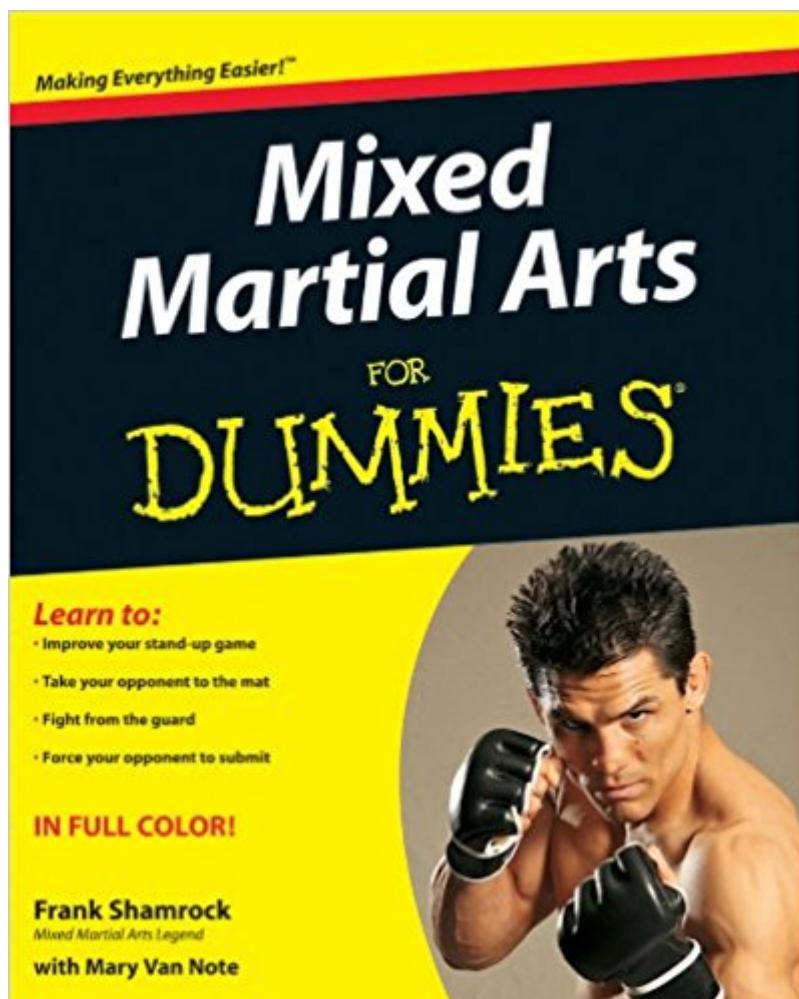


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# Mixed Martial Arts For Dummies



## Synopsis

Your full-color guide to this wildly popular combat sport! Mixed martial arts is sweeping the globe! In this practical guide, legendary MMA Champion Frank Shamrock shares his expertise and love for the sport. He introduces you to his famous training and fighting system, explaining the virtues, ethics, and techniques of MMA in clear detail while showing you how to develop a safe, effective training regimen. Begin with MMA basics; discover the history, the fighting styles, and modern rules and training techniques. Prepare to start training; strengthen your body, focus your mind, learn the concepts of combat, and find a good instructor. Stand up for yourself; your introductory course in stand up fighting, from essential strikes and defense to inside fighting with the clinch and takedowns. Get ready to grapple; understand the essentials of ground fighting, including the guard position, submissions, and escapes. Become a well-rounded fighter; improve your nutrition, develop a warm-up routine, expand your mental training, and get the rest you need. Open the book and find: Proven strategies to train your body and mind. More than 150 step-by-step, full-color photos illustrating proper technique. The 8 positions of power. Necessary MMA training equipment. The styles and strategies of MMA competition. Fight-specific training drills and games. Tips for increasing your speed and avoiding injury. Advice from the expert on improving your ground game.

## Book Information

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## Customer Reviews

This is a very well written and laid out basic guide to MMA (mixed martial arts) for not only the fans, but also for aspiring MMA competitors. Written extremely well by noted MMA legend, Frank

Shamrock, this book really leaves very little, if anything, to be desired for the average fan. Sure there are much better books out there on learning certain techniques, but that is not what this book is all about. Although I wouldn't necessarily agree entirely with the title, this book presents the world of MMA in a brief, yet very well done light and although the die-hard MMA fans may not find much new information in it, it would be very hard to argue that this book isn't "THE" book to get in order to enlighten yourself on a basic level to the world of MMA. And in that respect this book is outstanding. Shawn Kovacich Creator of numerous books and DVD's.

An actual teacher led class is always better for things like this, but WOW do he go through a TON of jiu-jitsu moves, grappling, ground and standup striking game, defending yourself, and other parts of the MMA world. Great all-around book if starting from the ground up as a brand new learner.

If you're thinking of breaking into MMA as either a competitor or as a coach, add this book to your library. As a karateka I already had a pretty good stand-up and kicking game but a limited knowledge of ground work. Frank Shamrock takes you simply through the eight positions of power, giving submission holds for each position allowing the ground game novice to get a well rounded and effective knowledge of simple techniques. Equally, if you're a ground game specialist looking for a bit of advice on stand-up, some sound advice is given too. All the tutorial sections have easy to follow instructions with excellent step by step pictorial guides. Whilst this book doesn't go into a massive amount of detail, it really does give you all the basic information required to get you started. If you're a complete novice, don't forget that there is no substitute for good instruction so get out there and find an established school with experienced coaches and use the book to help expand your knowledge then hit the roads to increase your fitness. Hard work then more hard work is the only way to success. I highly recommend this great book.

The MMA for Dummies book by Frank Shamrock was very easy to read with a lot of great photos of the exercises and moves. Very helpful for all levels. It isn't just jiu-jitsu or judo or wrestling but a mix of all the styles of martial arts and his way of thinking is very interesting. It takes you from beginning MMA all the way to being inside the cage, if that's your thing. I would definitely recommend it.

This book is very well written and very well organized. Frank's systems are very applicable and bulletproof. Money spent on this book would be money well spent for anyone looking to expand their knowledge on the art of mixed martial arts.

This book breakdown MMA for anyone to understand. Well worth the money I paid for it. Read it over and over. Methods in this book are geared towards novice yet those with years of mma training may still be able to view. Before anyone step into a mma gym. Read this book first.

it is a good book to get the grasp of the sport and maybe teach you a couple of things but if you really want to improve you just have to step into a gym and learn from a real teacher

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