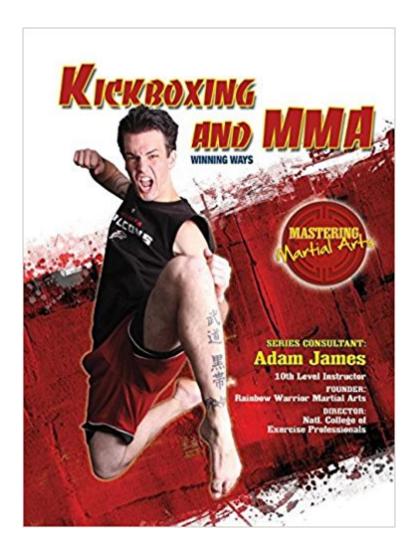


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Kickboxing And Mma: Winning Ways (Mastering Martial Arts)





Synopsis

Few martial arts have gained as much national attention in recent years as kickboxing and mixed martial arts. The power punching and intense grappling of nationally-televised MMA matches has taken this multi-attack discipline from the gym to the screen. Kickboxing, however, can also be a great workout even without the combat, and this book shows many of the techniques and skills that can make anyone fit, strong, and mobile. The rise of MMA is also detailed, along with some of the skills that have created world champions. Mastering any martial art can take long years of practice, but this book and this series will give you an important first step on a rewarding journey.

Book Information

Series: Mastering Martial Arts (Book 10) Hardcover: 96 pages Publisher: Mason Crest Publishers (January 1, 2015) Language: English ISBN-10: 1422232395 ISBN-13: 978-1422232392 Product Dimensions: 9.5 x 7.6 x 0.4 inches Shipping Weight: 15.2 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #10,731,283 in Books (See Top 100 in Books) #60 in Books > Teens > Sports & Outdoors > Martial Arts #611 in Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #1005 in Books > Children's Books > Sports & Outdoors > Martial Arts Age Range: 12 - 17 years Grade Level: 7 - 12

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