

# No Holds Barred Fighting: The Ultimate Guide to Mixed Martial Arts



**No Holds Barred Fighting: Takedowns: Throws, Trips, Drops and Slams for NHB Competition and Street Defense (No Holds Barred Fighting series)** by Mark Hatmaker

★★★★☆ 4.3 out of 5

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## Unleash Your Inner Warrior with Our Comprehensive MMA Guide

Prepare yourself for the adrenaline-pumping world of No Holds Barred Fighting with our in-depth guide. Whether you're a seasoned fighter or just starting out, this book has something for everyone. Dive into the captivating world of mixed martial arts (MMA) and discover the techniques, strategies, and secrets that will elevate your fighting abilities to new heights.

## Master the Art of Striking and Grappling

Our comprehensive guide provides a thorough exploration of both striking and grappling techniques. Learn how to deliver powerful punches, kicks, knees, and elbows with precision and force. Master the takedown, clinch,

and ground game with expert guidance. We'll guide you through every aspect of MMA combat, equipping you with a complete arsenal of skills.

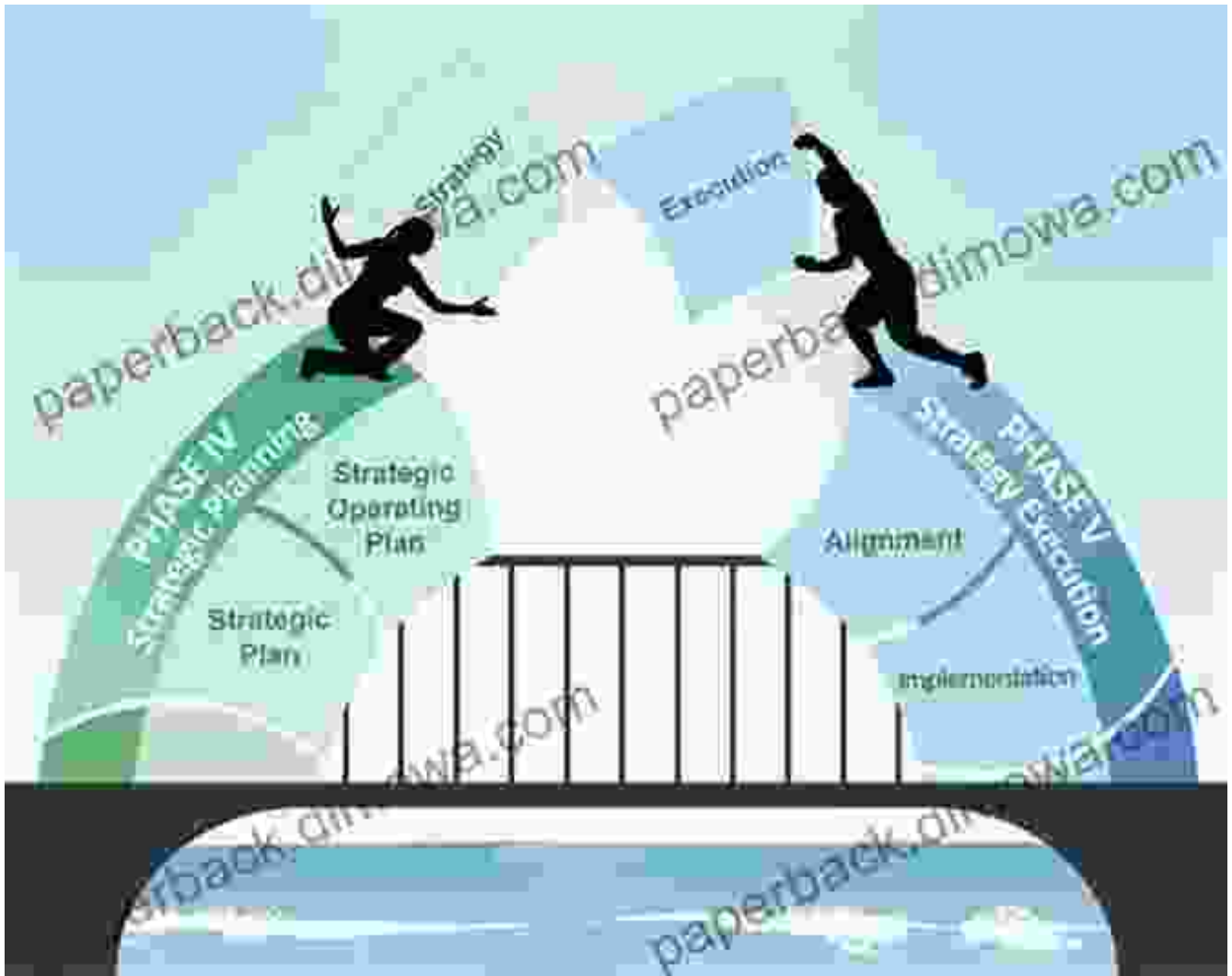




## **Strategies for Victory and Dominance**

Beyond techniques, our guide delves into the strategic side of MMA. Learn how to analyze your opponents, develop personalized game plans, and adapt your approach in the heat of battle. We'll reveal the secrets of winning strategies, teaching you how to control the pace, exploit weaknesses, and secure victory.





## **In-Depth Analysis and Expert Insights**

Our team of experienced MMA coaches and fighters has poured their knowledge into this guide. You'll benefit from their insights, analysis, and real-world advice. Learn from the best and gain a deeper understanding of the sport. With our comprehensive coverage, you'll know everything there is to know about No Holds Barred Fighting.

# COACHING MODELS



**R** Reflect

**A** Assess current situation

**O** Objectives

**E** Evaluate

**C** Creative alternatives to the current situation

**U** Understand the reasons

**S** Strategize

**H** Have goals

**T** Take stock

**U** Understand

**I** initiate options generation for goal achievement

**C** Clarify the gap

**L** Listen

**E** Evaluate options

**O** Options generation

**T** Take action

**V** valid action plan

**M** Motivate to action

**S** Systematise

**E** Encourage momentum

**E** Enthusiasm and encouragement

**S** Support



## **Step-by-Step Illustrations and Easy-to-Follow Instructions**

Our guide is designed to make learning as accessible as possible. With detailed, step-by-step illustrations and clear, concise instructions, you'll find it easy to follow along and master every technique. Whether you're a visual learner or prefer written guidance, we have you covered.



designhill

# DESIGNER'S GUIDE:

## HOW TO CREATE ILLUSTRATIONS STEP BY STEP





# MMA Combination drill

## Punch, kick and block combination drill

Now you've learned the basics of striking and blocking, you can start to put all of these together in training drills. These kind of extended drills, which expect you to combine a number of moves in sequence, are great for training the movement and sharpening your skills. They also provide a strength and cardiovascular workout for those looking to lose weight and shape up. For these two reasons, extended drills like this should form an integral part of your training regime. Just remember to familiarise yourself with the basics before attempting them.

1. Start by stepping up on one side, stepping up with your left side, your left hand being your lead side. As you withdraw your right foot, your right hand comes forward.  
2. As you withdraw your right foot, your right hand comes forward. As you withdraw your right foot, your right hand comes forward.  
3. As you withdraw your right foot, your right hand comes forward. As you withdraw your right foot, your right hand comes forward.  
4. As you withdraw your right foot, your right hand comes forward. As you withdraw your right foot, your right hand comes forward.  
5. As you withdraw your right foot, your right hand comes forward. As you withdraw your right foot, your right hand comes forward.  
6. As you withdraw your right foot, your right hand comes forward. As you withdraw your right foot, your right hand comes forward.  
7. As you withdraw your right foot, your right hand comes forward. As you withdraw your right foot, your right hand comes forward.  
8. As you withdraw your right foot, your right hand comes forward. As you withdraw your right foot, your right hand comes forward.  
9. As you withdraw your right foot, your right hand comes forward. As you withdraw your right foot, your right hand comes forward.  
10. As you withdraw your right foot, your right hand comes forward. As you withdraw your right foot, your right hand comes forward.



**Free Download Your Copy Today and Unleash Your Potential**

Don't miss out on this opportunity to elevate your MMA skills to the next level. Free Download your copy of No Holds Barred Fighting today and unlock the secrets to becoming a master of mixed martial arts. With our comprehensive guide, you'll be ready to dominate the cage and achieve your fighting dreams.

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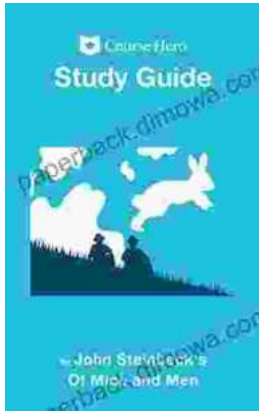
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