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Mma Champions Training: The 7 Day Bootcamp to Mastering the Mma Fundamentals (Paperback)

By Greg Johnson

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. MMA is the Most Unforgiving Sport in the World. You Need to Master the Fundamentals. Take the teachings in this book seriously and you will be able to learn the basics of cage fighting (or ring). From being a total beginner, you will become a strong MMA competitor, and even a champion. Because this book focuses on the fundamental skills, you will be able to learn them fast. We limited the moves discussed in this book to those that are most effective as observed in the cage. We did not include the fancy moves which are usually over emphasized in most martial art schools. It is our goal to help your master the essential skills rather than make you a jack-of-all trades in a thousand fancy-looking skills that you will never use in combat. This is how MMA is learned nowadays. People no longer need to learn a thousand moves required by their martial arts master. In the past, you need to go through 5-10 different martial arts masters to learn the basics of MMA. Today, you can hasten the process...



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