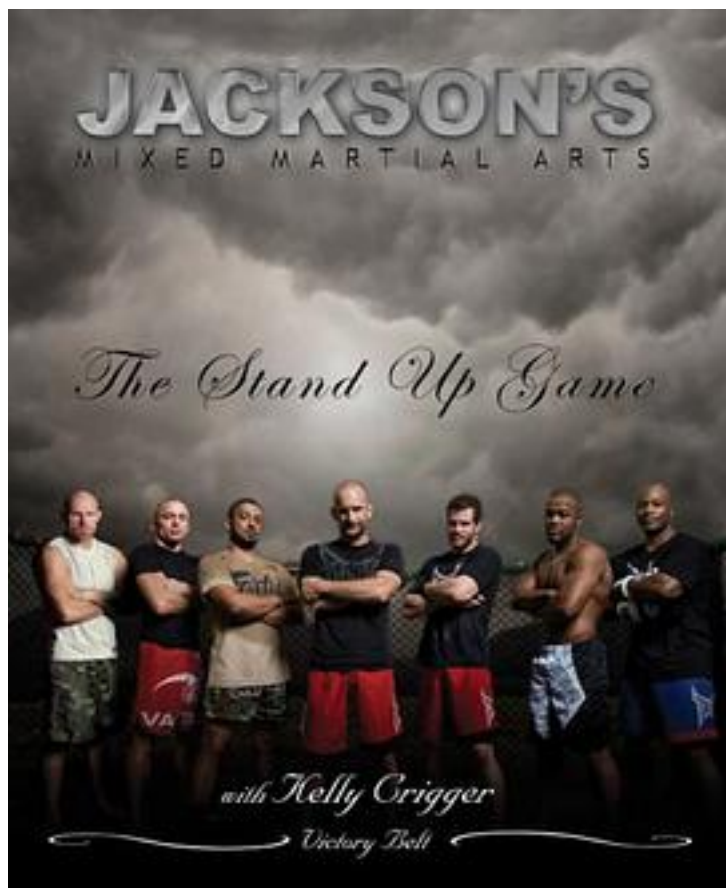


# Jackson's Mixed Martial Arts



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Greg Jackson is the most accomplished and celebrated mixed martial arts coach in the world. In "Jackson's Mixed Martial Arts," he brings you into his stable of fighters, which includes UFC Welterweight Champion Georges "Rush" St. Pierre, UFC Light Heavyweight Champion Rashad Evans, UFC Light Heavyweight contender Keith Jardine, and UFC Middleweight contender Nate Marquardt. For the first time, he

unveils his methods for developing fight strategies, detailing everything you must accomplish from the moment you sign the contract up to the time you step foot into the octagon. Next, he shares his arsenal of stand-up striking techniques that allow his fighters to dominate the world of mixed martial arts. He shares dozens of striking combinations, counterstriking combinations, takedowns, and throws. "Jackson's Mixed Martial Arts" also includes something no other technique book offers--a chapter on street fighting that was developed over several years of trial and error. If your goal is to rise to the top of the MMA mountain, "Jackson's Mixed Martial Arts" is a mandatory tool because it's written by a trainer who's taken several fighters there.

作者介绍:

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