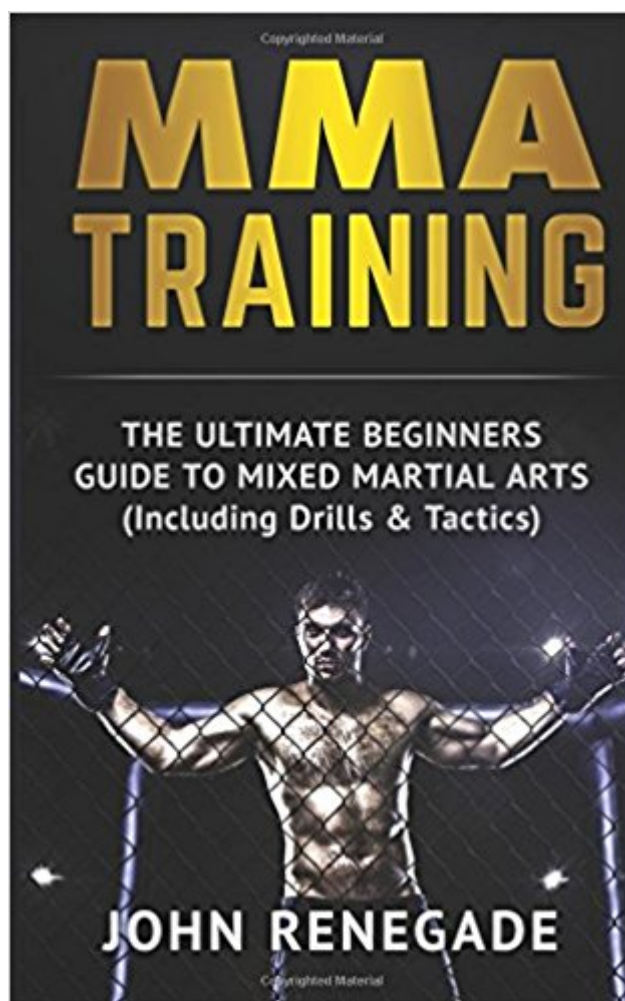




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# **MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts**



## Synopsis

MMA Training For Beginners! 1st Edition (May 2016) The Ultimate Beginners Crash Course To Learning Mixed Martial Arts! Are You Ready To Learn How To Train & Fight In MMA? If So You've Come To The Right Place - You May Have! MMA is without a doubt one of the quickest growing sports in the world! With many disciplines, striking styles and takedowns it's a great sport to watch, and even better to be a part of! Improve your fitness, confidence, self defence skills & have fun with MMA Training. There's a ton of other technical, complicated & drawn out books available out there, when I write it's no BS, no fluff. Just the information you want and need to get started. Here's A Preview Of What MMA Training For Beginners Contains... Your Reason For Fighting The Benefits Of Studying MMA The History Of Mixed Martial Arts You Need To Know Who Can Train For MMA? Determining If It's Right For You MMA Lingo - The Language & Terms You Should Learn Disciplines Of Martial Arts In MMA Getting To It - How To Start Training Striking & Stand-Up Game Explained Your Ground Game (Important!) Basic MMA Drills To Practice & Perfect And Much, Much More! Order Your Copy Now And Let's Get Training!

## Book Information

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## Customer Reviews

I love the discipline of MMA. The guys really inspire me with their work ethic and conditions. It contains a wealth of information regarding how to condition your body for MMA. If you are interested in MMA or want to win inside the Octagon pick up this book.

def a good read.

My hubby loves to watch this MMA TV. And my son does who's only 2 years old! I think this book will be their best guide in doing martial arts. No need to enroll for my son someday because this book has a complete guide, give you the best techniques in performing your self defense. I'm gonna keep this and re-open when my son reach at the age of 4.

I downloaded this to give myself a peek into what goes on behind MMA training. Good read!

It's such a unique sport, and I was quite fascinated upon learning of the techniques and skill involved in it. This is the real deal if you're seriously considering starting to train for mixed martial arts. Would recommend!

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MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense, BJJ) MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts Parting the Clouds - The Science of the Martial Arts: A Fighter's Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts STING LIKE A MOTH A BEE- Shawn Kunkler, author of the world's most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage Kumite To MMA: America's underground history of the origins of mixed martial arts Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight Training for Sports, 25) Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag Training Series Book 1) Heavy Bag Training: Boxing - Mixed Martial Arts - Self Defense (Heavy Bag Training Series) (Volume 1) Speed Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power MMA, Grappling, and Self-Defense Drills and Warm-Ups: Over 50 Drills, Games, and Warm-Ups That'll Keep Your Students Training Through Black Belt (Martial Arts Business Success Steps Book 9) Training for Warriors: The Ultimate Mixed Martial Arts Workout Muay Thai For Beginners: Strategies & Strikes Utilizing The 8 Limbs Of Power (MMA, Martial Arts, Self Defense, BJJ) MMA Mastery: Flow Chain Drilling and Integrated O/D Training

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