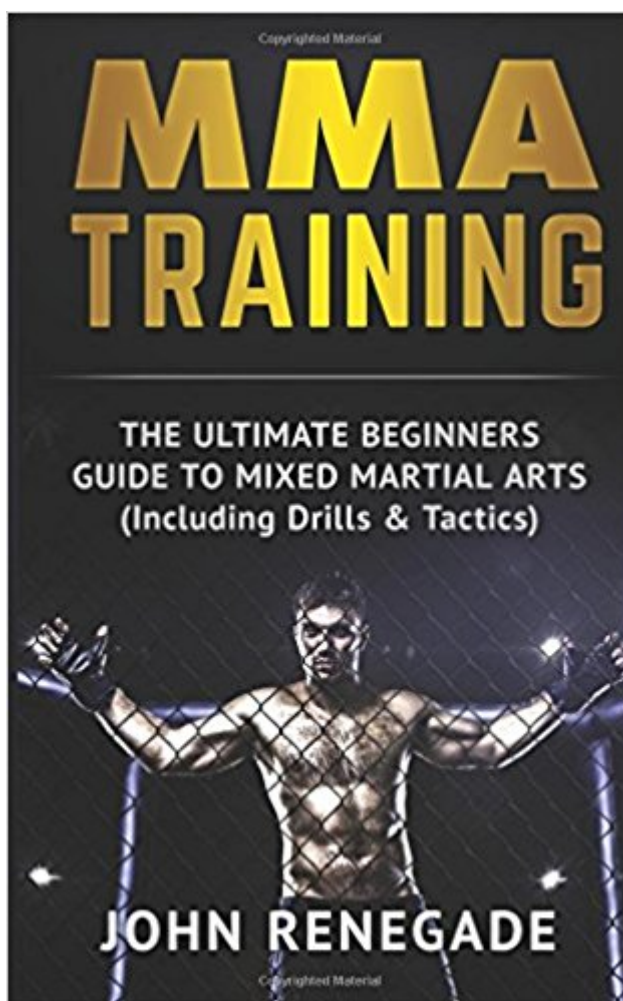


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# MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts



## 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? Determing 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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