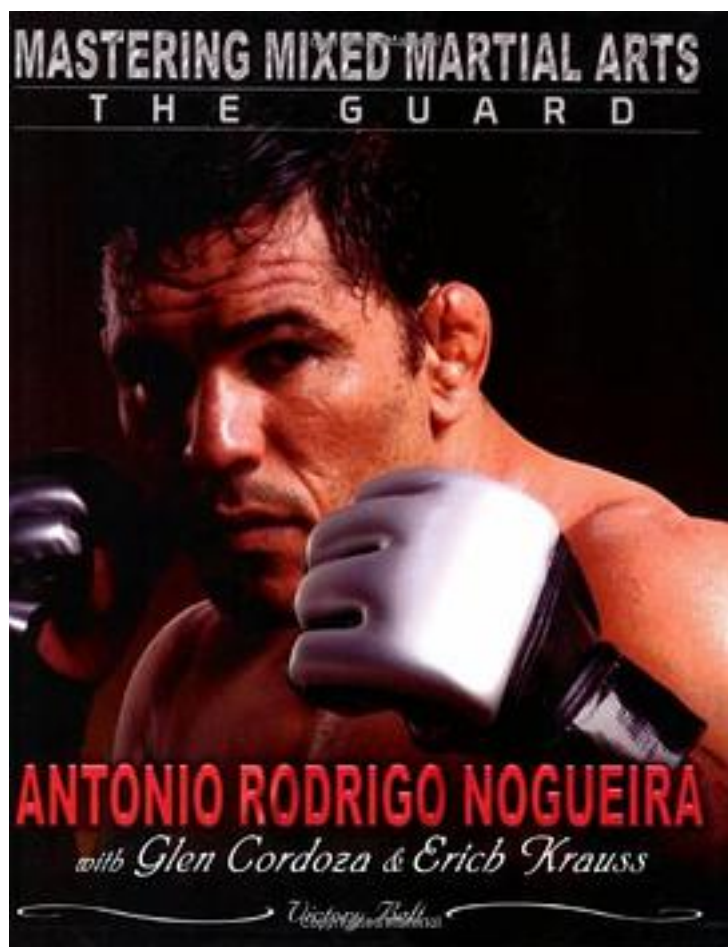


# Mastering Mixed Martial Arts



[Mastering Mixed Martial Arts 下载链接1](#)

著者:Antonio Nogueira

出版者:Victory Belt Publishing

出版时间:2008-12-2

装帧:Paperback

isbn:9780981504421

Combining wrestling, boxing and ruthless ground-and-pound with world-class Brazilian Jiu-Jitsu, Antonio Nogueira, current UFC Heavyweight Champion, has developed the most sought-after fighting system on the planet. In "Mastering Mixed

Martial Arts," for the first time, he unveils the guard segment of that system through more than 1000 step-by-step color photographs and detailed narrative, covering everything a fighter could want to know about developing and utilizing the guard. If your goal is to learn how to haul an opponent to the mat and put him in a world of pain, "Mastering Mixed Martial Arts" puts you one step closer to achieving that dream.

作者介绍:

目录:

[Mastering Mixed Martial Arts\\_ 下载链接1](#)

标签

评论

-----  
[Mastering Mixed Martial Arts\\_ 下载链接1](#)

书评

-----  
[Mastering Mixed Martial Arts\\_ 下载链接1](#)