



No Holds Barred Fighting: The Kicking Bible: Strikes for MMA and the Street (No Holds Barred Fighting series)

Mark Hatmaker

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One of the most feared and useful weapons in mixed martial arts (MMA) competition is dissected and discussed in this fully-illustrated guide to both perfecting and defending against the low kick. Many competitors view this technique as a single tool in their arsenal, limiting themselves when they could be taking this low-line method of attack and modifying it to fit far more kicking situations than those commonly used. This volume demonstrates how to expand the low-kicking arsenal, showing how a simple alteration in leg targeting can strongly challenge an opponent's defense, and how to hone low-line kicking power and speed so that rapid-fire low-line kicking becomes a powerful advantage. These techniques are prime for MMA competitors and anyone who wants to improve both their self-defense and competition skills with the best empirical information available.

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