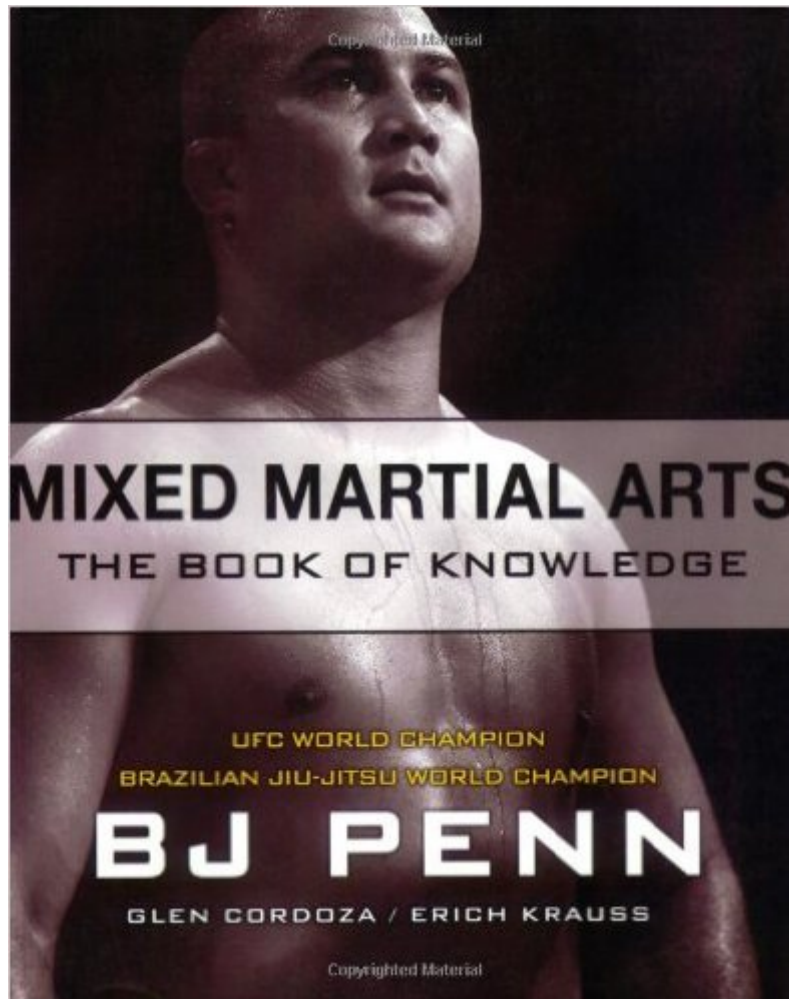


The book was found

Mixed Martial Arts: The Book Of Knowledge



Synopsis

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.

Book Information

Paperback: 308 pages

Publisher: Victory Belt Publishing; 1st Edition edition (May 15, 2007)

Language: English

ISBN-10: 0977731561

ISBN-13: 978-0977731565

Product Dimensions: 9 x 0.8 x 11 inches

Shipping Weight: 3.2 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (70 customer reviews)

Best Sellers Rank: #399,714 in Books (See Top 100 in Books) #77 in [Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts](#) #1038 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#) #1289 in [Books > Sports & Outdoors > Coaching](#)

Customer Reviews

I've been pleasantly surprised by the quality of books published by Victory Belt, and this one is no exception. For starters, the use of color pictures and multiple angles of a single frame, in addition to color-coded chapters and subsections, really enhances the learning experience. Then, of course, there is the authors. Penn is one of several world-class grappling and MMA experts to share his knowledge. This book covers it all, from standup strikes to takedowns to the ground game to cage tactics. More importantly, it taught one how to blend the various elements into a single strategy that encompasses the totality of MMA combat. The intro to the book is insightful, as BJ Penn gives the reader an idea of what it takes to develop their own fighting style around a base style. He also offers some wisdom in the form of sharing his experiences in competitions, and what he learned from his losses. Wrapping up the intro are some ideas for circuit training, which runs from straight conditioning exercises (medicine ball workouts and the like) to sport-specific circuit training, such as a minute of strikes followed by a minute of the clinch and so on to round out a full 5-minute round, just like an MMA fight. The next section is on the standup. While Penn is known more for his

ground game, this section was very well-informed and could have been written by someone with a specialty in striking. This section includes two kinds of stances, basic strikes, striking to the takedown (single- and double-leg), countering punches and kicks, takedown counters, clinchwork, cagework, and striking a downed opponent from a standing position. As I mentioned earlier, BJ likes to blend strikes with grappling; for example, the cross counters include two striking combinations and two takedowns.

[Download to continue reading...](#)

Mixed Martial Arts: The Book of Knowledge Fight psychology: How to overcome the fear of fighting: A tremendous insight into the mind of a fighter (Self Defense, Mixed Martial Arts, Fighting Dirty, Self Esteem Book 1) Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag Training Series Book 1) Judo For Beginners: Your Comprehensive Guide To Judo Techniques, Takedowns & Tactics (BJJ, Judo, Mixed Martial Arts, Boxing) Advanced Rubber Guard: Jiu-Jitsu for Mixed Martial Arts Competition Jackson's Mixed Martial Arts: The Stand Up Game The Ultimate Mixed Martial Arts Training Guide: Techniques for Fitness, Self Defense, and Competition Jackson's Mixed Martial Arts: The Ground Game Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat Mixed Martial Arts (Wp Action) Kickboxing: The Ultimate Beginners Guide To Kickboxing (Kickboxing, Thai Boxing, Muay Thai, Boxing, MMA, Mixed Martial Arts) Beast: Blood, Struggle, and Dreams at the Heart of Mixed Martial Arts ROMANCE: Against the Cage (Mixed Martial Arts Romance Collection) (Alpha Male BWWM Short Stories) Double End Bag Workout: For Boxing, Mixed Martial Arts and Self-Defense Mixed Martial Arts For Dummies Fight Like a Physicist: The Incredible Science Behind Martial Arts (Martial Science) Organising Knowledge: Taxonomies, Knowledge and Organisational Effectiveness (Chandos Knowledge Management) Mixed Blessing (Mixed Blessing Mystery, Book 1): A Romantic Urban Fantasy & Murder Mystery Series (Kindred) Elijah: An Oratorio for Full Chorus of Mixed Voices, Soprano, Alto, Tenor, and Baritone Soli (Double Solo Quartet of Mixed Voices) and Piano (G. Schirmer's Editions of Oratorios and Cantatas)

[Dmca](#)