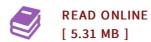




Mixed Martial Arts Unleashed: Mastering the Most Effective Moves for Victory

By Mickey Dimic, Christopher Miller

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Mixed Martial Arts Unleashed: Mastering the Most Effective Moves for Victory, Mickey Dimic, Christopher Miller, Get what it takes to win-and unleash the ultimate fighter in you Think you know your way around the cage? Think again. Mixed martial arts powerhouse Mickey Dimic, two-time middleweight world champion and Hall of Famer, kicks your game into gear with this no-holds-barred guide to grounding and pounding, sprawling and brawling, and boxing dirty like the toughest contenders. Breaking down the fundamentals of mixed martial arts competition, Dimic brings his decades of MMA experience to teach you the various skills of boxing, wrestling, Muay Thai, judo, and Jiu-jitsu, arming you with an unstoppable arsenal of weapons sure to yield maximum damage to any opponent. With Dimic's cage-tested tips and drills, you'll learn to: Hone your body with proper training Punch and kick with power and precision Beat down your opponent with a merciless full mount Escape from the tightest traps Force submissions with vice-grip grappling holds And strategize your way to victory in every fight.



Reviews

Unquestionably, this is the finest work by any publisher. I really could comprehended every little thing using this published e book. You will not sense monotony at anytime of your respective time (that's what catalogs are for regarding should you question me).

-- Joe Kessler

This is the finest publication we have read through right up until now. Better then never, though i am quite late in start reading this one. Its been written in an remarkably easy way in fact it is only after i finished reading through this book by which basically altered me, affect the way i think.

-- Dr. Gabriella Hayes