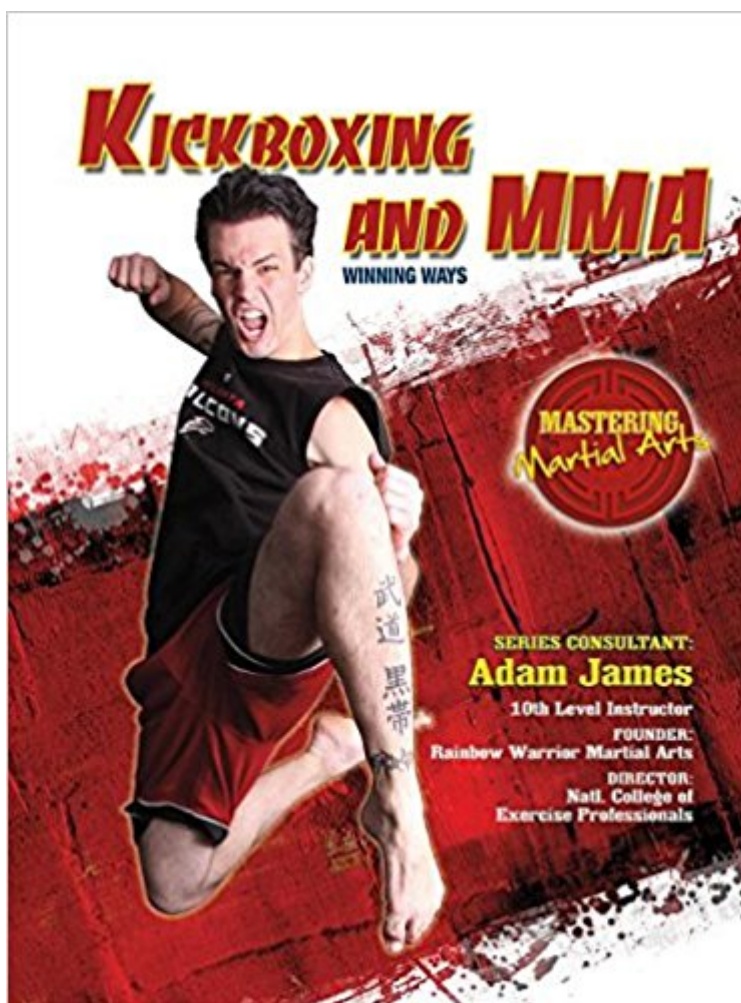


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Kickboxing And Mma: Winning Ways (Mastering Martial Arts)



Synopsis

Few martial arts have gained as much national attention in recent years as kickboxing and mixed martial arts. The power punching and intense grappling of nationally-televised MMA matches has taken this multi-attack discipline from the gym to the screen. Kickboxing, however, can also be a great workout even without the combat, and this book shows many of the techniques and skills that can make anyone fit, strong, and mobile. The rise of MMA is also detailed, along with some of the skills that have created world champions. Mastering any martial art can take long years of practice, but this book and this series will give you an important first step on a rewarding journey.

Book Information

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