



Mixed Martial Arts: The Book of Knowledge

BJ Penn, Glen Cordoza, Erich Krauss

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Mixed Martial Arts outlines the revolutionary system of fighting used by world-renowned fighter BJ Penn. Penn, one of the most technical and decorated fighters in the world today, illustrates fighting techniques that teach you how to mix strikes with takedowns, ground and pound an opponent into submission, fight against the cage and formulate strategies based upon your personal attributes and strengths.



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