



## Synopsis

Mixed Martial Arts has never been more popular. Men and women of all ages are taking up various disciplines for exercise, self-defense and to help improve their own mental and physical wellbeing. Author and skilled Martial Artist Rodney Stewart provides a detailed explanation of the various popular forms of Martial Arts, including their history and techniques. Rodney also covers the rise of UFC—a Mixed Martial Arts organization that has created one of the world's fastest growing spectator sports. Learn about the big names and fights that have made UFC a global sensation.

## Book Information

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