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Frank, Van Note, Mary] on Amazon.com. *FREE* shipping on qualifying offers. Mixed Martial Arts For Dummies

Mixed Martial Arts For Dummies: Shamrock, Frank, Van Note ...

Like any sport, Mixed Martial Arts (MMA) requires special equipment, largely to protect yourself during your training sessions. Important supplies and gear that you should gather before starting your MMA training include: Boxing gloves: Essential for working on strikes, such as jabs, hooks, and uppercuts.

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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 Your full-color guide to this ...

Mixed Martial Arts for Dummies by Frank Shamrock

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The rules of Mixed Martial Arts (MMA) differ slightly from one promotion to the next because each fighting organization can create unique rules. For example, the regulations for the Ultimate Fighting Championship (UFC) may differ slightly from the rules for Strikeforce. Every event must comply with the athletic commission rules of the state in which [...]

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Mixed Martial Arts For Dummies | Sports |
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Mixed Martial Arts is an action-packed sport filled with striking and grappling techniques from a variety of combat sports and martial arts. During the early 1900s, many different mixed-style competitions were held throughout Europe, Japan and the Pacific Rim. CV Productions Inc. showed the first regulated MMA league in the US in 1980 called the

About the Tutorial

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PB good. \$18.00. \$3.50 shipping. or Best Offer. Circuitbuilding Do-It-Yourself for Dummies by H. Ward Silver. 5 out of 5 stars

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Frank Shamrock was the undefeated mixed martial arts (MMA) champion for 10 years and is the only person to win a title in all three major North American fight promotions (UFC, WEC, and Strikeforce). He has worked as an NBC sports announcer, is an owner of fight venues, and created his own line of MMA training gyms. He is the author of Mixed

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Uncaged: My Life as a Champion MMA Fighter -
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MMA GRAPPLING DUMMIES

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Home Nubreed Martial Arts - NUBREED MARTIAL ARTS ...

Anderson's Martial Arts Academy is the premier training facility for all areas of

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