

Ultimate Guide to Mixed Martial Arts



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Reviews

Just no terms to describe. This is for those who statte that there was not a worth studying. I am just easily can get a enjoyment of studying a written ebook.
(Deshawn Roob)

ULTIMATE GUIDE TO MIXED MARTIAL ARTS



Black Belt Communications. Paperback. Book Condition: new. BRAND NEW, Ultimate Guide to Mixed Martial Arts, Raymond Horwitz, Jon Thibault, Only one sport has reinforced elbow smashes to the head, flying knees, and liver kicks. From mixed martial arts' controversial inception to its mainstream acceptance, from the iconic legacy of Rickson Gracie and the freakish knockout power of Chuck Liddell, to the unstoppable determination of Randy Couture and the emergence of tomorrow's champions, Black Belt has covered the sport's inception and evolution. A compilation of instructional articles and interviews with the industry's greatest champions, this guide is the definitive resource on the athletes and techniques of the world's most intense and popular new sport.



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