



# **Forza The Samurai Sword Workout: Kick Butt and Get Buff with High-Intensity Sword Fighting Moves**

*Ilaria Montagnani*

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First the author teaches basic sword movements: thrusts, slices etc. Although she keeps it fun, she draws on her years of martial arts training to teach the true movements that combine balance, focus and precised muscle control. Then the author explains the benefits of each movement and her sword fighting program as a whole. In part three of the book she brings it all together showing how to string movements together into a heart-pounding, full-throttle workout.

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