



## The Mixed Martial Arts Instruction Manual: Striking

By Anderson Silva, Erich Krauss, Glen Cordoza



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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. 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 practitioners and seasoned mixed martial arts veterans.

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### Editorial Review

About the Author

**Anderson Silva** is the UFC Middleweight Champion of the world. He will be starring in two major motion pictures. [www.spidersilva.com](http://www.spidersilva.com)

**Erich Krauss** is a professional Muay Thai kickboxer who has lived and fought in Thailand. He has written for *The New York Times* and is the author of nineteen books.

**Glen Cordoza** is a professional Muay Thai kickboxer and mixed martial arts fighter. He is the author of eight books on the martial arts.

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