



Fighter's Notebook: A Manual of Mixed Martial Arts

By Kirik Jenness



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This manual uses over 600 pages, 3,500 images, and 100,000 words to display many hundreds of mixed martial arts techniques, from striking, to takedowns, to ground control, to submission.

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Editorial Review

About the Author

Author Kirik Jenness has nearly 30 years experience in the martial arts, runs The World's Best Source for Mixed Martial Arts Information, and is the Commissioner of the North American Grappling Association.

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