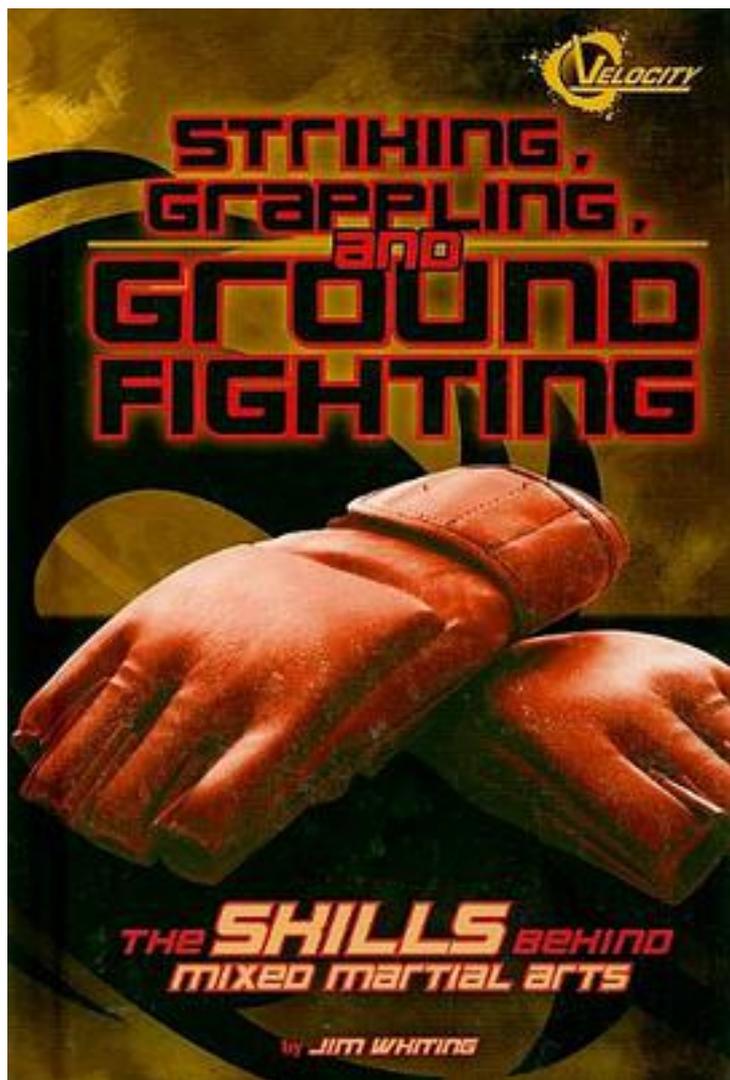


Striking, Grappling, and Ground Fighting



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Explore the sport of MMA a world full of strikes, takedowns, and submission holds. Find out what it takes to be an MMA fighter and how fighters use these moves to defeat their toughest opponents.

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