



# Striking, Grappling, and Ground Fighting: The Skills Behind Mixed Martial Arts (The World of Mixed Martial Arts)

*Jim Whiting*

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## **Striking, Grappling, and Ground Fighting: The Skills Behind Mixed Martial Arts (The World of Mixed Martial Arts)** Jim Whiting

Explore the sport of MMA ? a world full of strikes, takedowns, and submission holds. Find out what it takes to be an MMA fighter and how fighters use these moves to defeat their toughest opponents.

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