

MMA Gets Real: Street Fighters Guide: The Ultimate Guide to Mixed Martial Arts

Mixed martial arts (MMA) is a rapidly growing sport that combines elements of boxing, wrestling, Brazilian jiu-jitsu, and other martial arts. It is a full-contact sport that is fought in a cage or ring, and it can be very dangerous. However, it can also be a very effective form of self-defense.

If you are interested in learning MMA, then you need to get yourself a copy of the book MMA Gets Real: Street Fighters Guide. This book is a comprehensive guide to the world of MMA, and it covers everything from the basics of the sport to advanced techniques and strategies. The book is written by a team of experts in the field, and it provides readers with a wealth of information and insights that can help them improve their MMA skills.



MMA Gets Real - A Street Fighters Guide by Luis Carballo

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1369 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 60 pages
Lending	: Enabled



What You Will Learn from MMA Gets Real: Street Fighters Guide

MMA Gets Real: Street Fighters Guide covers a wide range of topics, including:

- * The basics of MMA, including the different types of strikes, takedowns, and submissions
- * Advanced techniques and strategies for MMA, including how to combine different martial arts styles to create your own unique fighting style
- * How to train for MMA, including how to develop your strength, conditioning, and endurance
- * How to fight in an MMA match, including how to deal with the pressure and adrenaline of the fight
- * How to avoid common injuries in MMA
- * How to use MMA for self-defense

Who Should Read MMA Gets Real: Street Fighters Guide?

MMA Gets Real: Street Fighters Guide is a must-read for anyone who is interested in learning MMA. It is also a valuable resource for experienced MMA fighters who want to improve their skills.

If you are serious about learning MMA, then you need to get yourself a copy of MMA Gets Real: Street Fighters Guide. This book is the ultimate guide to the world of MMA, and it can help you take your fighting skills to the next level.

MMA Gets Real: Street Fighters Guide is a comprehensive and authoritative guide to the world of mixed martial arts. It covers everything from the basics of the sport to advanced techniques and strategies. The book is written by a team of experts in the field, and it provides readers with a wealth of information and insights that can help them improve their MMA skills.

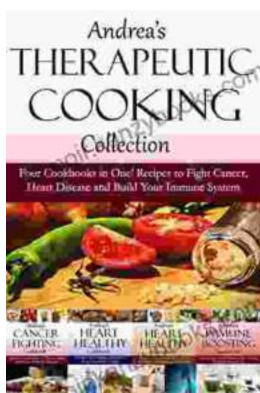
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