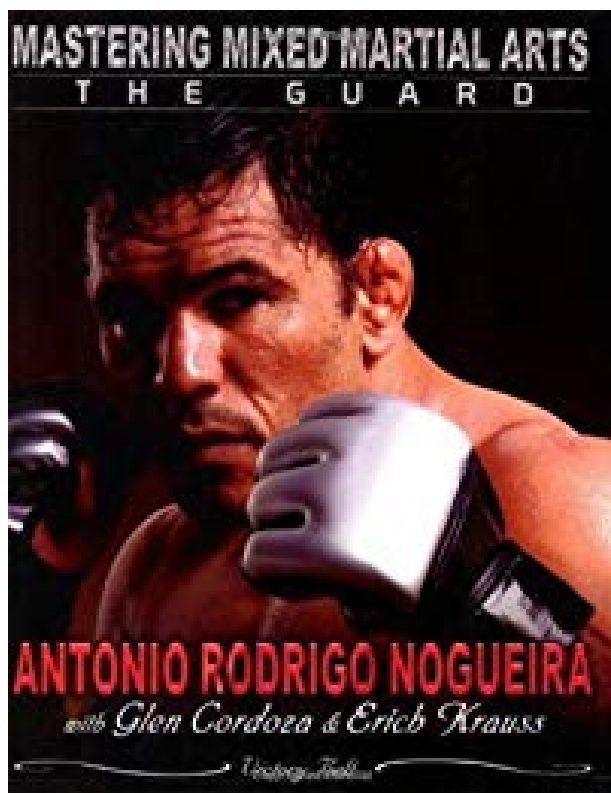


# Mastering Mixed Martial Arts: The Guard



<b>Language</b>	English
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Combining wrestling, boxing and ruth ground-and-pound with world-class Brazilian Jiu-Jitsu, Antonio Nogueira, current UFC Heavyweight Champion, has developed the most sought-after fighting system on the planet. In Mastering Mixed Martial Arts, for the first time, he unveils the guard segment of that system through more than 1000 step-by-step color photographs and detailed narrative, covering everything a fighter could want to know about developing and utilizing the guard. If your goal is to learn how to haul an opponent to the mat and put him in a world of pain, Mastering Mixed Martial Arts puts you one step closer to achieving that dream.