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# Mixed Martial Arts (Wp Action)



## Synopsis

Mixed Martial Arts has never been more popular. Men and women of all ages are taking up various disciplines for exercise, self-defense and to help improve their own mental and physical wellbeing. Author and skilled Martial Artist Rodney Stewart provides a detailed explanation of the various popular forms of Martial Arts, including their history and techniques. Rodney also covers the rise of UFCâ™ a Mixed Martial Arts organization that has created one of the worldâ™s fastest growing spectator sports. Learn about the big names and fights that have made UFC a global sensation.

## Book Information

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