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The Ultimate Mixed Martial Artist: The Fighter's Manual to Striking Combinations, Takedowns, the Clinch and Cage Tactics

Erich Krauss

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In *The Ultimate Mixed Martial Artist*, ten of the world's most accomplished MMA fighters combine forces to elevate your fighting skills to the next level. Through detailed narrative and more than 1500 step-by-step color photos, the best of the best in the fight game teach you how to overwhelm your opponent with advanced striking combinations, launch stealth counterattacking combinations, execute technical throws and takedowns, pummel your opponent from every clinch position and use various cage tactics to wreck your opponent's day. The legends of the sport unveil the secrets that allowed them to climb to the top of the MMA mountain.

If you desire fighting techniques and strategies that have been proven to work time and again at the highest level of MMA competition, *The Ultimate Mixed Martial Artist* is for you.

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