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# **STING LIKE A MOTHAF'N BEE- Shawn Kunkler, Author Of The World's Most (fun) Badass Training Manual: Advanced Training For MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How To Maximize Your Advantage**

## **STING LIKE A MOTHAF'N BEE**



SHAWN KUNKLER,  
AUTHOR OF THE WORLD'S MOST (FUN)  
BADASS TRAINING MANUAL



## Synopsis

This is for SNARKY Martial Artists who want to Kick (more) Ass while showing off YOUR 6-pack ABS. By now, most of you are tired of putting in all those long training hours and still NOT getting faster, stronger, or losing that extra belly fat, am I right? When the bell rings at the end of the round are you struggling for fresh air...knowing you can be better? Are you feeling slow and just not as mentally sharp as you ultimately could be? Don't worry; this book is YOUR injection of adrenaline. So what are the essential tools required to catapult your skills to the next level? A level more badass than Bruce Lee riding in on a lightning-bolt tiger while rocking his yellow onesies?! The steps to success are actually easier than you think. Most top fighters know the secrets, and so should YOU! So regardless of your fighting "style," there are some universal rules you will want to learn. Discover the 7 Keys to UNLEASHING your Physical Prowess!

**HYDRATION:** Learn how optimal hydration can improve physical performance when the right amount is consumed at the correct times. **2. FUEL:** Discover what to eat and meal timing in order to maximize your energy levels + reveal that elusive 6-pack!**3. THRESHOLD:** Understand your current limits so you know how to best SMASH through for maximum gains in the shortest possible time.**4. RESISTANCE:** Learn specific EXPLOSIVE exercises to develop YOUR ability to instantaneously select the perfect action in response to any attack or opening.**5. MOBILITY:** Revealed here is what every GREAT fighter knows: timing is everything.**6. IT:** Discover how to apply the one secret that ALL the BEST possess. **7. \*BONUS:** nice try, but we MUST talk about that inside...

## Book Information

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## Customer Reviews

I was thoroughly entertained as I read the book. I even found myself laughing out loud a few times. A great read. Everything the author talks about makes a lot of sense. I appreciated reading about his own personal experiences. Very motivational!

If you like mixed martial arts, and have any funny bone in your body you will love this book. It's a serious and informative book but at the same time it explains everything very clearly with a humorous view. If you're serious about MMA and would look to get in shape, with proper cardio routines and nutrition this is the book for you.

Great motivational read! Well written, thought provoking, and quite frankly very entertaining.

He cuts the scrap and fluff to tell you what you know but never actively practice. His book is a gem for pointing out in each chapter the key to your own personal mastery. Read and believe for yourself.

It was an easy book to read and I really enjoyed it, I wish all books were like that practical, funny and leave you the taste of wanting more..I highly recommend it.

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How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed  
Advanced Rubber Guard: Jiu-Jitsu for Mixed Martial Arts Competition  
Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting  
Grappling Techniques and Strategy (Self-Defense Book 3)  
The Gracie Way: An Illustrated History of the World's Greatest Martial Arts Family (Brazilian Jiu-Jitsu series)  
Mastering the Twister: Jiu Jitsu for Mixed Martial Arts Competition  
Mastering the Rubber Guard: Jiu Jitsu for Mixed Martial Arts Competition  
Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power  
Parting the Clouds - The Science of the Martial Arts: A Fighter's Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts  
Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! (Martial Arts, Fitness, Boxing and MMA Performance)  
The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best Series Book 6)  
The Art of Shaolin Kung Fu: The Secrets of Kung Fu for Self-Defense, Health, and Enlightenment (Tuttle Martial Arts)  
Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss  
Beekeeping: An Introduction to Building and Maintaining Honey Bee Colonies (2nd Edition) (beehive, bee keeping, keeping bees, raw honey, honey bee, apiculture, beekeeper)  
TRAILBLAZERS Stories of Training Brazilian Jiu-Jitsu in Rio de Janeiro 1988-2005

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