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O progressivo KO é uma estratégia de treinamento do boxe que visa ao knockout (novaute) no oponente. A ideia por trás desta estratégia é desgastada pelo gosto com mais ritmo e precisos, gradualmente aumentando um sentimento de integridade dos golpes, em que aquele e onde se encontra na obra!

Princípios do Progressive KO

- Desgaste o ritmo com golpes rápidos e precisos.
- Gradualmente aumente uma intensidade dos golpes.
- Use diferentes tipos de golpes para evitar que o objeto se adapte.

For kids over the age of 6, the American Academy of Pediatrics says no more than 60 minutes on school days and 2 hours on non-school days. Kids under 6 should spend closer to 30 minutes.

It's also appropriate for parents to know and approve the games their kids are playing. Avoid any games with graphic violence or sex.

[Healthy Limits on Video Games - Child Mind Institute](#)

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For kids and teens 5 to 18 years old, experts recommend that parents think about how much their child uses any media. This includes playing video games on gaming consoles, tablets, or smartphones. Using media should not take the place of getting enough sleep or being physically active.

[Kids and Video Games \(for Parents\) - Nemours KidsHealth](#)

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