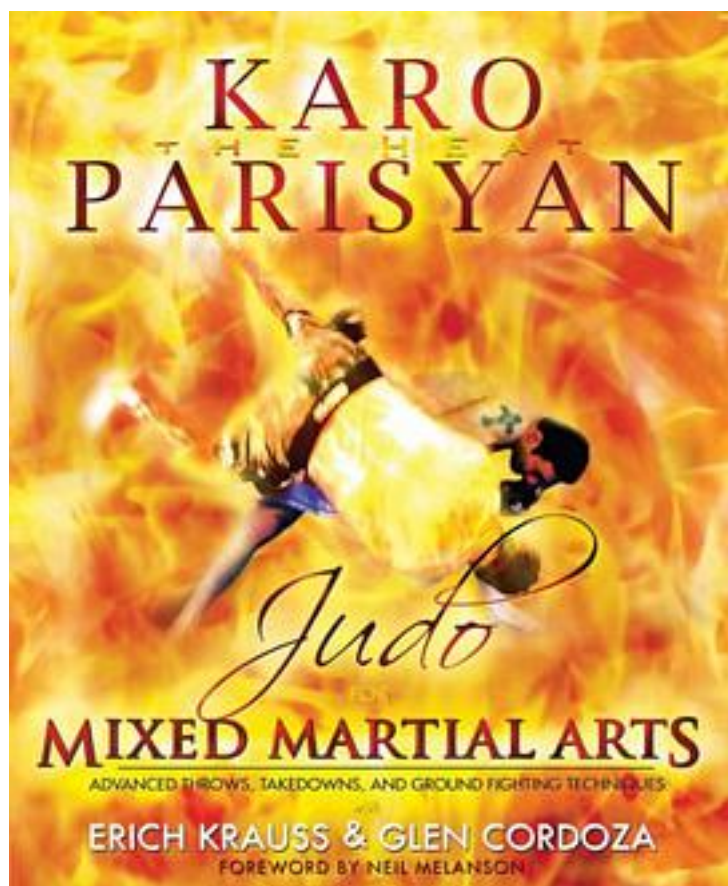


# Judo for Mixed Martial Arts



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著者:Karo Parisyan

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In "Judo for Mixed Martial Arts, " world renowned judoka and UFC fighter Karo Parisyan unleashes the secrets of how to toss an opponent eight feet into the air and then finish him with a bonebreaking submission the moment he hits the ground. Covering thirty of the most practical throws and more than sixty submissions, this book is guaranteed to become the bible amongst MMA fighters.

作者介绍:

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