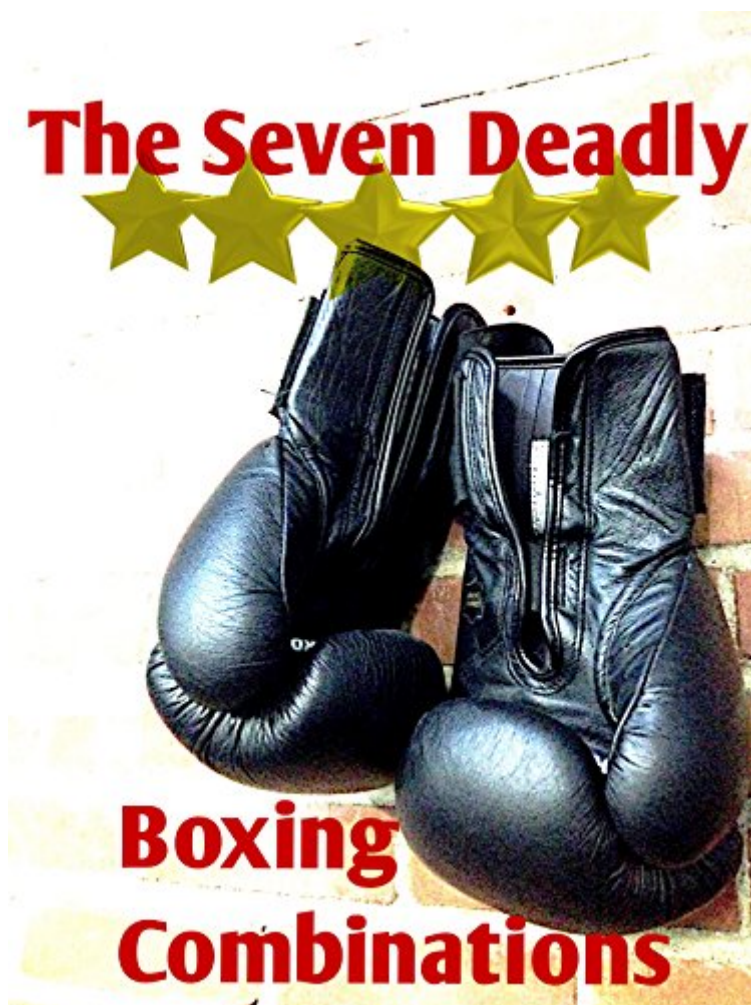


The book was found

MMA WOD - Combinations: The Seven Deadly Boxing Combinations - And How To Use Them



Synopsis

Going into a fight without a plan guarantees a significantly poorer chance of victory, and causes you to fight your opponents style of fight. It is a fighter's responsibility to have a handful of go-to combinations that they execute exceptionally well. In this book we examine the seven combination that are statistically most likely to land, score points, and ultimately get knockouts. This book is primarily for a right handed fighter vs another right handed fighter. "I fear not the man who has practice 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."-Bruce Lee

Book Information

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Customer Reviews

There's nothing fancy in this book, and the editing leaves a little to be desired... But it conveys the basics in simple, practical terms... all of which is easily transferred into drills. Photos, although not absolutely necessary if you have any level of familiarity with boxing and/or good visualization skills, would have been an added bonus.

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