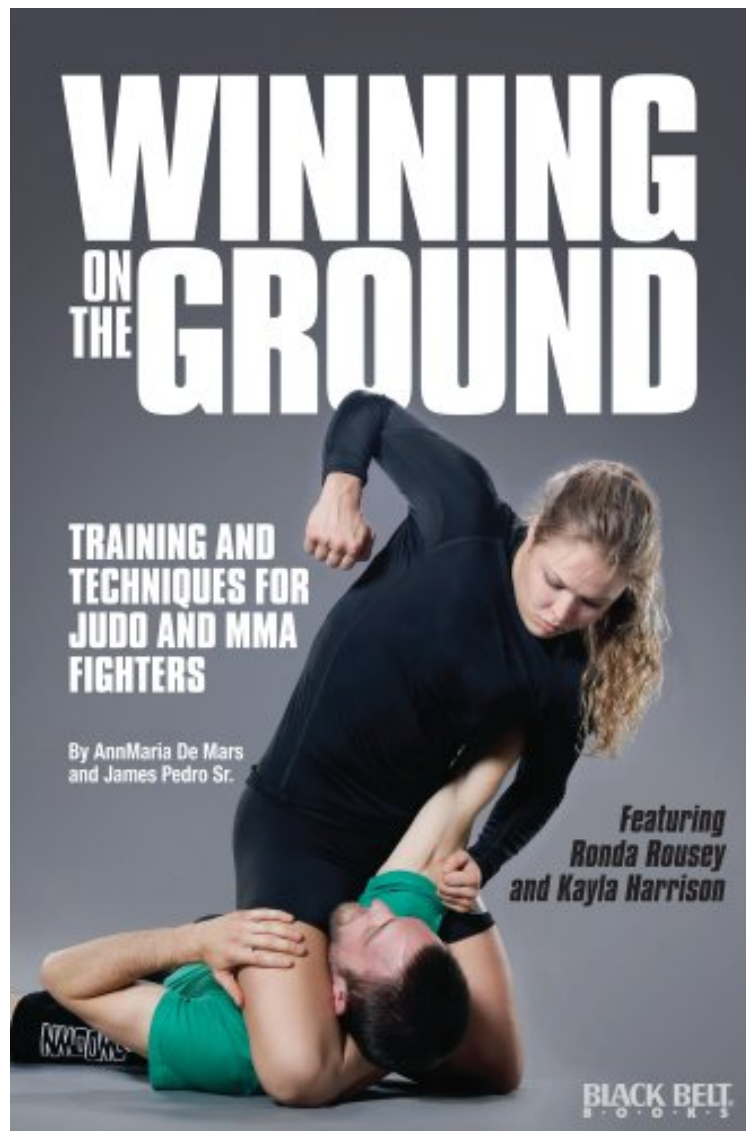


(Download free pdf) Winning on the Ground: Training and Techniques for Judo and MMA Fighters (English Edition)

Winning on the Ground: Training and Techniques for Judo and MMA Fighters (English Edition)

Von James Pedro Sr., AnnMaria De Mars
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Von James Pedro Sr., AnnMaria De Mars : **Winning on the Ground: Training and Techniques for Judo and MMA Fighters (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Winning on the Ground: Training and Techniques for Judo and MMA Fighters (English Edition):

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interessantes Buch, Von Jens Wueppenhorst viele gute Ideen für eigene Training. Ein etwas anderer Ansatz für den Bodenkampf als man es vom BJJ gewohnt ist. Außerdem sehr Unterhaltsam geschrieben.

Kurzbeschreibung In WINNING ON THE GROUND: Training and Techniques for Judo and MMA Fighters, Dr. AnnMaria De Mars, 1984 world judo champion, and James Pedro Sr., coach of international judo medalists, present a variety of techniques developed over the years. Their coaching has helped such winners in the worlds of judo and mixed martial arts as Ronda Rousey (De Mars daughter) and Kayla Harrison take home medals at the highest levels of competition. Winning on the Ground demonstrates that you can overcome your opponent, even from a position that may seem hopeless. The key is in training for various scenarios. Winning on the Ground includes the following: six secrets to better mat work (and mistakes to avoid), coaching tips from the authors, a dozen quick ways to gain an opponents submission, how to do the perfect armbar and half nelson, smarter training: drills for connecting techniques for the win and MUCH MORE!

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Über den Autor und weitere Mitwirkende AnnMaria De Mars is one of the most decorated U.S. judokas in the history of the sport. At her West Coast Judo Training Center she coaches athletes in judo, mixed martial arts and grappling. James Pedro Sr. has represented the United States as an international judo competitor in Europe and South America. He is the founder of Pedro's Judo Center where he coaches athletes in wrestling and mixed martial arts. They both live in Santa Monica, California.