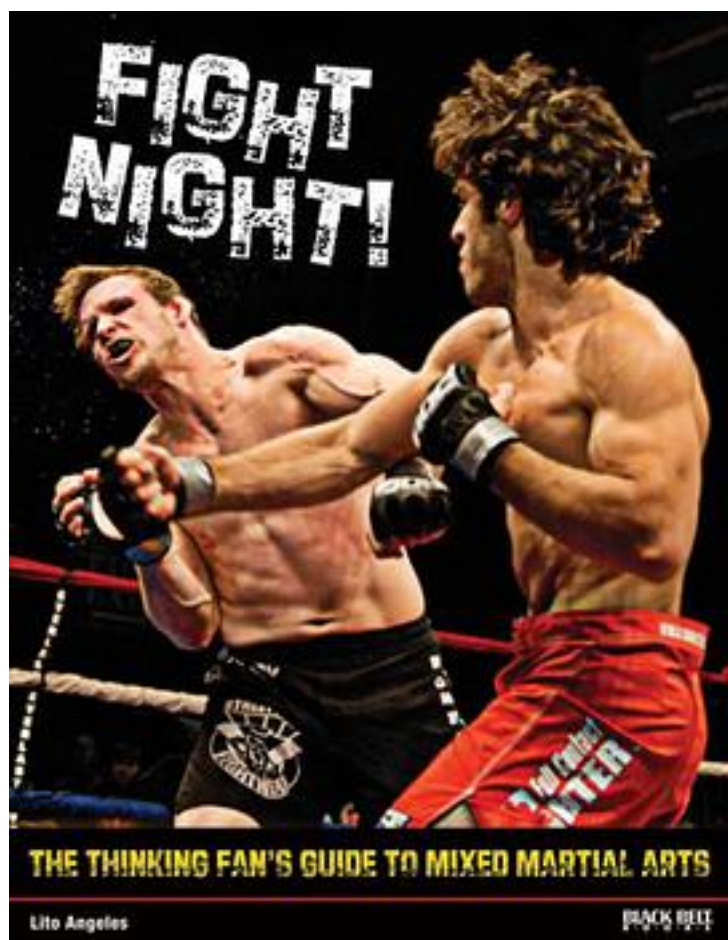


Fight Night!



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The constantly evolving mixed martial arts and Ultimate Fighting Championship terminology is demystified in this comprehensive reference. Perfect for fans new to the arena or any devotee looking to gain a deeper understanding of the styles, positions

and techniques, this exhaustive resource helps make sense of the flurry of action in the rings. Each entry includes written descriptions and detailed photo sequences that help readers comprehend everything from guards and locks to kicks and bars. Full-colour shots of dynamic moves accompany background and historical information on the evolution of the sport, offering fans the information they need to have a more enjoyable experience when watching the matches.

作者介绍:

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