

SL: The Fastest Way To Start Sparring

Why haven't you gotten your first sparring session in yet?

You're probably training in kickboxing for a couple of months and you have this uncontrollable desire to get in the ring and trade blows with another "fighter".

But your coach tells you that you keep messing up your feet after an offense and that you need to work on your hit-and-move strategy more...

And instead of teaching you the most effective techniques that will get you ready for sparring...

He keeps telling you to throw boring "1-2-3-roundhouse" combinations repetitively in front of the mirror...

Or at best... in the heavy bag.

And the worst part?

You see the more experienced fighters sparring every day and you sit there, shadowboxing, thinking: *"maybe fighting isn't for me, I should probably quit"*.

Wrong... Fighting is something anyone could master and it doesn't have to take years...

Because if you could slightly improve your technique, you would finally start sparring.

Imagine how satisfied you will feel when you finish your first sparring session against a more experienced fighter...

Do you want to know how you could improve faster in a week than if you trained at your gym for a month doing boring and useless drills?

Then [click here](#) for a simple step-by-step guide that might allow you to get your first sparring session in the next week.

<Your Signature>