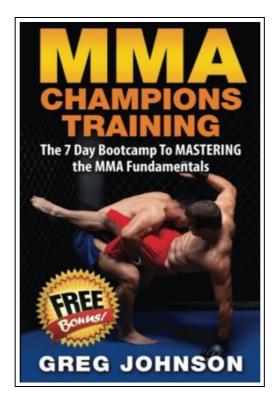
# Mma Champions Training: The 7 Day Bootcamp to Mastering the Mma Fundamentals (Paperback)



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### Reviews

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(Prof. Martine Lesch)

## MMA CHAMPIONS TRAINING: THE 7 DAY BOOTCAMP TO MASTERING THE MMA FUNDAMENTALS (PAPERBACK)



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 by learning only the effective moves from each discipline. This book discusses the fundamental skills that you will need in attacking and in defending yourself in the ring. You will learn how to do them and when to use them in the ring. This book discusses the basic fighting stances as well as the most effective strikes from boxing and Sambo. Certain moves from Judo were also included for take-downs and take-down defense. The most effective submission moves used in BJJ are also included in this book. Though most of the take down moves come from wrestling and Judo, the...



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