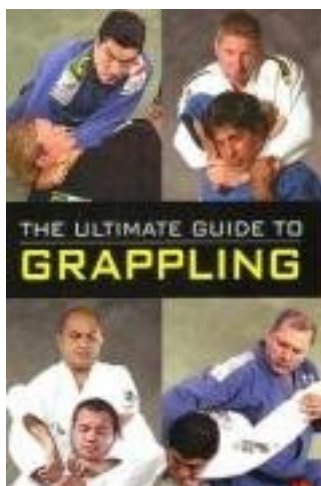


Ultimate Guide to Grappling



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Over 30 years worth of tutorial essays and interviews with martial arts professionals compose this extensive resource on the art of grappling. Instructional chapters demonstrate a variety of moves and approaches, including reality-based ground techniques used by police officers and soldiers as well as the central aspects of classical jujitsu and submission wrestling. The history of ground fighting is also addressed, including its origins in the Greek sport of pankration. Articles featuring such fighting legends as Mike Swain, John Machado, and Gokor complete this definitive grappling reference.

作者介绍:

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