



The Best of Mixed Martial Arts: The Extreme Handbook on Techniques, Conditioning and the Smash-Mouth World of MMA

MMA Worldwide, Randy Couture

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With clear, step-by-step information on the moves everyone should know and master to compete in the sport of mixed martial arts (MMA), this workbook provides tips and techniques from the MMA Worldwide Association's training manual on how to parlay these moves into success in the ring. Strength and conditioning are essential ingredients in reaching your potential in the sport, and this book includes the basic regimens you should follow—and some cutting edge routines as well. *MMA Worldwide Magazine* and *Tapout Magazine* are the premier magazines that cover the growing sport of mixed martial arts and now, for the first time, they are publishing a book that will cover every aspect of this exciting sport. With full color photos throughout, this book provides a mix of the best and most interesting dimensions of the always fascinating world of MMA.

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