

The Mixed Martial Arts Instruction Manual: Striking By Anderson Silva;Erich Krauss;Glen Cordoza

By Anderson Silva;Erich Krauss;Glen Cordoza

MMA Training, or Mixed Martial Arts Training, is evolving constantly as coaches and athletes are finding better and better ways to train. It can be quite a task to

Jul 28, 2012 This is an audio summary of MMA Instruction Manual: and Ground Fighting by Anderson Silva, Glen Cordoza.

Book information and reviews for ISBN:0981504418,The Mixed Martial Arts Instruction Manual: Striking Anderson Silva, Erich Krauss, Glen mixed martial arts

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ISBN: 9780981504414 0981504418: OCLC Number: 269434831:
Description: 272 p. : col. ill. ; 28 cm. Responsibility:
Anderson Silva with Erich Krauss and Glen Cordoza.

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Anderson Silva is the author of The Mixed Martial Arts Instruction Manual 27 ratings, 2 reviews, published 2008), MMA Instruction Manua Anderson Silva s

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The Mixed Martial Arts Instruction Manual: The Science of Striking by Anderson Silva, Erich Krauss, Glen Cordoza Paperback, 250 Pages, Published 2008

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