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Kick-Start your Juices

By Mary Attard

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Listen, consider this scenario.

You have a deadline to honour. Time is pressing, tighter and tighter. You are hoping to come up with some topic for your project.....

However, ideas on what to write about keep eluding you.

What are you going to do in situations like these?

Today there are various software and information to start you off when finding yourself in such a rut. They all can come handy, but one sure technique to provide quick results is Keyword Brainstorming.

Let's see what this is all about and how it works in practice. find a quiet place and set a time limit take a sheet of paper and write the subject keyword at the top now, any idea that this word brings to your mind, jot it down don't be judgmental, and keep focusing on the start keyword just write key words – enough to trigger your thoughts in future keep going as fast as you can jot down in a list form, without analysing for spelling, validity, etc derive as many ideas on paper while keeping the fast pace

Here is an example of how a KEYWORD brainstorming page would be:

HAPPINESS

laughter
water
food
solitude
simple
sleep

Kick–Start your Juices

relaxation
nature
family
meditation
friends
calm
prayer
heart
tranquility
sunshine
children
smile
jokes
quiet

holidays
health
therapeutic
alternative

This can be taken further by building another keyword from this very list to start a fresh list and getting you deeper into the subject.

You can even challenge yourself to stick to only a predetermined number of responses you are able to come up with.

As you see every word in the list can provide you with a particular angle in relation to the main keyword which in turn can lead you to a totally unique approach to your writing project.

There are times, as everything else in life, when writing is a bit of a chore, but having the right tools at hand it can be turned into an enjoyable experience and even fun to do.

You can kick start your juices with the right tools!

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Martial Arts Speed Kicking

By Joe Driscoll

If I was to ask you what was the most important kick in the Martial Arts, what would you say? If you're a fan of flashy kicks or extreme Karate, you'd probably tell me some flashy spin or jump kick.

But the fact is the most important kick you'll ever have for fighting in the Martial Arts is the lead leg kick. Depending on your style or stance, the lead leg is always the closest leg to your opponent. From a side stance, or point sparring stance, it would be the lead leg side kick. From a Muay Thai or kickboxing stance, it would be the lead leg front kick.

Before you say that's a simple kick and anyone can do it, let's go over a few things.

It's much more the timing, speed and ability to throw this kick from any position on the floor or ring than it is anything else. A great lead leg front kick will allow you to beat superior opponents.

Why does this kick need to be one of the best in your repertoire?

1. It's the closest limb to your opponent and therefore can get from point A to point B faster than any other technique
2. It's a defensive kick that can be used to stifle your opponents techniques
3. It's an offensive weapon use to beat down your opponent to open up prime striking opportunities later in the fight

Developing the Lead Leg Kick

Whether your lead leg kick is the Side Kick or the Front Kick, rebounds are an excellent way to develop the speed, power and timing needed for this kick.

To do Rebounds, you must use a hanging heavy bag. Stand close enough to the bag to throw a lead leg kick, drop your foot to the ground and spring off the floor into another kick. Start slowly in sets of 2 repetitions, but you can move to as many repetitions as you feel comfortable with.

The closer you stand to the heavy bag, the more resistance you'll be faced with, and therefore you'll be training more for strength along with speed and timing.

Joe Driscoll is a former Martial Arts world champion and the author of "Conditioning and Beyond", "Underground Speed Kicking Secrets" and several other books on fitness, conditioning and Martial Arts Training. Find out more about Joe and his training concepts at

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