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***Speed Training for Martial Arts:
How to Maximize Speed for Competition and Self-Defense***

by

J. Barnes

**Athletes and Martial Artists Improve Speed and Reflexes with
Speed Loop™ Program Featured in Book by Veteran of
'Mixed Martial Arts' Popularized by UFC Competitions**

CLEVELAND, Ohio, January 8, 2008 -- Fitness Lifestyle Publishing continues to succeed with a specialized book that, according to Black Belt Magazine, presents "instruction & drills for improving your physical reflexes and mental process." *Speed Training for Martial Arts: How to Maximize Speed for Competition and Self-Defense* helps both fans of mixed martial arts and athletes master the seven key components of speed to perform better in games and the various contests that have blossomed with the success of Ultimate Fighting Championship (UFC), according to Kevin Jones, CEO of Fitness Lifestyle.

Speed Training for Martial Arts was written by J. Barnes, a 20-year veteran of mixed martial arts and creator of the Speed Loop™ program, for all athletes and the seven million Americans who participate in mixed martial arts -- "one of the fastest-growing sports in the U.S.," Jones explains.

"Mixed martial arts have become mainstream due, in part, to televised UFC Fighting competitions," according to a recent USA Today article. What's more, telecasts of Ultimate Fighter on Spike TV attract more male viewers ages 18 to 34 than televised NBA and MLB games, according to Jones. "If you look at America today, mixed martial arts have essentially overtaken boxing as America's favorite combat sport."

When it comes to sports in general and the martial arts -- speed is everything. J. Barnes' book gives people the tools to become a better martial artist and excel in just about any athletic endeavor. After reading J. Barnes' book, Diane Davila, a martial arts instructor and contributing writer for About.com, said, "If you are serious about developing speed . . . this book is a must have."

***Speed Training for Martial Arts: How to Maximize Speed for Competition and Self-Defense* (\$18.95) is available everywhere books are sold.**

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