



# How To Bang: Explosive Punching For Combat Athletes

*Craig Bongelli, Brandon Gibson*

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**How To Bang: Explosive Punching For Combat Athletes** Craig Bongelli, Brandon Gibson  
***How To Bang: Explosive Punching For Combat Athletes* is the complete guide to understanding, building and using one punch knockout power!**

JacksonWink MMA Coach Brandon Gibson has coached MMA stars like Jon "Bones" Jones, Carlos Condit, Donald Cerrone, Holly Holm, Andrei Arlovski, Alistar Overeem and more. In this book he reveals his secrets on throwing the perfect knockout punch to maximize power with every shot.

Partnering with Coach Gibson is strength and conditioning expert Craig Bongelli. Craig works with some of the top fighters in both MMA and Boxing to develop strength and explosive power that translates to the ring and the cage. In *How To Bang* Craig breaks down the science of punching power and details everything you need to know to get more of it!

## **In How To Bang You Will Learn:**

- The Misconceptions Of Punching Power
- What Power *Really* Is
- The Keys To Being An Effective Puncher
- The Best Stance For Power
- How To Throw A Perfect Cross
- How To Throw A Perfect Hook
- Where To Land Punches For Maximum Damage
- How To Build Power In The Gym
- How To Create A Training Routine
- How To Train As An Amateur Or Pro
- How To Create A Weekly Training Schedule
- What To Do If You Experience Shoulder Or Elbow Pain

For A Preview Of The Book Visit:

<http://knockoutpunching.com/six-gun/>

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#### **John Lyons:**

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