

# The mixed martial arts handbook - the insiders guide to fighting techniques

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Description: -

- Mixed martial artsThe mixed martial arts handbook - the insiders guide to fighting techniques

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**The Mixed Martial Arts Handbook: The Insider's Guide to Fighting Techniques by John Ritschel, Paperback**

**The Mixed Martial Arts Handbook: The insider's guide to fighting techniques: The insider's guide to fighting techniques : Ritschel, John: [mikhmon.us.to.au: Books](#)**

John Ritschel started martial arts at the age of 12, and has studied Karate, Taekwondo, HapKiDo, Western Boxing, Kung Fu, Kickboxing and Wrestling. .

**The Mixed Martial Arts Handbook: The Insider's Guide to Fighting Techniques by John Ritschel, Paperback**

This is essentially an extremely basic picture driven book with very shallow text bullets that severely lacks depth.

**The Mixed Martial Arts Handbook: The Insiders Guide to Fighting Techniques by John Ritschel 1602397929 9781602397927**

. Packed with more than 300 full-color photographs, this book takes you through all the moves, step-by-step, demonstrating the various techniques required to master this martial arts phenomenon.

**Mixed Martial Arts Handbook**

I have trained Muay Thai for 1 year from a professional trainer with 35 years experience in Muay Thai, Kick Boxing, Boxing, and Savate. .

**The Mixed Martial Arts Handbook: The Insider's Guide to Fighting Techniques by John Ritschel, Paperback**

It was more of a violent freestyle versus any type of skillfully thought out performance. MMA is exploding in popularity.

**The Mixed Martial Arts Handbook: The Insider's Guide to Fighting Techniques by John Ritschel (Paperback / softback, 2010) for sale online**

Written by an expert, and packed with full colour photographs, this book takes you through all the moves and techniques, step by step. At best, I would recommend this book to a mature and responsible 13 year old, who would be capable of actually reading this material without trying to use it on other kids at school.

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