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## **Explosive Running: Using The Science Of Kinesiology To**

SHOCK SENSITIVE EXPLOSIVES Petroleum jelly and potassium chlorate in a 1 to 1 ratio by weight makes a totally safe when wet compound but is highly explosive and shock sensitive when dry. 3 grams of potassium iodide and 5 grams of iodide in a beaker with 50 ml of water mixed all together. Add 20ml of ammonium hydroxide (Ammonia water 10%) Filter.

## **EXPLOSIVES = COMPLETE TUTORIAL Compiled by Red Dragon**

Explosives are chemical mixtures or compounds that, when subjected to heat, impact, or shock, are capable of undergoing a rapid decomposition that releases heat and gases, which, in turn, expand to form high pressures.

## **Blaster's Training Modules - Module 1 - Explosives**

Force, distance and time are products of power and can be changed in a positive way with resistance training. Again, both power and explosive strength must be considered by the athlete and coach. Pre-Working State. The initial state of the muscle before contraction has a great impact on explosive strength and power.

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