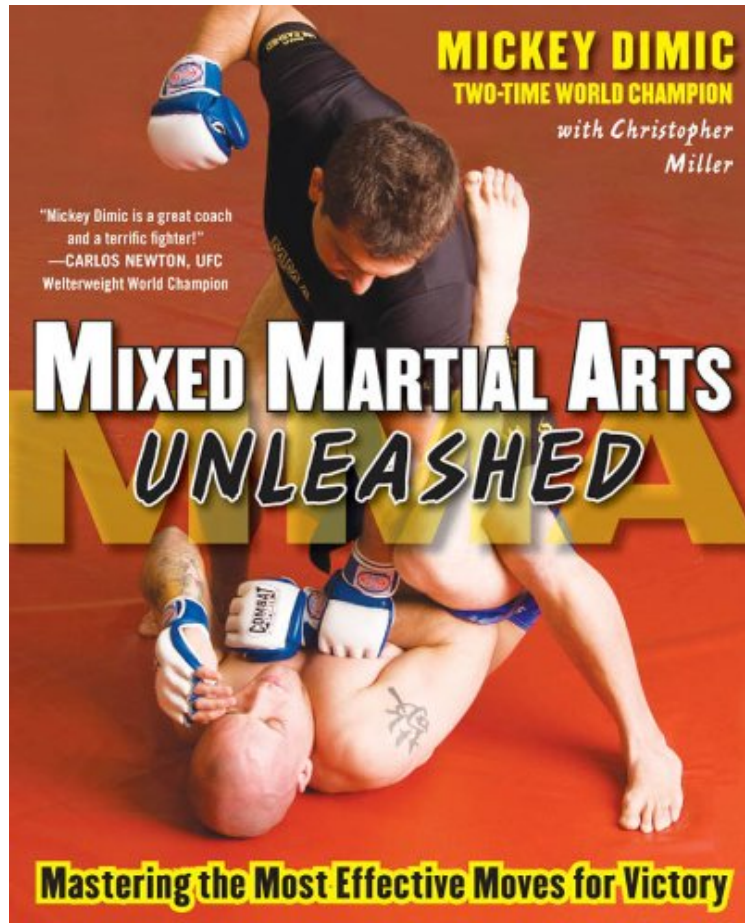


[Free pdf] Mixed Martial Arts Unleashed: Mastering the Most Effective Moves for Victory

Mixed Martial Arts Unleashed: Mastering the Most Effective Moves for Victory

Von Mickey Dimic, Christopher Miller

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Von Mickey Dimic, Christopher Miller : **Mixed Martial Arts Unleashed: Mastering the Most Effective Moves for Victory** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mixed Martial Arts Unleashed: Mastering the Most Effective Moves for Victory:

KundenrezensionenHilfreichste Kundenrezensionen3 von 4 Kunden fanden die folgende Rezension hilfreich. The Best Single-Volume MMA BookVon PlotinusSuperb book written by a great team including MMA coach Mickey Dimic, UFC Champion Carlos Newton, BJJ whiz Mark Bocek and Britain's kickboxing/MMA star Gary Turner. This book is unique in that it actually explains WHY and HOW everything works. Excellent theory and practice book! Adds a lot of depth to your MMA! A big help in training!When I ordered this book, I didn't know what I was going to get, but it looked good: written by a combination of UFC champions, amateur MMA champions and grappling and striking specialists in pro MMA, some in UFC others in other leagues. However, besides Carlos Newton, I wasn't too familiar

with who the others were, but this is probably more due to my interest in MMA being more in participating than in keeping stats on all the fighters. But, WOW, the book does impress! It takes the mystery and confusion out of the sport by starting with the building block techniques like strikes, takedowns, pins, guard work and subs, and then shows how you link them together, and then how to strategize and train to maximize your chances against an opponent. What I really like is how, unlike it seems every other book out there, they prioritize moves, showing which ones are most common and effective, and not just throwing out an unorganized mess of moves that the player has to experiment with to see what he finds better than what. One other thing I really like is that the book is written for amateur players too. There are more restrictions on amateur events, and this book helps you to navigate through them. The drills in the book are very useful and even fun, and opened my eyes to more efficient ways of training. Many of them are situational based, and the book describes the most "go for" moves from each, for both attacker and defender, and how to do them. The book even discusses about how to transition from a base art, like wrestling, BJJ or Muay Thai, to MMA and what your major holes are that you have to fill when making that transition. This book actually explains everything and doesn't just throw a bunch of moves at you to figure out. Excellent book.

Kurzbeschreibung Get what it takes to win-and unleash the ultimate fighter in you Think you know your way around the cage? Think again. Mixed martial arts powerhouse Mickey Dimic, two-time middleweight world champion and Hall of Famer, kicks your game into gear with this no-holds-barred guide to grounding and pounding, sprawling and brawling, and boxing dirty like the toughest contenders. Breaking down the fundamentals of mixed martial arts competition, Dimic brings his decades of MMA experience to teach you the various skills of boxing, wrestling, Muay Thai, judo, and Jiu-jitsu, arming you with an unstoppable arsenal of weapons sure to yield maximum damage to any opponent. With Dimic's cage-tested tips and drills, you'll learn to: Hone your body with proper training Punch and kick with power and precision Beat down your opponent with a merciless full mount Escape from the tightest traps Force submissions with vice-grip grappling holds And strategize your way to victory in every fight

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Synopsis Techniques and tips for winning matches through combined moves from mixed martial arts, such as judo, boxing, and tak kwon do, are presented in this informative book with 120 black-and-white photos throughout. Original.