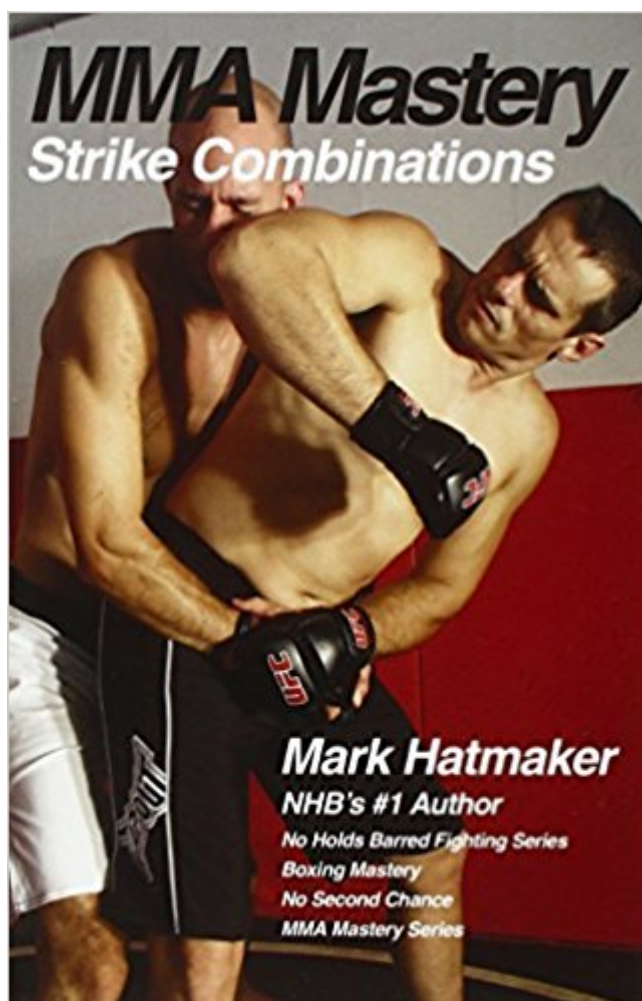


The book was found

MMA Mastery: Strike Combinations (MMA Mastery Series)



Synopsis

Covering the essential tactic and art of striking in a series of blows, this guide illustrates how today's best mixed martial arts fighters have discovered the devastating effect of punches in bunches, or strike combinations; a mix that includes fists, kicks, elbows, and knees. The importance of striking in multiples of three is emphasized with an explanation of how to stage strikes in order to maximize load and release, counterstriking, creating angles, and straight striking. Also included is the tactical role of footwork, how to merge defensive and offensive moves, and overcoming the various challenges posed by range. Avoiding a common blend of different styles, this reference takes the most efficient combinations culled from elite competition and presents them in stair-stepped drill sets, enabling fighters to utilize the same striking approaches advocated by the best coaches and competitors in the business.

Book Information

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Customer Reviews

Mark Hatmaker is the author of Boxing Mastery, the MMA Mastery series, the No Holds Barred Fighting series, and No Second Chance. He has produced more than 40 instructional videos, and he has extensive experience in the combat arts, including boxing, wrestling, jiu-jitsu, and Muay Thai. A highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel, he is also the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He lives in Knoxville,

Tennessee.

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