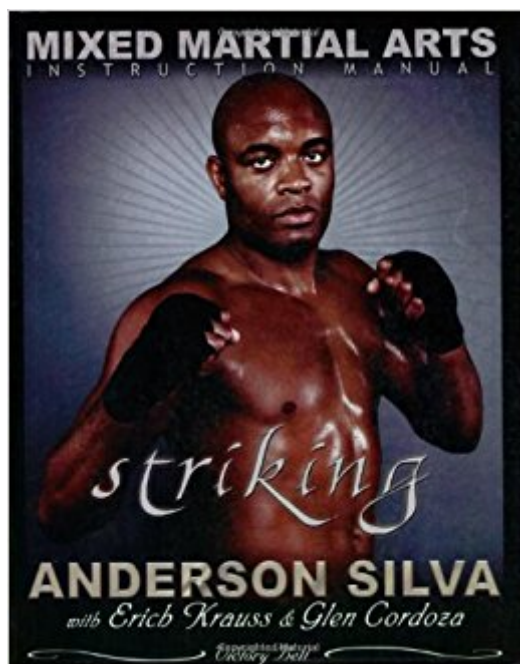


The book was found

The Mixed Martial Arts Instruction Manual: Striking



Synopsis

In *Mixed Martial Arts Instruction Manual*, UFC Middleweight Champion Anderson Silva unveils more than 150 striking techniques that have been proven in the Octagon. Detailing everything from basic punches and kicks to complex combinations through 1500 step-by-step color photographs and descriptive narrative, this book will become a bible for both beginning practitioners and seasoned mixed martial arts veterans.

Book Information

Paperback: 272 pages

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Customer Reviews

Anderson Silva is the UFC Middleweight Champion of the world. He will be starring in two major motion pictures. www.spidersilva.com Erich Krauss is a professional Muay Thai kickboxer who has lived and fought in Thailand. He has written for The New York Times and is the author of nineteen books. Glen Cordoza is a professional Muay Thai kickboxer and mixed martial arts fighter. He is the author of eight books on the martial arts.

I had purchase *Striking* by Anderson Silva hoping it would help improve my punching power and my footwork. I am quite happy with the improvements in my footwork and his instructions to practice footwork while shadow boxing was very helpful. But the punching technique is a different story. Anderson recommends keeping the muscles in your arms and shoulders completely relaxed and generate power with the legs or twisting the hips. But for some reason I clench the muscles in my arms every time I try to punch hard. Perhaps being able to relax during a fight is what makes him so

great. Anyway, I'm very happy with this purchase. Anderson comes off as a very humble and hardworking person.

I just started reading this book and I have to say how clear and detailed the instructions are. I am still in the beginning practicing my foundation (footwork). I do it everywhere (home, work, restroom, sidewalk, parking lot, etc). I've realized for something so basic, it made me aware of my bad habits in movement. I sure do not want to continue until the foundation becomes instinct or else everything that is built on top of it will be weak (This is what Anderson teaches you, which I believe to hold true in anything in general. Build the foundation of a building out of straws and even if the top is concrete, it will fall.) Thanks for sharing your knowledge in the Arts Mr Silva, I look forward to your next instructional manual that deals with the clinch and takedowns.

Anderson Silva is the top striker in MMA right now. His ability to KO competition isn't based on natural abilities like Chuck Liddell's insane KO power. His is based on his successful modification and application of classic striking techniques. This book covers how he's modified and altered some of the striking tools he uses for MMA. There's no super secret squirrel ninja techniques, just good solid basic skills that you can see Silva use in all of his fights. These aren't text book boxing or kickboxing techniques but they do work when confronted with a situation where grappling is allowed. The only thing missing from this book is his clinch game, which is a big part of his standup skill set. However, it looks like he has a book coming out devoted to just the clinch.

I love Anderson Silva's Instructionals and I believe this book would make a good companion. For one reason, the combination were too fast (even in slow mo) in the video but with this book, we could see the transition as long as we want. Each detail is also meticulously described. Another feature in the book is the unobstructed view of critical positioning. I personally think that I have upped my game by just adapting the details of the stances and movement. The techniques, defense and combinations would totally overhaul my stand up skills. I highly recommend investing in this book.

Great book

Love this freakin book! Covers more than the DVD and has step by step clear illustrations. The Combos R sick too.

I bought this book because it was mentioned in another book by the same author. It is definitely worth the price because of its short but precise captions for the step-by-step instructions for different moves in MMA. There's good illustrations for the moves taken from different angles. Yes I recommend this book for everyone interested in MMA/UFC.

For ease of understandingt his book I love it. Silva is a top rated fighter with a top rated book for the beginner and this can be used to clarify and review for those who have been in MMA for awhile. Nice pictures with clear definition of how and where to stand.

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