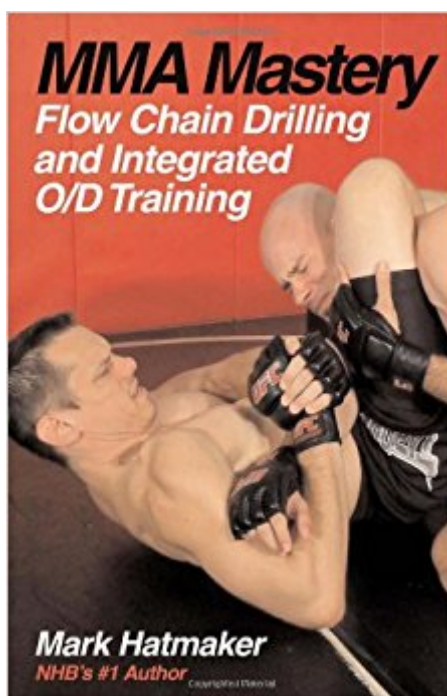


The book was found

MMA Mastery: Flow Chain Drilling And Integrated O/D Training (MMA Mastery Series)



Synopsis

Emphasizing the 'mix' in mixed martial arts, this manual addresses the inherent problems in combining different fighting styles. Pioneering a unique drilling matrix that allows the fighter to dissolve the distinctions between separate arts, this guide allows practitioners to effortlessly blend the different disciplines into one seamless whole. Covering both offensive and defensive aspects, this training handbook is the definitive reference for executing optimal flow-chain drills.

Book Information

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Customer Reviews

"A great book on boxing techniques from training, strategy, defense, and punching that could take a person who has never laced up a pair of gloves and teach him to be an effective fighter." —USA Boxing News on Boxing Mastery "Focuses on the core aspects of grappling used inside the Ultimate Fighting Championship Octagon. In short you'll learn how to fold a man up like a cheap suit." —Maxim magazine on No Holds Barred Fighting

Mark Hatmaker is a highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel. He is the founder of Extreme Self Protection (ESP), a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He

is the author of the No Holds Barred Fighting series, which includes More No Holds Barred Fighting, No Second Chance: A Reality-Based Guide to Self-Defense, The Ultimate Guide to Conditioning and Boxing Mastery, and The Ultimate Guide to Submission Wrestling. He lives in Knoxville, Tennessee.

I recommend this book to martial arts instructors who don't use flow chain drilling in their practise. It doesn't matter if it is for mma or any other martial arts style/sport. Any style can benefit from this methodology. I think it's paramount to integrate offensive and defensive techniques in progressive drills so that the trainees can develop a sense of when it's good to defend some sort of attacks with certain type of techniques or how to naturally follow a (counter)offense. To train this way for martial arts I think it's a much better option than attending striking classes and grappling classes by separate. It's a very good way to drill. Novices can benefit of this methodology because they can train their parts with medium to high intensity since practically the first day. I have seen training partners learn new movements throughout certain class with drills like the ones described here and later apply them in sparring practise.

While a little difficult to follow at first it can prove to be a valuable resource for grappling/mma instructors. I'm sure he has a similar DVD which would be MUCH easier to follow!

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