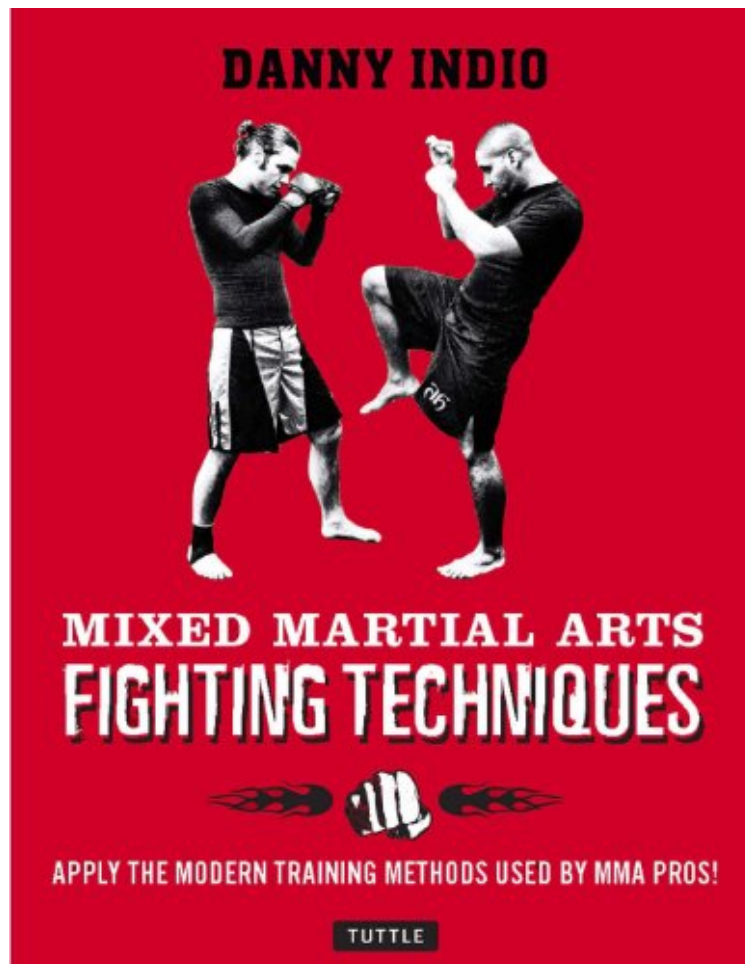


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Mixed Martial Arts Fighting Techniques: Apply Modern Training Methods Used by MMA Pros!

Von Danny Indio

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KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. mixed martial art fightingVon NoshDas Buch ist fr den Preis sehr gut mit vielen farbigen Photos,die vielleicht etwas groer sein knnten aber in dieser form ist auch absolut okay.Die DVD ist eine Frechheit,nicht brauchbar,nicht anschaubar.Das Bild ist sehr klein und verschwommen sodass man nach 2 Minuten ansehen Kopfschmerzen kriegt!Also das Buch

verdient 5 Sterne, die DVD gar keinen daher 3 Sterne für das Buch.

Kurzbeschreibung 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 downloadable instructional video 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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