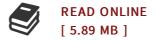




More No Holds Barred Fighting: Killer Submissions

By Mark Hatmaker

Tracks Publishing, U.S. Paperback. Book Condition: new. BRAND NEW, More No Holds Barred Fighting: Killer Submissions, Mark Hatmaker, This advanced guide to submission wrestling -- the underlying fighting skill associated with such events as the Ultimate Fighting Championships, the King of the Cage, and the Pride Fighting Championships -continues the straightforward, pragmatic approach to ultimate-fighting instruction begun in 'No Holds Barred Fighting'. A review of the basics is provided, followed by more of everything -- more takedowns, more takedown defences, more ground positioning, more submissions, more escapes, and more drills. The cross-disciplinary approach develops physical and mental endurance, total body flexibility and agility, explosive functional strength, and a thorough knowledge of body mechanics and dynamics. Useful lists of related web sites, publications, instructional videos, and other training resources are provided.



Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You wont sense monotony at at any time of your time (that's what catalogues are for relating to should you request me).

-- Jaqueline Kerluke

I just started looking at this pdf. It can be rally fascinating through studying period of time. Its been printed in an extremely basic way and is particularly only following i finished reading through this publication where in fact altered me, change the way i really believe.

-- Mr. Stephan McKenzie