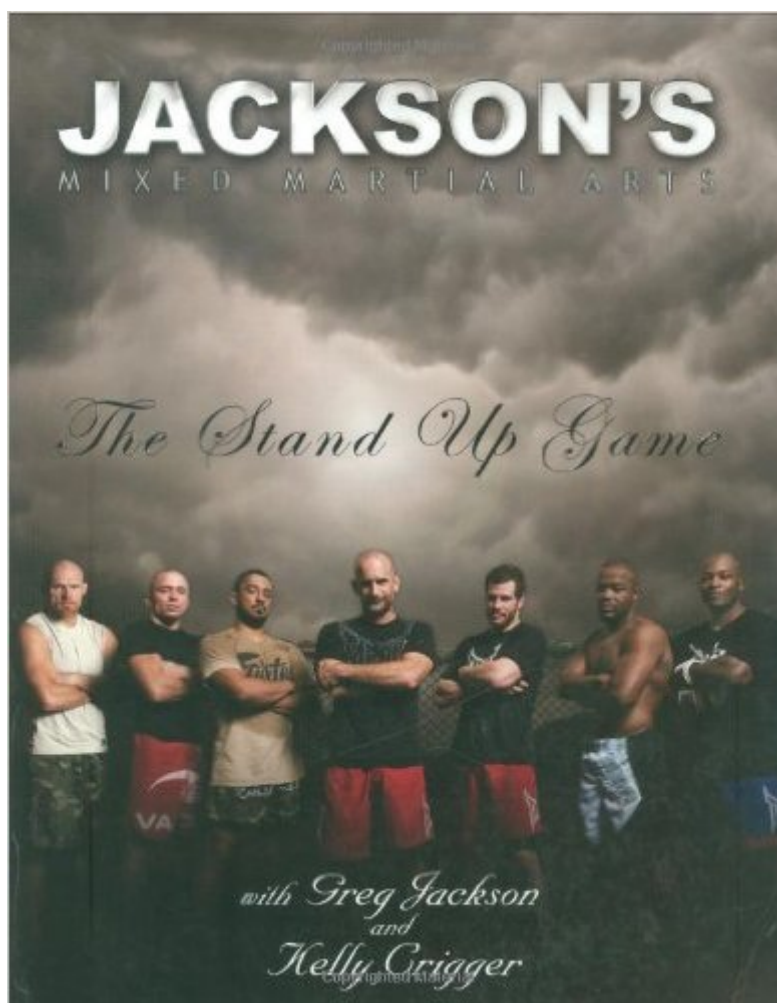


The book was found

Jackson's Mixed Martial Arts: The Stand Up Game



Synopsis

Greg Jackson is the most accomplished and celebrated mixed martial arts coach in the world. In Jackson's Mixed Martial Arts, he brings you into his stable of fighters, which includes UFC Welterweight Champion Georges "Rush" St. Pierre, UFC Light Heavyweight Champion Rashad Evans, UFC Light Heavyweight contender Keith Jardine, and UFC Middleweight contender Nate Marquardt. For the first time, he unveils his methods for developing fight strategies, detailing everything you must accomplish from the moment you sign the contract up to the time you step foot into the octagon. Next, he shares his arsenal of stand-up striking techniques that allow his fighters to dominate the world of mixed martial arts. He shares dozens of striking combinations, counterstriking combinations, takedowns, and throws. Jackson's Mixed Martial Arts also includes something no other technique book offersâ "a chapter on street fighting that was developed over several years of trial and error. If your goal is to rise to the top of the MMA mountain, Jackson's Mixed Martial Arts is a mandatory tool because it's written by a trainer who's taken several fighters there.

Book Information

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Customer Reviews

Anyone familiar with MMA - mixed martial arts - is doubtlessly familiar with Greg Jackson. Jackson is one of THE top trainers of elite MMA fighters. He coaches the guy many consider the best pound for pound fighter in the world - Georges St-Pierre, now simply known as "GSP." Jackson's Albuquerque NM Submission Fighting camp features a veritable Who's Who of the elite martial artists at the top of their respective games. He is the MMA equivalent of E.F. Hutton - when he talks,

people listen. Co-author Kelly Grigger is less known but is emerging as one of the top MMA writers around. He is the author of the highly entertaining "Title Shot: Into the Shark Tank of Mixed Martial Arts" and writes regularly (and adroitly) for FIGHT magazine. Together, these two experts have fashioned a powerful one-two punch and text for refining the standup game. Their useful, practical and hand-on book proves to be a successful collaboration. Their book is organized into six major sections: * Developing a fight strategy * The Fundamentals * Basic Strikes * Combinations * The Clinch * Takedowns * Street Fighting, Multiple Opponents and Weapons THE STANDUP GAME, by its very title suggests that this is not just a textbook on the "sweet science" of boxing. You will not find Floyd Mayweather Jr. or Manny Pacquiao researching a spinning backfist or a front snap kick. The range of fighting techniques addressed here highlights the context of MMA fighting. THE STANDUP GAME refers to one of the main pillars or components of mixed martial arts. The latter, popularized by events such as the Ultimate Fighting Championship, require successful practitioners to have fluency in wrestling, boxing, kicking, and jujitsu submissions.

WOW! It sure is great to see another book dedicated to the stand-up aspect of MMA after the endless parade of books over the past couple of years seemingly dedicated solely to grappling and Jiu-Jitsu. Not to imply that most of these books aren't good because they are, it's just that other than a couple of other books, most notably The Mixed Martial Arts Instruction Manual: Striking by Anderson Silva, most everything that has come out that has focused on MMA has been grappling and Jiu-Jitsu. This book is pretty well done with a lot of pages covering a fairly wide aspect of the stand-up game covering everything from; 1. Punches and Elbow Strikes 2. Footwork 3. Kicking and Kneeing 4. Clinching 5. Takedowns 6. Combinations in various forms and from various standing positions 7. Defenses against pretty much everything that the authors show you how to do offensively. And a whole lot more... The photographs are all in color and really add to the overall appeal of this book. I must confess that I felt some of the sequences of photographs shown on some of the techniques could have been taken from a better angle and sometimes the layout of the two different angles of the same technique got a bit confusing for me. I think this was more of a question on the layout than the actual angle of the photographs, but it could have been both. The text is not at all detailed in explaining the individual techniques, but it is detailed enough that if you were using this book solely as a guide and reference manual, then it should be more than sufficient.

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