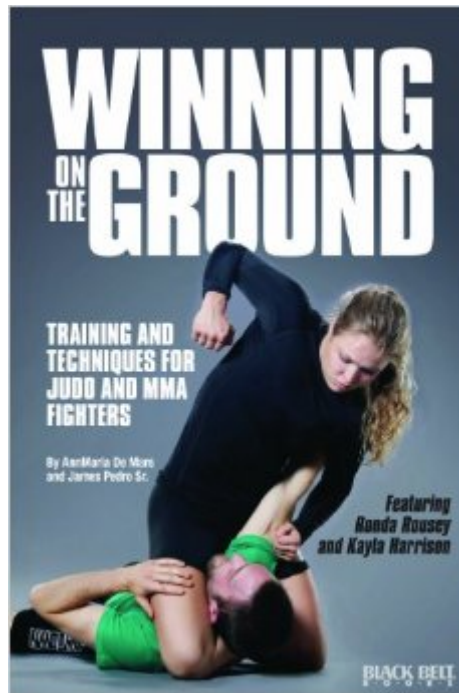


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# Winning On The Ground: Training And Techniques For Judo And MMA Fighters



## Synopsis

A variety of winning judo techniques developed over years of teaching are presented in this guide that prepares mixed martial artists for transcending numerous scenarios. Based on the same training methods that have produced multiple Olympic medalists, the book demonstrates how any opponent can be overcome, even from a position that may seem hopeless. It is generously illustrated with techniques and exercises that are proven winners and is appropriate for beginning judo practitioners.

## Book Information

Paperback: 200 pages

Publisher: Black Belt Communications (September 1, 2013)

Language: English

ISBN-10: 0897502051

ISBN-13: 978-0897502054

Product Dimensions: 0.5 x 6.2 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (52 customer reviews)

Best Sellers Rank: #611,670 in Books (See Top 100 in Books) #110 in [Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts](#) #1576 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#) #8298 in [Books > Health, Fitness & Dieting > Exercise & Fitness](#)

## Customer Reviews

This book was NOT what I expected - and I'm glad. Originally, I got the book simply because I wanted to see what I was missing in my own ground game. I am not a competitor but I do have a vested interest in combatives as a martial artist and I have students who are in fact competitors. Wanting to see if there were any "nuggets of wisdom" I could pass on to them from the book, I got the Kindle edition and was very pleasantly surprised in the no-nonsense explanations, demonstrations and "reality checks" the book offered. More to the point, I enjoyed the way the book explained how to exploit the mistakes of others vs. spending so much time on critiquing the reader/judoka, etc. One specific point I want to make: if you're getting this book simply because you're a fan of the "models" (Ronda Rousey - Olympic Bronze Medalist in Judo and the current UFC women's champ and Kayla Harrison, Olympic Gold Medalist in Judo and female world judo champion) that's nice but the REAL stars of the book are the authors Dr. DeMars and Mr. Pedro, Sr. Both have been crucial players in American Judo and the chapters in their book offer a lot to both

beginning and advanced competitors but also in my opinion to folks who need to work on how to exploit the weaknesses of those who would use the ground game against them. By that I mean BJJ stylists, non-grappler martial artists who end up on the ground, prospective and current MMA folks and even folks who prefer "stand up" who end up going against a grappler with significant skill. Finally, the book STRONGLY EMPHASIZES training and preparedness. In fact, one point made in the beginning is that thought AND effort are essential for a good ground game. You know everything yet unless you practice it, you won't win.

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