

The Best of Mixed Martial Arts



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TapouT Magazine and MMA Worldwide Magazine are the premier magazines covering the growing sport of mixed martial arts. Now, for the first time, they are publishing a book that will cover every aspect of this exciting sport. The Best of Mixed Martial Arts includes clear, step-by-step information on the moves everyone should know and master to compete in the sport. It also provides tips and techniques from the MMA Worldwide Association's training manual on how you can parlay these moves into success in the ring. Strength and conditioning are essential ingredients in reaching your potential in the sport, and this book includes the basic regimens you should follow--and some cutting edge routines as well. Also, Randy Couture will be featuring

some of his secrets. Mixed martial arts is a colorful and entertaining sport with plenty of action and personalities. The Best of Mixed Martial Arts will include a behind-the-scenes look at the fights and venues that highlight the season. Moreover, it will contain profiles and original interviews with the most compelling figures in the sport: Matt Hughes, Rich Franklin, Chuck Liddell, and many more With full color throughout, this book will provide a mix of the best and most interesting dimensions of this always fascinating world.

作者介绍:

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