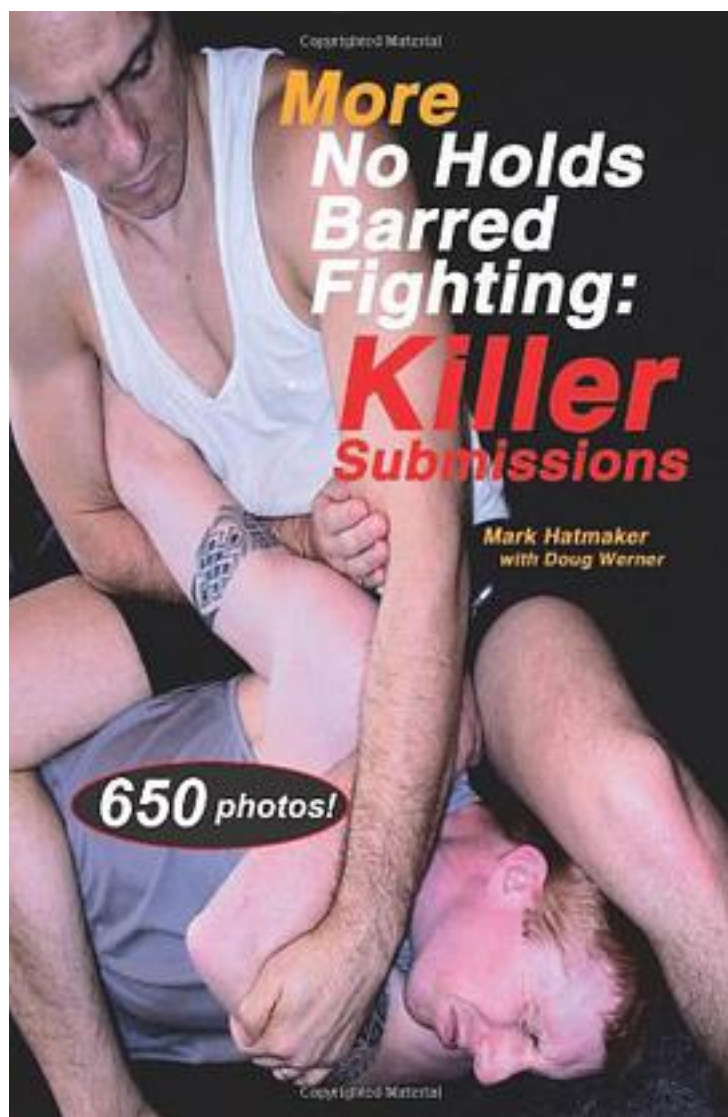


More No Holds Barred Fighting



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出版者:Independent Pub Group

出版时间:2003-6

装帧:Pap

isbn:9781884654183

This advanced guide to submission wrestling -- the underlying fighting skill associated with such events as the Ultimate Fighting Championships, the King of the Cage, and the Pride Fighting Championships -- continues the straightforward, pragmatic approach to ultimate-fighting instruction begun in 'No Holds Barred Fighting'. A review of the basics is provided, followed by more of everything -- more takedowns, more takedown defences, more ground positioning, more submissions, more escapes, and more drills. The cross-disciplinary approach develops physical and mental endurance, total body flexibility and agility, explosive functional strength, and a thorough knowledge of body mechanics and dynamics. Useful lists of related web sites, publications, instructional videos, and other training resources are provided.

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