



No Holds Barred Fighting: Savage Strikes: The Complete Guide to Real World Striking for NHB Competition and Street Defense (No Holds Barred Fighting series)

Mark Hatmaker

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No Holds Barred Fighting: Savage Strikes: The Complete Guide to Real World Striking for NHB Competition and Street Defense (No Holds Barred Fighting series) Mark Hatmaker

The techniques taught in this title enable fighters and self-defense students to knockdown and knockout their opponents. Every punch, kick, elbow blow, knee strike, head-butt, forearm shot and shoulder-butt is detailed.

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