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Martial Arts of the World. Title: Martial Arts of the World, 2 volumes. Martial Arts of the World, Volume 1. Author: Thomas A. Green and Joseph R. Svinth, editors. Publisher: ABC-CLIO. Publication Date: 2010. Format: Hardcover. Pages: 663 across two volumes, plus index, 10.25 in x 7.125 in. Cover Price: None; available at the publisher's Web site for \$198.00

Book Review: Martial Arts of the World - Martial Journal

Mixed Martial Arts outlines the revolutionary system of fighting used by world-renowned fighter BJ Penn. Penn, one of the most technical and decorated fighters in the world today, illustrates fighting techniques that teach you how to mix strikes with takedowns, ground and pound an opponent into submission, fight against the cage and formulate strategies based upon your per

Mixed Martial Arts: The Book of Knowledge by B.J. Penn

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This book, unlike most books on the topic, is a good one for anyone interested in the martial arts. Having read it myself both as a novice and after years of experience in the arts, I have found it to address topics appropriate to any level of exposure.

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He is a founding member of the British Council of Kali, Eskrima and Arnis Instructors (2006), which was established to provide unity among exponents. An established author, Peter has contributed to Fighters, Combat and Martial Arts Illustrated magazines and the books, Warrior Arts of the Philippines and Masters of the Blade by Reynaldo S. Galang.

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