



No Holds Barred Fighting - Savage Strikes: The Complete Guide to Real World Striking for NHB Competition and Street Defense

By Mark Hatmaker

Tracks Publishing, U.S. Paperback. Book Condition: new. BRAND NEW, No Holds Barred Fighting - Savage Strikes: The Complete Guide to Real World Striking for NHB Competition and Street Defense, Mark Hatmaker, The techniques taught in this book enable fighters and self-defense students to knockdown and knockout their opponents. Maneuvers covered include the unique no holds barred (NHB) striking stance and the complete NHB striking arsenal -- every punch, kick, elbow blow, knee strike, head-butt, forearm shot, and shoulder-butt is detailed. No holds barred defenses are also taught for all of these shots. Instructions on counter-striking sequences and the smart shots to land when the fight hits the mat are also included.



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