



Mixed Martial Arts Fighting Techniques: Apply Modern Training Methods Used by MMA Pros!

Danny Indio

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Learn devastating mixed martial arts techniques from all over the world with this expert guide.

Superb fighting skills are essential in all sorts of situations, and can save your life if you are attacked. *Mixed Martial Arts Fighting Techniques* is a complete how-to manual for the modern fighter, presenting a detailed overview of all the best MMA fighting techniques and the various situations in which they can be used.

Comprehensive and well laid-out, with hundreds of tips such as grappling your way into a dominant kesa-gatame position to force your adversary's submission or knowing when to fight "dirty" to attack your opponent's vulnerabilities, this manual will give you a leg-up for everything from a no-holds-barred street fight to the regimented rules of fighting in the ring. With over 700 color photos and an instructional DVD that clearly demonstrate all the right moves, this book gives you the winning edge you need!

- Use Western boxing and Muay Thai techniques to move out of harm's way as you deliver a devastating array of attacks
- Use Brazilian jiu-jitsu and MMA techniques to escape holds and move into dominant positions
- Use modern streetfighting techniques
- Use Filipino knife-fighting techniques
- And much more!

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A lot of people always spent their free time to vacation or go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day every day to reading a publication. The book Mixed Martial Arts Fighting Techniques: Apply Modern Training Methods Used by MMA Pros! it is quite good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In case you did not have enough space to create this book you can buy typically the e-book. You can m0ore simply to read this book through your smart phone. The price is not very costly but this book has high quality.

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