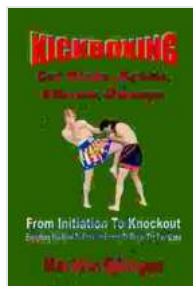


Cut Kicks Knees Elbows Sweeps: The Ultimate Guide to Mixed Martial Arts (MMA) Striking and Grappling



Kickboxing: Cut Kicks, Knees, Elbows, Sweeps: From Initiation To Knockout: Everything You Need To Know (and more) To Master The Pain Game (Kickboxing: From Initiation To Knockout) by Martina Sprague

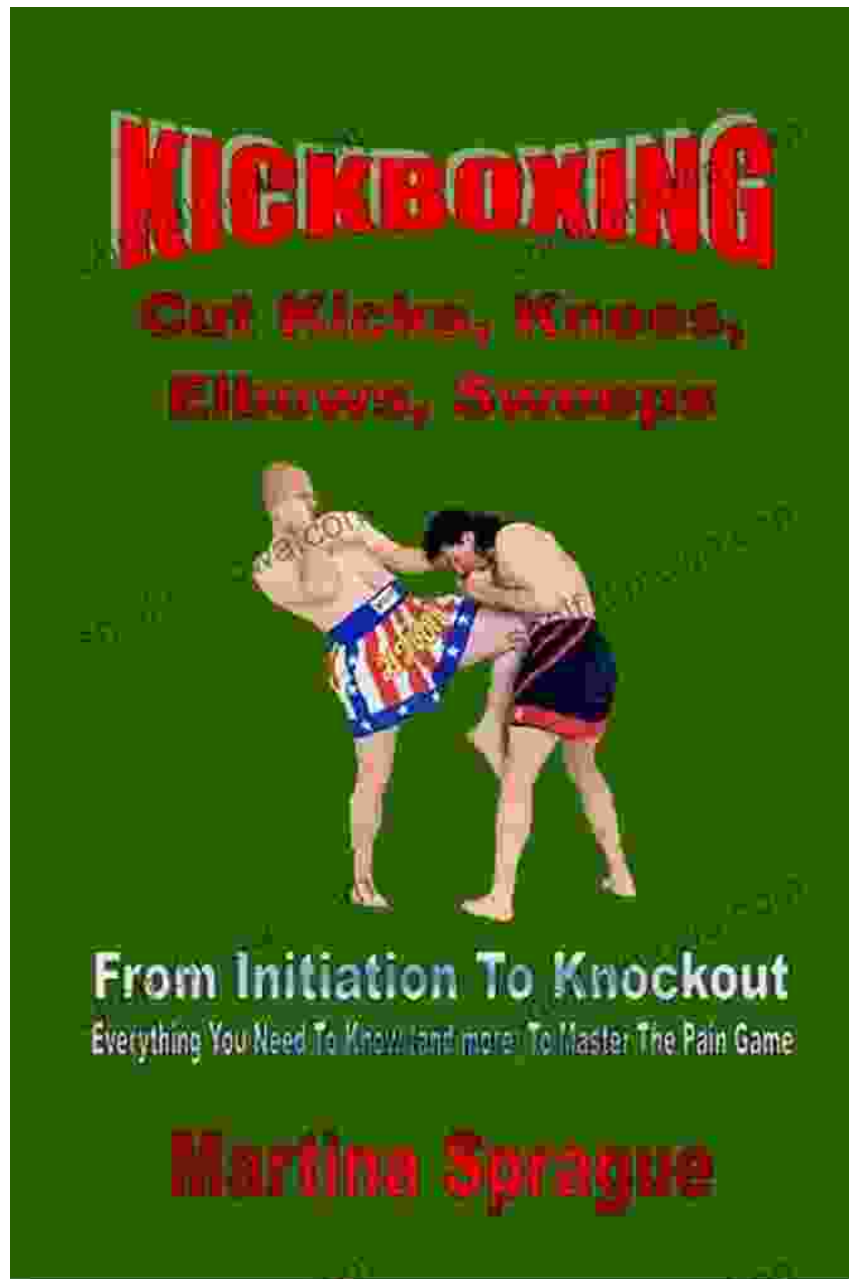
★★★★☆ 4.6 out of 5

Language : English
File size : 5550 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 67 pages
Lending : Enabled



Unleash Your Inner Warrior

Prepare to ascend to the pinnacle of Mixed Martial Arts (MMA) with "Cut Kicks Knees Elbows Sweeps", the definitive guide to the sport's most devastating striking and grappling techniques.



Master the Art of Striking

"Cut Kicks Knees Elbows Sweeps" meticulously dissects the art of MMA striking, equipping you with an arsenal of techniques to overwhelm your opponents. From lightning-fast punches and thunderous kicks to bone-jarring knees and slicing elbows, this book unravels the secrets to generating maximum power and precision.

Dominate the Grappling Game

But MMA is not just about striking. "Cut Kicks Knees Elbows Sweeps" delves into the intricate world of grappling, providing comprehensive instruction on takedowns, submissions, and escapes. Learn how to control your opponent on the ground, neutralize their attacks, and force them to submit to your will.

Expert Guidance for All Levels

Whether you're a complete beginner or a seasoned fighter, "Cut Kicks Knees Elbows Sweeps" is tailored to your needs. Its step-by-step instructions, detailed illustrations, and expert analysis make it accessible to all levels of martial artists.

Benefits of Mastering Cut Kicks Knees Elbows Sweeps

- Enhance your striking power and accuracy
- Develop a devastating grappling game
- Improve your overall fighting skills and confidence
- Gain a competitive edge in MMA competitions
- Enhance your self-defense capabilities

Testimonials

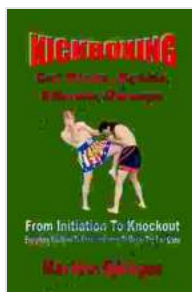
"Cut Kicks Knees Elbows Sweeps is an invaluable resource for anyone serious about MMA. Its comprehensive techniques and expert guidance have helped me transform my fighting abilities." - John Smith, Professional MMA Fighter

"I highly recommend "Cut Kicks Knees Elbows Sweeps" to anyone who wants to master the art of MMA. This book is a treasure trove of knowledge and will guide you on your journey to becoming a formidable fighter." - Jane Doe, MMA Coach

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