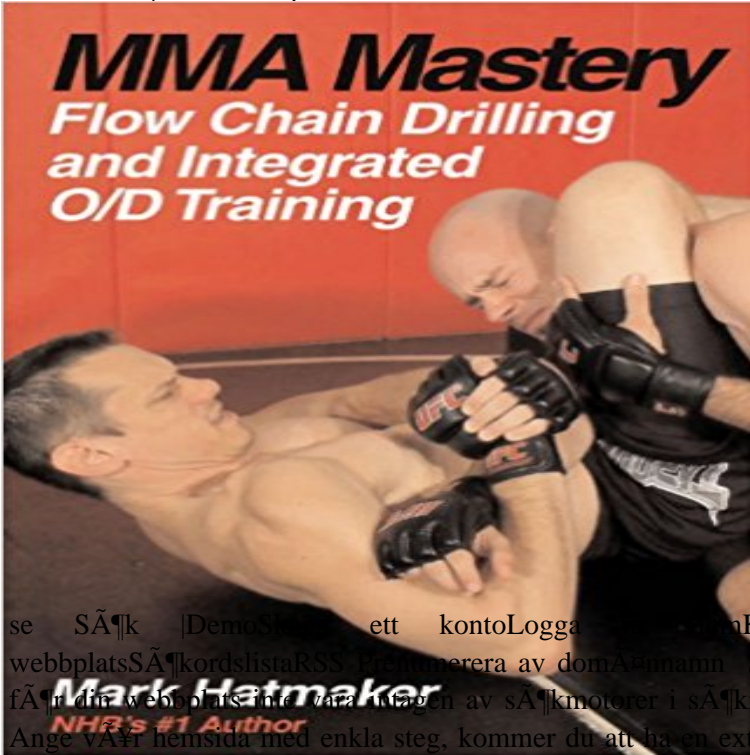


MMA Mastery: Flow Chain Drilling and Integrated O/D Training (MMA Mastery series)



Emphasizing the mix in mixed martial arts, this manual addresses the inherent problems in combining different fighting styles. Pioneering a unique drilling matrix that allows the fighter to dissolve the distinctions between separate arts, this guide allows practitioners to effortlessly blend the different disciplines into one seamless whole. Covering both offensive and defensive aspects, this training handbook is the definitive reference for executing optimal flow-chain drills.

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