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## **MMA Instruction Manual: The Muay Thai Clinch, Takedowns ...**

Anderson Silva's *Mixed Martial Arts Instruction Manual - Striking*

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Everyone's used to Victory Belt and have their expectations about what they'll see in the books, nowadays. As a group, VB publications are on a par with some of the higher quality books on the market. They stand out, though, in two areas. The first is the sheer prolific nature of their work. They put out product after product ...

## **Anderson Silva's Mixed Martial Arts Instruction Manual ...**

In Mixed Martial Arts Instruction Manual, UFC Middleweight Champion Anderson Silva unveils more than 150 striking techniques that have been proven in the Octagon. Detailing everything from basic punches and kicks to complex combinations through 1500 step-by-step color photographs and descriptive narrative, this book will become a bible for both beginning

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practitioners and seasoned mixed martial ...

## **The Mixed Martial Arts Instruction Manual: Striking ...**

With the release of his most recent book, MMA Instruction Manual: The Muay Thai Clinch, Takedowns, Takedown Defense and Ground Fighting, Silva offers an inside look into some of his trademark...

## **Anderson Silva teaches you the Muay Thai clinch and more ...**

MMA Instruction Manual: The Muay Thai Clinch, Takedowns, Takedown Defense, and Ground Fighting by Silva, Anderson, Cordoza, Glen  
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unveils the secrets to his fighting  
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In Mixed Martial Arts Instruction Manual, UFC Middleweight Champion Anderson Silva unveils more than 150 striking techniques that have been proven in the Octagon.

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Quotes by Anderson Silva “No one will hit you harder than life itself. It doesn't matter how much you hit back. It's about how much you can take, and keep fighting. How much can you suffer and keep moving forward? That is how you win”

## **Anderson Silva (Author of The Mixed Martial Arts ...**

So I was very excited to receive the latest Victory Belt publication in the

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mail: Anderson Silva's MMA  
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huge fan of this series. Co-authors  
Erich Krauss and Glen ...

## **Bloody Elbow Book Review:**

### **Anderson Silva MMA Instruction ...**

Anderson "The Spider" Silva—Brazilian Jiu-Jitsu black belt, boxing and Muay Thai specialist and current UFC middleweight champion—is the most decorated martial artist in the UFC. In *Mixed Martial Arts Instruction Manual: The Muay Thai Clinch, Takedowns, Takedown Defense & Ground Fighting*, Silva unveils the secrets to his fighting success.

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