



MMA for Beginners: Your Ultimate Guide to Getting Started



Mma Guide For Beginners

Andrew Hudson



Mma Guide For Beginners:

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Travis Lutter,2011-01-20 The ultimate guide to getting started in MMA How to find a gym getting your first fight when to turn pro dealing with agents getting sponsored and so much more This is your road map to getting started in MMA

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between winning and losing This is an extremely fun read filled with stories as well as examples of real life cheating in MMA boxing submission wrestling Judo as well as other sports This book covers everything from the most basic types of cheating to the extremely crazy and ridiculous kind of cheating Have you ever watched a fight and wondered if the poke in the eye or the low blow to the groin was really an accident What about when UFC fighters complain that their opponent was cheating in one way or another This book covers it all Cheating is a real thing and has been done for years This book covers cheating many in combat sports including MMA Training BJJ Brazilian Jiu Jitsu Wrestling Training Muay Thai Training KickBoxing Training Boxing Training Judo Training Get the advantage you need to WIN Knowledge is power Learn from seasoned professionals This book is humorous as well as educational I can guarantee you will learn some new tricks to add to your arsenal not to mention you will surely have some laughs along the way

BOOK TWO Thai Training Why You Need to Train in Thailand Thailand has much to offer There are beautiful beaches wonderful people and delicious food People travel to Thailand not only for the relaxing holiday but for the amazing opportunity to train in Martial Arts specifically Muay Thai however in the past ten years there has been a huge increase in popularity in not only Muay Thai but also MMA Wrestling Boxing and Brazilian Jujitsu Due to this increased interest Thailand has become home to some of the best MMA and Mixed Martial Arts gyms in the world They have always been known for their world class stand up skills known as Muay Thai or Thaiboxing In this book you will learn why Thailand is such an excellent choice for training in whatever combat sport you desire In addition you will also learn How to get to Thailand Visa and passport information What cities to live in What are the best MMA and Muay Thai gyms How to finance your trip and make money while you live in Thailand How to get MMA fights How to get Muay Thai fights How to get K1 Fights Information on MMA promotions and promoters Cost of living in Thailand How to get the best deals on cheap flights How to get sponsored by a gym Ways to make money outside of fighting Free time activities and info about the beautiful women of Thailand Also included in the purchase of this book will be a free chapter from my book Ketogenic Diet for Beginners To Order Now Click the Orange Button at the Top of the Page

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Mixed Martial Arts Lawrence Curtis,2023-07-06 *Guide to Diagnostic Tests,Seventh Edition* Diana Nicoll,Chuanyi Mark Lu,Michael Pignone,Stephen J. McPhee,2017-03-24 The essential guide to more than 450 of the most commonly performed diagnostic tests updated with the latest molecular genetic and microbiological tests A Doody s Core Title for 2019 Guide to Diagnostic Tests Seventh Edition is a concise guide to the selection and interpretation of more than 450 of the laboratory and microbiology tests most relevant to the general practice of medicine This on the spot

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up book which will help you advance in boxing by introducing new boxing techniques and skills This second book will let you discover New and Advanced Ways of Training with Boxing What can be Done Outside of Boxing to Improve Your Overall Ability The Most Effective Counter Moves and When to Use Them What you can do to Develop Discipline and Why Fear is Your Friend Each day you spend considering taking up a new hobby you will find it harder to make a change and solve any problems you have that are holding you back That s why you should do it now get into it with a fresh mindset and enjoy it Click Add to Cart to start your boxing journey Catalogue of Copyright Entries Library of Congress. Copyright Office,1917

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