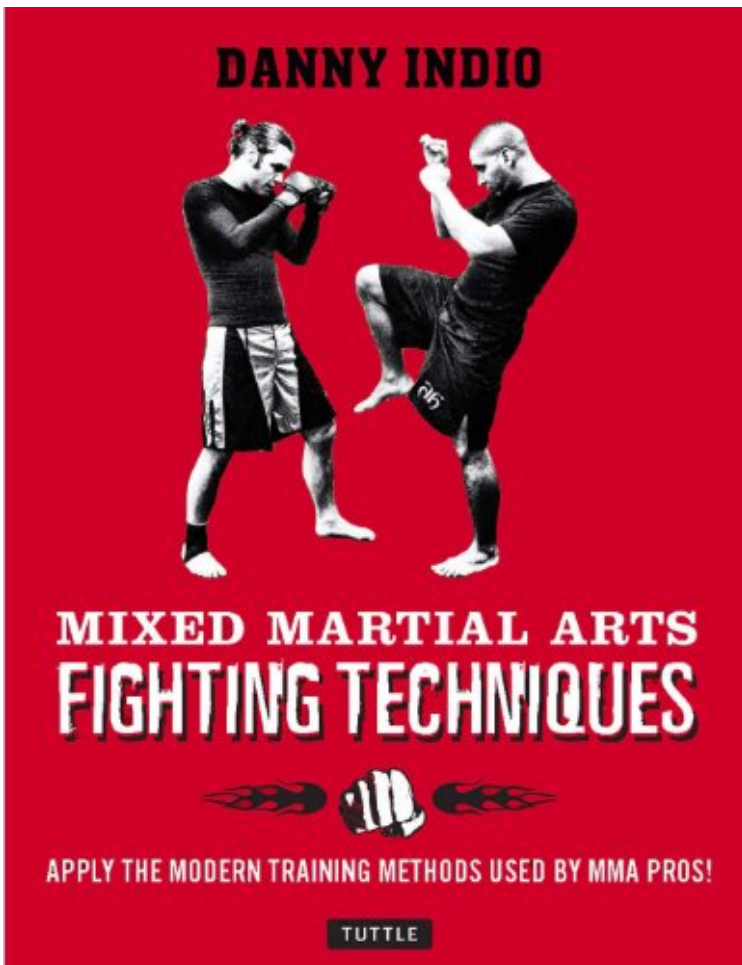


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# Mixed Martial Arts Fighting Techniques: Apply Modern Training Methods Used by MMA Pros!



*Par Danny Indio*

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winning edge you need! Use Western boxing and Muay Thai techniques to move out of harm's way as you deliver a devastating array of attacks. Use Brazilian jiu-jitsu and MMA techniques to escape holds and move into dominant positions. Use modern streetfighting techniques. Use Filipino knife-fighting techniques. And much more!

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