- Dimensions: 8.50" h x .65" w x 5.54" l, .80 pounds
- Binding: Paperback
- 256 pages

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Good Info - with good drills

By C. Pellitteri

I enjoyed Loren Christensen's SPEED TRAINING book and have used some of the drills and explanations in my classes. Students enjoy the different approach and the fast paced drills. Earlier reviews discount the value of this book, but keep in mind no training book can offer all of the information on a given subject. This book has some great ideas and applies them with concise drills. I think anyone with an open mind would find this book a useful addition to their martial arts library.

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Great for old, slow guys like me!

By L. A. Kane

I have a library of over 240 martial arts books. Many are in mint condition; stuff I've read only once, didn't finish, or never got around to. Christensen's are all dog-eared with sticky notes and scribbles in the margins, solid material I read over and over again. As always his advice is practical, useful, and easy to read. I really

like the drills he's come up with in Speed Training. I have found them effective not only for myself, but for my students as well. I've been doing martial arts for over 30 years. If he can make this old dog faster, changes are his advice will work for you as well!

Lawrence Kane

Author of Surviving Armed Assaults, The Way of Kata, and Martial Arts Instruction

38 of 41 people found the following review helpful.

Great Book, Really Helps!

By T. A.

Though all the methods and exercises that Loren gives in this book are not for everyone, he states this in the beginning and says that some did not work for him but he left them in so that maybe they worked for others. I really have increased my speed greatly and am still working on all his stuff, whether giving you a speed diet, a weight lifting schedule, or many mental and physical exercises to increase speed (not just movement but also the ability to develop greater peripheral vision and be able to see and react quickly to an attack) he is able to appeal to everybody of different body types, initial speed, and respected style.

Check out more of Loren's books because he writes as if he were talking to you not just stating facts. He even has a few jokes in there so the tone is light-hearted.

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