



MMA for Beginners: Your Ultimate Guide to Getting Started



Mma Guide For Beginners

Paul Halme



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Muay Thai The Complete Beginners Guide written by author and trainer Alex Prewitt Learning Muay Thai will help you gain huge self confidence become more disciplined and make you very hard to beat in a situation which requires self defense This book will guide you through every aspect of Muay Thai and get you out of that beginners stage as soon as possible What you will learn Correct kicking punching elbow knee and clinching techniques Analysis of the best thai fighters and how to replicate them How to train properly Conditioning programs to get in shape for a fight How to actually win fights Fight strategy And much more **Hearst's International** ,1903

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