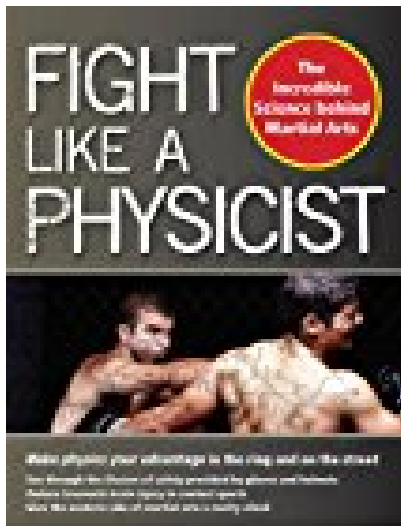


# Fight Like a Physicist The Incredible Science Behind Martial Arts Martial Science

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JASON THALKEN, PHD

## BOOK DETAILS

- Author : Jason Thalken
- Pages : 128 Pages
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## BOOK SYNOPSIS

CRUSHES MYTHS. UTTERLY BRILLIANT! An in-depth look into the physics behind martial arts Whether you are an experienced martial artist or a curious enthusiast, this book gives you an “unfair advantage” by unraveling the complex science of effective fighting techniques and examining the core principles that make them work. Did you know? • Momentum is for knocking people over • Energy is for breaking bones and causing pain • A haymaker travels 3.14159 times farther than a jab • You are only an “object” when you are rigid Fight Like a Physicist blends inquiry, skepticism, and irreverent humor—all while punching holes in myth and mysticism. Highlights include • Making physics your “unfair advantage,” in the ring and on the street • Examining center of mass, pi, levers, wedges, angular momentum, and linear momentum for martial artists • Reducing traumatic brain injury in contact sports • Exposing the illusion of safety provided by gloves and helmets • Overturning conventional wisdom on compliance during an assault • Busting up Hollywood action clichés Fight Like a Physicist reads like a manifesto on the rational practice of martial arts. It’s intelligent, fun, and dangerous—and nothing short of iconoclastic.

### **FIGHT LIKE A PHYSICIST THE INCREDIBLE SCIENCE BEHIND MARTIAL ARTS MARTIAL SCIENCE**

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