



# Einführung in die Kampflehre (German Edition)

*Ewgeni Walender*

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## **Einführung in die Kampflehre (German Edition)** Ewgeni Walender

Einfache Antworten auf schwierige Fragen

der Kampfkunst gibt die in diesem Buch vorgestellte unkonventionelle Kampflehre. Diese Kampflehre basiert auf der aus ungewöhnlicher Sicht betrachteten Lehre vom mittelalterlichen Fechtmeister Lichtenauer (Liechtenauer) und gilt für alle Bereiche der Konfrontation.

Es sind nur fünf Begriffe, die das komplexe Kampfwesen vollkommen erläutern.

Was sind das für Begriffe, wie man sie praktisch in verschiedenen Bereichen anwendet — all das verrät dieses Buch. Von allgemeinem Verständnis des Kampfgeschehen und der in den Techniken aller Kampfsarten wirkenden Mechanismen, über richtiges Training und Automatisierung des Gelernten bis hin zum Aufbau eigenes Kampfsystems. Alles, was man von dem Trainer nicht erklärt bekommt. So, dass es neben den Sportlern und Trainingswissenschaftlern auch bei denjenigen Interesse weckt, die die Selbstverteidigungstechniken verstehen, an sich anpassen und effizient lernen wollen. Diese Begriffe sind so universell, dass man sie analog auch in anderen Konfrontations-Bereichen wie z.B. BWL oder Psychologie einsetzen kann.

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