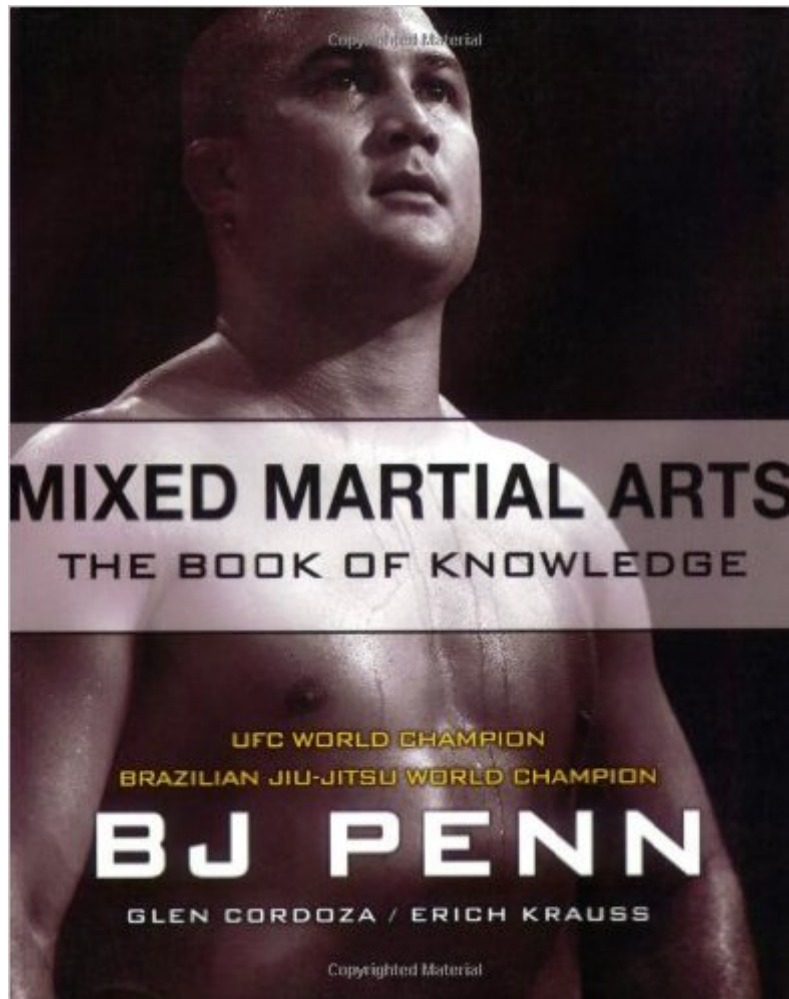


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# Mixed Martial Arts: The Book Of Knowledge



## Synopsis

Mixed Martial Arts outlines the revolutionary system of fighting used by world-renowned fighter BJ Penn. Penn, one of the most technical and decorated fighters in the world today, illustrates fighting techniques that teach you how to mix strikes with takedowns, ground and pound an opponent into submission, fight against the cage and formulate strategies based upon your personal attributes and strengths.

## Book Information

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## Customer Reviews

I've been pleasantly surprised by the quality of books published by Victory Belt, and this one is no exception. For starters, the use of color pictures and multiple angles of a single frame, in addition to color-coded chapters and subsections, really enhances the learning experience. Then, of course, there is the authors. Penn is one of several world-class grappling and MMA experts to share his knowledge. This book covers it all, from standup strikes to takedowns to the ground game to cage tactics. More importantly, it taught one how to blend the various elements into a single strategy that encompasses the totality of MMA combat. The intro to the book is insightful, as BJ Penn gives the reader an idea of what it takes to develop their own fighting style around a base style. He also offers some wisdom in the form of sharing his experiences in competitions, and what he learned from his losses. Wrapping up the intro are some ideas for circuit training, which runs from straight conditioning exercises (medicine ball workouts and the like) to sport-specific circuit training, such as a minute of strikes followed by a minute of the clinch and so on to round out a full 5-minute round, just like an MMA fight. The next section is on the standup. While Penn is known more for his

ground game, this section was very well-informed and could have been written by someone with a specialty in striking. This section includes two kinds of stances, basic strikes, striking to the takedown (single- and double-leg), countering punches and kicks, takedown counters, clinchwork, cagework, and striking a downed opponent from a standing position. As I mentioned earlier, BJ likes to blend strikes with grappling; for example, the cross counters include two striking combinations and two takedowns.

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