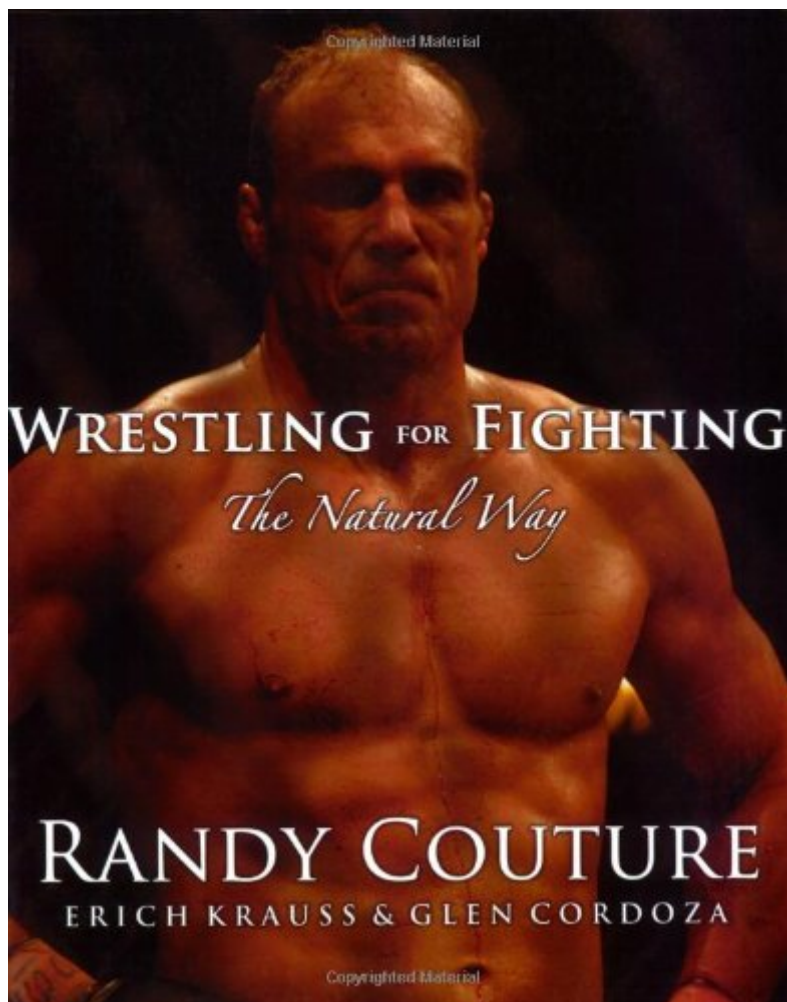


Wrestling for Fighting: The Natural Way PDF



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Wrestling for Fighting: The Natural Way by Randy Couture, Erich Krauss, Glen Cordoza, Eric Hendrikx ISBN 0977731537

Randy "The Natural" Couture is the most respected and celebrated MMA combatant in the history of the UFC. A UFC Heavyweight and Light Heavyweight World Champion, and a UFC Hall of Famer, Randy Couture's reputation and fighting style are among the best in the world.

Now, with *Wrestling for Fighting: The Sport of Mixed Martial Arts*, Couture presents the techniques and strategies that allowed him to devastate the world's best strikers and grapplers time and time again. His unique fighting system, a mix of martial arts, wrestling, boxing and jiu-jitsu, is broken down clearly and concisely for amateurs and seasoned veterans alike. Couture also includes important information on creating fight game plans, and a variety of training tips you won't find anywhere else.

Wrestling for Fighting: The Natural Way Review

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