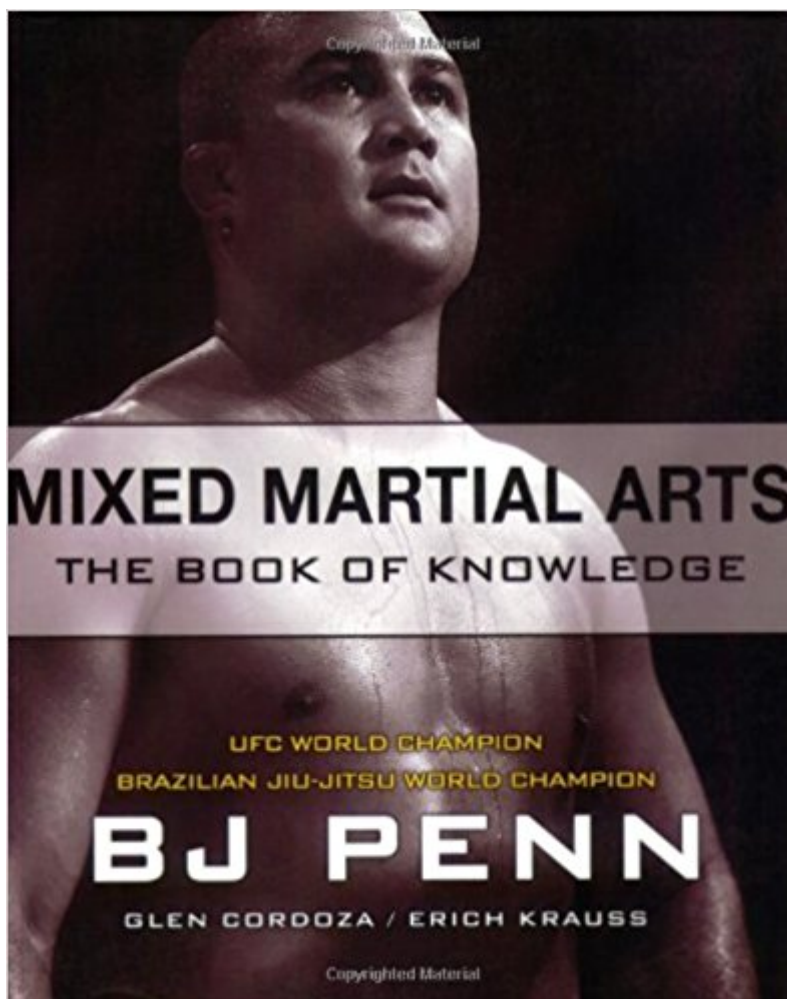


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# Mixed Martial Arts: The Book Of Knowledge



## Synopsis

Mixed Martial Arts outlines the revolutionary system of fighting used by world-renowned fighter BJ Penn. Penn, one of the most technical and decorated fighters in the world today, illustrates fighting techniques that teach you how to mix strikes with takedowns, ground and pound an opponent into submission, fight against the cage and formulate strategies based upon your personal attributes and strengths.

## Book Information

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## Customer Reviews

"The 300-plus-page softcover will address the standing and ground games as only Penn, a veteran of the Ultimate Fighting Championship, can." "Black Belt

BJ Penn, MMA Welterweight and Lightweight World Champion, is the only non-Brazilian to win the Brazilian Jiu-Jitsu World Championships and is a fighter in the UFC. Erich Krauss is a professional Muay Thai kickboxer who has trained and competed in Thailand. He is the author of fifteen books. Glen Cordoza is a professional mixed martial arts fighter and co-author of Muay Thai Unleashed: Technique and Strategy of Thailand's Warrior Elite.

For beginners and seasoned martial artists this book is hands down one of the most comprehensive and authoritative MMA books on the market, it is well worth every penny and truly has lasting value, I'm greatfull to have a copy and give thanks to BJ Penn, his partners and victory publishers, this is truly a high quality book, when I read it I feel as if I am getting mini private lessons from a brilliant

mma legend, the book is packed with a unique quality of philosophy and theory of fighting principles that have helped transform my understanding of mma and fighting for self defense, can't recommend s book enough, and the price I got it for felt like it was basically free, definitely worth it's weight in retail, I think it's worth a whole lot more personally but hey, I'm not gonna complain about getting such a stellar bargain price, thank you whoever sold this to me and as always thank you for offering so many wonderful priducts and great vendors!!!

This is a great book. The photos are unambiguous and the writing is straightforward. Several times I have implemented techniques next day directly from this book. i.e., come home from a roll, look for a solution, find it in the book, bust it out next day. It is practical and clear.

BJ Penn's "Mixed Martial Arts: The Book of Knowledge" is an extensive and comprehensive book on fighting in the cage. There's a huge number of photos, demonstrating a dizzying number of combat techniques. All techniques are shown in the cage. Here are just a few of the many topics and techniques covered. TOPICS: TECHNIQUES Basic striking: jab, hook, overhand, uppercut Striking for the takedown: double-leg takedown, hook to fake shot to overhand, jab to double-leg takedown, Desouza special, single-leg takedown Counterattacks: slipping left jab, slipping the cross, countering kick to sweep-kick takedown Countering the takedown: sprawl, high knees from sprawl control, punching your leg free The clinch: pummeling, pummeling to the body with knees Fighting against the cage: Cage to single-leg, foot stomps Striking the downed guard: stepping down, belly stomp, face stomp Mount: double attack mount, kata-gatame choke variation Again, every combat technique is amply illustrated with photos.

Great book.

This book is everything you need to know if you want to fight in MMA or just want to understand the sport better. What makes this book so much better than other books are the images. The picture quality and angles are great. It goes step by step showing you all the different MMA moves and styles. BJ also gives advice on how to mix up your routine while fighting. I have talked to other people who have looked at the book and the first thing that comes to mind are the images are so detailed. MMA is the new Boxing. This book is great for the novice all the way to the advanced. Another great BJ Penn book. I have to give a big ALOHA to BJ for this book.

This book was certainly worth the price! It's over 300+ pgs of some of the best MMA advice out there. It starts off with a mini biography of B.J. Penn then goes right into the good stuff. Penn goes thru everything from striking basics to Brazilian jiu-jitsu wizardry in well sorted and easy to follow chapters. The pictures that he uses to illustrate the moves are also great. Most come with several angles of the moves he is demonstrating and are very easy to follow with his great insight on each and everyone! I recommend this book to any who wants to get that edge in their MMA training whether it's for competition or simply to stay one step ahead of their training partners in the gym.

First of all, I respect BJ Penn's heart and technique, he is one of the greatest pound per pound MMA fighter up there, together with Fedor Emelianenko, Lyoto Machida, Georges St. Pierre and Anderson Silva (all are Affliction or UFC champion in different weight classes and have been reigning for the last two years, Fedor and Lyoto still undefeated!!). BJ's accomplishments are awesome, the progress, power and speed, technique are top notch. The book is amazing! explaining from very basic to intermediate skill of striking and grappling, best of all, he blends them very well, great teacher and great technique but.... here's the hard part, sorry, BJ. In the introduction he shared his experience when he lost his second fight with Matt Hughes mainly caused by his blown off ribs when he tried to get Hughes's back at the end of second round which he said he has less than a minute to finish Hughes up. Then Hughes utilized BJ's broken ribs so that BJ had to protect his ribs than his face and arm. I'm not sure I remember that, so I watched the fight again and it's clearly that BJ's out of gas on the third round and Hughes just kept punching and mauling BJ on his heads, not a single punch intentionally aimed to BJ's ribs. And the previous round, BJ has almost two minutes when he almost controlled Hughes's back. But BJ did a superior job in this book, the way he explains his opinion and technique are great. Just a little bit misleading reason in why he lost his second fight with Hughes. I and almost all people will still admire and respect him even if he admits that in that fight he wasn't well prepared for the stamina, it even makes him a bigger man. That factor makes me give this book 4 stars, other than that, 5 stars!! Fedor's book is also very awesome, not as structured as BJ's but shows and teaches exactly what he does in the ring in a lot of his battles, great technique but not as much great introduction (or reason) for finding our own strength and training samples. One thing that I admire BJ a lot, he never really got cut or battered even when he loses, Fedor is undisputed till now (and the next two years, too, probably) but in some fights he got battered, though (ex: Cro Cop fight, Nogueira even Hong Man Choi), winning riskier fighter ?? or BJ, mostly winning safer fighter? your choice. I admire them both but hopefully all of us can be better MMA learner or fighter (even analyst) from keeping learning from the best. Thank you Victory Belt Publisher.

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