

No Holds Barred Fighting: The Ultimate Guide to Submission Wrestling

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Reviews

These sorts of ebook is the best publication accessible. It is amongst the most amazing ebook i actually have read. It is extremely difficult to leave it before concluding, once you begin to read the book. (Jace Gusikowski IV)

NO HOLDS BARRED FIGHTING: THE ULTIMATE GUIDE TO SUBMISSION WRESTLING



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Tracks Publishing, U.S. Paperback. Book Condition: new. BRAND NEW, No Holds Barred Fighting: The Ultimate Guide to Submission Wrestling, Mark Hatmaker, Doug Werner, This instructional guide explains the origins of submission wrestling, the underlying fighting skill associated with such events as the Ultimate Fighting Championships and the King of the Cage. It explores its various offshoots and influences and features hundreds of photographs to demonstrate techniques and training exercises. Rules and regulations regarding associated competitions, workout programs, and match etiquette are thoroughly discussed, and resources for further research are included. Full of self-defensive skills and tips that improve physical fitness, confidence, and mental toughness, this book starts the novice on the path to proper training and provides fundamental information for all skill levels.

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