



# The Modern Swordsman: Realistic Training For Serious Self-Defense

*Fred Hutchinson*

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# The Modern Swordsman: Realistic Training For Serious Self-Defense

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## **The Modern Swordsman: Realistic Training For Serious Self-Defense** Fred Hutchinson

Here is a complete training program designed to help the aspiring sword fighter become proficient with his weapon of choice and truly dangerous to an adversary. Covers mental conditioning, air-cutting drills, slow-motion and exaggerated-range-of-motion practice, extra-heavy sword drills, isometric and resistance training, point-sensitivity drills, aggressiveness and power training, speed and accuracy drills and more.

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