



Athletic training for martial art (Secrets of the training of Bruce Lee)

Sergey Matyushkov

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“Adapt what is useful, reject what is useless, and add what is specifically your own...” Bruce Lee

Who are typical dilettantes and whom to imitate?

You can find information about achievements and methods of those who are genetically gifted by nature mostly in all the books.

Let's honestly admit, genetically gifted skills among the large army of those who want to become strong and independent are rarely met. The vast majority of people who decided to begin systematic training cannot say that they have outstanding natural skills. Therefore, the chance that you will be a rare exception from the rule is very low.

So, what training methodology should a common dilettante select, if he has skills which can't be named as outstanding, who does not take steroids and other harmful pharmacology?

Let's be objective. A beginner with ordinary physical capabilities will have to go through a lot of anguish and frustration to grasp one key truth: he needs a reasonable and thoughtful approach to the creation of his own (individual) program, and not to exhaust himself with “star” systems.

I will repeat once again, it is stupid and pointless to choose traditional methods of strength training, which work only with genetically gifted people.

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