



More No Holds Barred Fighting Killer Subm (Paperback)

By Mark Hatmaker

Tracks Publishing, U.S., United States, 2003. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. This advanced guide to submission wrestling--the underlying fighting skill associated with such events as the Ultimate Fighting Championships, the King of the Cage, and the Pride Fighting Championships--continues the straightforward, pragmatic approach to ultimate-fighting instruction begun in No Holds Barred Fighting. A review of the basics is provided, followed by more of everything--more takedowns, more takedown defenses, more ground positioning, more submissions, more escapes, and more drills. The cross-disciplinary approach develops physical and mental endurance, total body flexibility and agility, explosive functional strength, and a thorough knowledge of body mechanics and dynamics. Useful lists of related web sites, publications, instructional videos, and other training resources are provided.

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