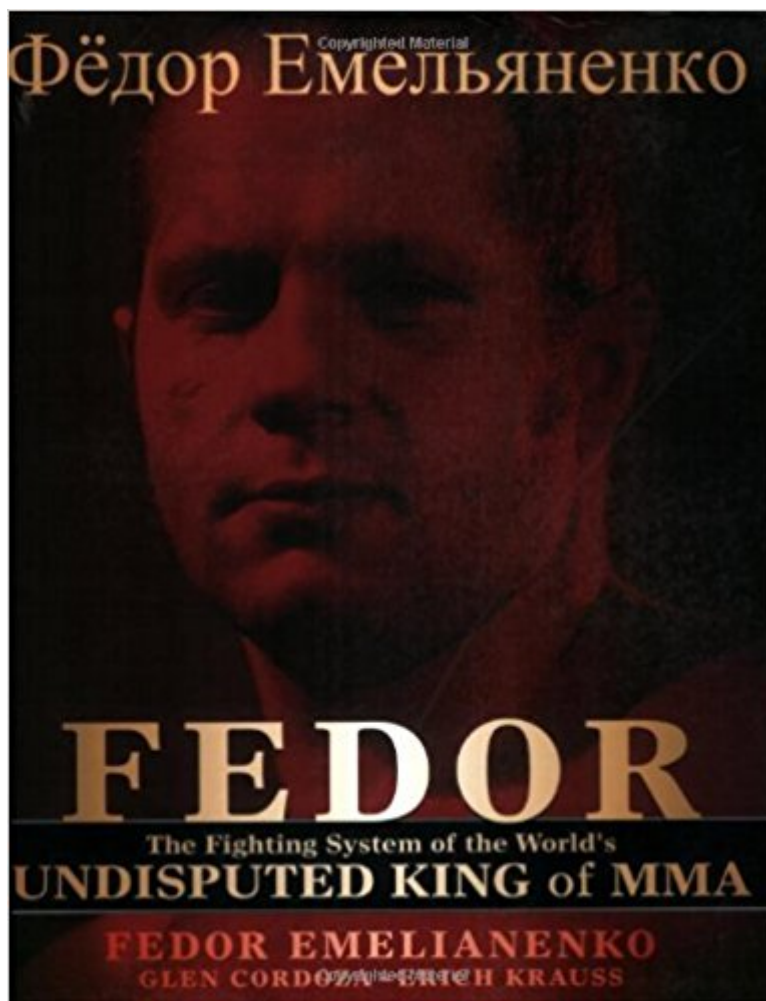


The book was found

Fedor: The Fighting System Of The World's Undisputed King Of MMA



Synopsis

In Fedor, the undefeated, undisputed heavyweight MMA champion of the world unveils for the first time his trademark striking and grappling techniques through descriptive narrative and more than 2500 step-by-step color photographs. Detailing dozens of throws, punching combinations, cardio workouts and ground and pound techniques, this book leaves no stone unturned.

Book Information

Paperback: 270 pages

Publisher: Victory Belt Publishing; Original edition (September 5, 2008)

Language: English

ISBN-10: 0977731545

ISBN-13: 978-0977731541

Product Dimensions: 9 x 11 inches

Shipping Weight: 2.5 pounds

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (53 customer reviews)

Best Sellers Rank: #240,697 in Books (See Top 100 in Books) #46 inÂ Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #565 inÂ Books > Sports & Outdoors > Individual Sports > Martial Arts #3639 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Written by Jacob RegarThere is no one hundred percent fail-proof recipe for unarmed combat. Practitioners must learn all they can to prepare themselves for any possible fighting scenario. Techniques alone do not ensure victory in the modern fighting chess match that is MMA. Subtleties like footwork, combinations set up off of evasive movements and offensive feints, and timing, are the essence of fighting success. These variables are difficult to perceive, let alone define, and the ability to fuse them with game-tested techniques against a skilled and prepared opponent marks the clearest indication of a modern fighting master. In FEDOR: the Fighting System of the World's Undisputed King of MMA, the martial arts public can finally find answers to their ongoing question: how does Fedor Emelianenko do what he does in the ring? He writes in the introduction to the book's section on "counter attacks:" "The goal in any fight is to constantly remain on the offensive and either rack up enough points to earn a judges' decision or put your opponent to sleep. If your opponent is timid or dramatically outclassed, achieving your goal can be quite easy. You simply beat on him until he drops. However, the majority of opponents you face will climb into the ring or cage with the exact same goal as you, which means you'll have to contend with his attacks. The

only way to remain offensive against an opponent who is also offensive-minded is to learn how to counter his attacks. By attacking, evading his strikes, and then immediately launching counterattacks, your opponent will be locked in defense mode even though he is throwing every strike in the book at you. And as long as he is constantly defending, you'll be winning the fight.

Fedor: The Fighting System of the World's Undisputed King of MMA is one of the best books I've read in regards to the basics of fighting. It contains over 200 pages of techniques covering all three of the major fight ranges (striking distance, the clinch, and grappling). These techniques are explained both through the use of multiple full-color photographs and informative captions. Together, they do an excellent job of allowing readers to understand what they are reading so that they can duplicate it while practicing. This is the textbook for Mixed Martial Arts 101, and should be in the library of every new student of the fighting arts. The book's strength as a beginner's guide, however, is also its biggest weakness. The authors devote an entire page to showing readers how to get into the proper stance; two more pages and 12 photos on how to throw a straight snap jab; two more pages and nine photos detailing how to throw a straight long jab; two pages on how to throw a left hook; etc, etc, etc... Beginning fighters should love this, as it will allow them to understand almost exactly how Fedor fights; more experienced fighters with their own styles will find themselves skimming page after page of this book trying to find something that they don't already know. Those nuggets of gold are in there, but they tend to be rare because so much of the book is devoted to the basics. With such a grand title as "The Fighting System of the World's Undisputed King of MMA," many readers will expect a book that has more uniqueness to it. What they get is an excellent guide to the basics of Fedor's style, but little else beyond a beginner to intermediate technique manual.

[Download to continue reading...](#)

Fedor: The Fighting System of the World's Undisputed King of MMA
Cancer Fighting Kitchen: Essential Cancer Fighting Foods to Heal Cancer and Cancer Fighting Recipes
Speed Training: For Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed
Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power
Verdad Undisputed: Biografía de Mike Tyson (Spanish Edition)
The Undisputed Greatest Writer of All Time
Sigmund Ringeck's Knightly Arts Of Combat: Sword and Buckler Fighting, Wrestling, and Fighting in Armor
Fight psychology: How to overcome the fear of fighting: A tremendous insight into the mind of a

fighter (Self Defense, Mixed Martial Arts, Fighting Dirty, Self Esteem Book 1) Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Worth the Chance (MMA Fighter Series Book 2) Brawler's Baby: An MMA Mob Romance (Mob City Book 1) Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior Taekwondo For Beginners: Drills. Techniques & Tactics To Defend & End A Fight (MMA, Martial Arts, Self Defense, BJJ) MMA WOD - Combinations: The Seven Deadly Boxing Combinations - And How To Use Them The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best Series Book 6) Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! (Martial Arts, Fitness, Boxing and MMA Performance) Kickboxing: The Ultimate Beginners Guide To Kickboxing (Kickboxing, Thai Boxing, Muay Thai, Boxing, MMA, Mixed Martial Arts) Winning on the Ground: Training and Techniques for Judo and MMA Fighters Jiu Jitsu: The Ultimate Quick Start Guide To Dominate Jiu-Jitsu (Jiu Jitsu, Krav Maga, MMA) 85 Workout Combinations for Muay Thai (MMA Pad Training Concepts Book 2)

[Dmca](#)