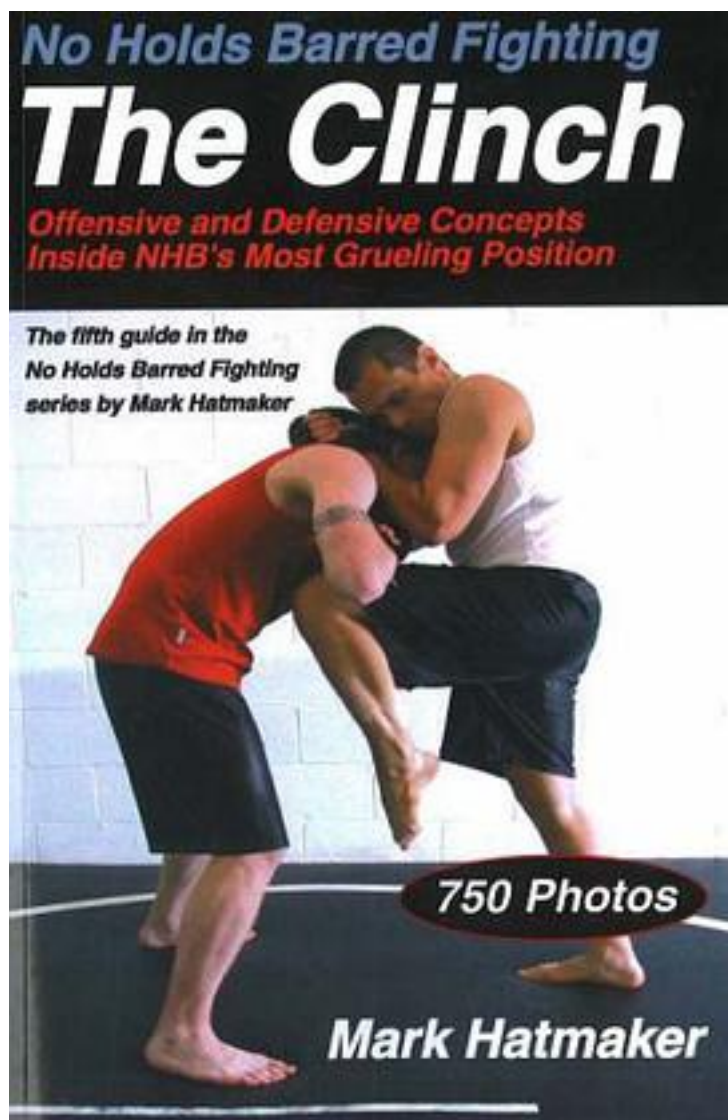


# No Holds Barred Fighting, the Clinch



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With its complete focus on a single fighting position, this handbook unsparingly examines the clinch. In the clinch, the no-holds-barred combat techniques of striking and grappling meet, posing new challenges and calling for new strategies. With these detailed explanations of each aspect of positioning in the clinch, fighters can set up their own clinch takedowns and beat those used against them in the ring. The unique striking tools, protection strategies, and takedowns the clinch requires are explained for both offence and defence, moving smoothly between each fighting element to maximise advantage. A clinch situation is an inevitability in NHB fighting, and this reference gives fighters the most complete education in turning the clinch to their advantage.

作者介绍:

目录:

[No Holds Barred Fighting, the Clinch\\_ 下载链接1\\_](#)

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