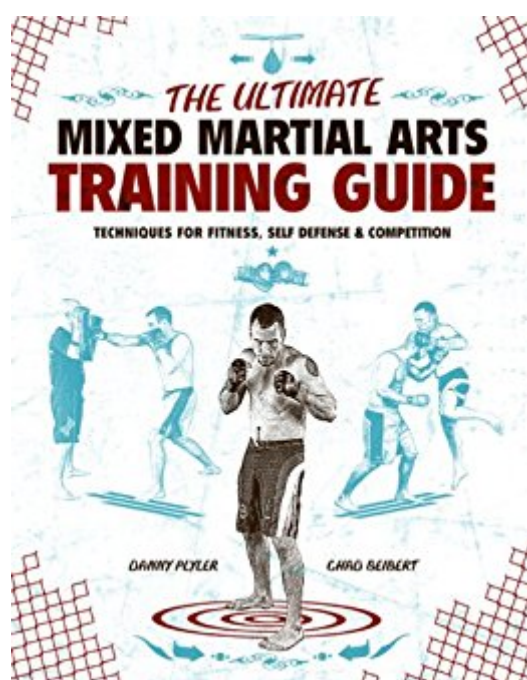


The book was found

The Ultimate Mixed Martial Arts Training Guide: Techniques For Fitness, Self Defense, And Competition



Synopsis

A Must-Have Resource for all Warrior Athletes Regardless of your skill or fitness level, The Ultimate Mixed Martial Arts Training Guide - with more than 300 step-by-step photographs, detailed callouts, and comprehensive instruction - is the personal trainer you need to accomplish your workout goals and sharpen your techniques. You'll learn: Cardio and strength training exercises like mountain climber push-ups, partner closed guard sit-up reaches, and the Muay Thai scarecrow Striking and defense techniques such as the jab, cross, hook, overhand, Muay Thai knee, inner/outer thigh kick, and head kick Wrestling and countering techniques including the dirty boxing clinch, the over-under clinch, and the Muay Thai clinch Takedowns like the hip throw, shoot takedown, and single and double leg takedown Jiu-jitsu passing and escape techniques for the full mount, knee mount, closed guard, open guard, and more Winning submission moves like the arm bar, Kimura, omoplata, guillotine, ankle lock, and triangle choke Drills to improve your punching and kicking speed and accuracy Mental exercises to sharpen your focus, reduce your fears, and increase your concentration Diet and nutrition techniques the pros use to stay in top fighting condition - whether they're in training mode or cutting weight before a match Whatever your personal fitness and fighting ambitions might be, The Ultimate Mixed Martial Arts Training Guide is your all-in-one resource to peak physical conditioning, clear mental focus, increased confidence, and superior fighting skills.

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Customer Reviews

OK. Why consider this book? Well, I have most of the books put out by the Victory Belt and once you own a book by Victory Belt the others out there just dont feel right. First the illustrations are black and white. The Binding wasnt put together for constant use and frankly the techniques in the book have been explained in almost every book on mma that i've ever read. So why consider this book. THE WORKOUT section is great. Something VB books usually leave out. The VB Company had mentioned a "Couture: The Natural Workout" book but that never happened. So I went out looking and found this work. It even has a Nutrition section that i was relieved to read. The Book is well rounded and i believe it to be of a great benefit to beginners of martial arts. Especially those with single disciplines. Though I have a slight history with many forms I wish i had had a book like this Fifteen years ago when i first started. I think i would be a better version of me lol! At the price this book is a steal. Get and use it if youre a beginner. Get it as a refresher if your intermediate. And finally, If you want a pretty cool work out this book has it pretty well detailed. Necessary Equipment: 1) Jump Rope 2) Heavy Bag 3) Speed Bag 4) Kicking Shield 5) Striking Pads 6) Free Wiegths 7) Resistance Bands 8) PhysioBall 9) Medicine Balls 10) Sparring Gear and a Partner is always good.

A good guide for begginers for the basics. Shows step by step, gives lots of info. But if your not ready, then your going to feel like your heads going to pop off. I would buy this if your really into getting into martial arts. If not or not to the degree then I'd say try another book

I teach myself martial arts, from limited training in martial arts and wrestling as a youth. This book shows highly effective, and focused methods that work. Also has other training and nutrition info that changed my training methods.

This book wasn't that great. If you already go to a MMA gym and expect to learn something from it, I doubt you will. If you don't have access to a gym, then maybe this will help you. I wasn't impressed. I mostly got it expecting it would give training tips, like exercises and stuff like that. It didn't have much of that.

This is a quality MMA book. It is written by 2 very knowledgeable Martial Artists and MMA fighters. The workouts are outstanding. I would recommend this book to anyone that wants to learn MMA techniques or just the training aspects to improve your health and way of life. Very Nice job!

I've been practicing MMA recreationally for about 6 months. I should've picked this up sooner. It's a great book, it's perfect for the beginner, gives you great context into the sport. Covers the basics you need to know, you can use this as a springboard for more learning.

This book is AMAZING ! Not just for people wanting to learn about MMA . I've incorporated the training tips into my daily workouts with epic results! A must have for all types of athletes!-JW

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