

Chin Na The Grappling Art Of Self Defense

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~~Chin Na The Grappling Art~~

Add to all of this the grappling aspect of wrestling and jiu-jitsu, and you see why MMA is an entirely different beast compared to boxing. With recent cross-sport boxing bouts becoming regular ...

~~5 boxers who could dominate in MMA~~

Welcome to the fifth chapter of our journey back to the days of grappling past, as we take a look at the wrestlers who have held the WCW TV Title during the WCW Era of the belts history. We left ...

~~Retro Wrestle Respawn - The WCW Television Title: A Brief(ish) Journey In Time - Part Five (Badd to Regal)~~

Some are grappling with pre-existing medical conditions, while others prefer to "wait and see". Experts suggest ways to get more seniors to be ...

~~COVID-19 vaccination: Why some seniors are holding back, and how a little nudge can help~~

On May 18, the night you left this world to embark on a new journey in a new dimension, I had a strange experience. I had not been informed of your passing. You know how Pappa is na, he always ...

~~Tonight I Write the Saddest Lines~~

Stipe Miocic (20-4) [2] When his wrestling failed against Francis Ngannou ... [3] Cormier had a chance to end his mixed martial arts tenure in style at UFC 252, but it simply wasn't meant ...

~~Sherdog's Official Mixed Martial Arts Rankings~~

The weight and the weightage. The tides of the extreme winter were on the ebb, the wind of the outgoing February was comforting breeze. The posters were apolitical and impressive, the well built ...

~~Wrestling the lost sport~~

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Subsisting on steamed dumplings and gallons of tea, they had been sorting through the 2 billion nanobodies in Manglik's library in the hope of identifying a molecule capable of glomming on to the ...

~~Two Billion Nanobodies. One Global Pandemic. Go.~~

A look at the scoring of Round 2 from Deiveson Figueiredo vs. Brandon Moreno at UFC 263. This is the first of what I believe will be an ongoing series. What I want to do with this column is help fans ...

~~Scouring the scoring: Round 2 of Deiveson Figueiredo vs. Brandon Moreno~~

Dil Chahta Hai or Zindagi Na Milegi Dobara, I don't care. As long as someone is making a film casting this trinity in the lead (Zoya Akhtar, are you listening?), I'm watching. With my girlfriends, of ...

~~Asha Parekh, Waheeda Rehman, Helen prove that enduring friendships are beyond age or competition~~

Two well-known entities from the UFC's international scene are featured on Saturday's card in Las Vegas, where Jon Litterine is giving several long-shot underdogs a chance to get their hands raised.

~~DraftKings MMA: UFC Vegas 29 Preview~~

The fearless exorcists in Korean drama Sell Your Haunted House have had their share of adventures, but viewers will be giving one a heartbreaking farewell.

~~K drama review: Sell Your Haunted House - exorcism drama ends with emotional finale~~

Manchester's Brendan Loughnane has travelled the world helping some of the world's best fighters prepare for title fights, but now he says it's time for him to take centre stage. Loughnane competes in ...

~~Brendan Loughnane ready to 'seize the moment' as British featherweight eyes PFL semis~~

David Teymur without pause, and his wrestling match with Kevin Lee would ... three elite Featherweights who are hitters - Burgos - chin failed to keep up with his mentality in the third round.

~~Everything That Happened At UFC 262 Last Night!~~

MANILA, Philippines - Ikinatuwa ni Deputy Speaker Mikee Romero ang land donation ng Bataan Province sa Bagac na siyang pagtatayuan ng state-of-the-art Philippine Sports Training Center (PSTC).

~~Romero pinuri ang Bataan sa donasyong lupa para sa PSTC~~

Though he still has a couple of issues - namely a disinterest in checking low kicks and some potential chin issues considering ... several accomplishments in wrestling and jiu-jitsu, so that ...

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~~UFC Vegas 28 — New Blood: Robocop, The Jawaiian and Baby Shark~~

Each featured daring exorcists Hong Ji-a (Jang Na-ra) and Oh In-bum (Jung Yong-hwa) as they tackled restless spirits lingering on in the living world, rooted to the homes, saunas and art galleries ...

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