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## GROUND AND POUND



Tracks Publishing,U.S. Paperback. Book Condition: new. BRAND NEW, Ground and Pound, Mark Hatmaker, Offering cohesion and clarification for what is currently a loose collection of strategies, this reference delves into the 'ground and pound' fighting method - winning a fight by striking an opponent after a takedown. Demonstrating through fight metrics how just as many matches are won by strikes as submissions, this manual addresses the importance of proper 'grounding' and lists an array of riding, pinning, and transitioning skills....

### Read PDF Ground and Pound

- Authored by Mark Hatmaker
- Released at -



Filesize: 6.75 MB

### Reviews

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*Great electronic book and useful one. Better then never, though i am quite late in start reading this one. You can expect to like the way the author compose this ebook.*

-- **Matteo Johnson**

*Excellent e-book and useful one. It is writter in straightforward phrases rather than confusing. I am just very happy to explain how here is the finest publication i have got read through in my very own lifestyle and might be he greatest book for possibly.*

-- **Viva Schuster**

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