



## Mixed Martial Arts

*Daniel E. Harmon, Greg Roza, Ann Byers*

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**Mixed Martial Arts** Daniel E. Harmon, Greg Roza, Ann Byers

Explore the intensity of Mixed Martial Arts movements, including strikes, takedowns, and grappling holds to defeat opponents in this exciting series. Each volume provides an overview of MMA and the history of a particular sport. Besides profiling star fighters and instructors, each book explains the equipment, training, preparation, rules, and purpose of self-defense techniques as well as the skills that are used to develop discipline, respect, and good physical health. Each book also includes step-by-step color photography with clear explanations to break down ten or more moves performed by a MMA trainer to help fighters grasp each combat technique.

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