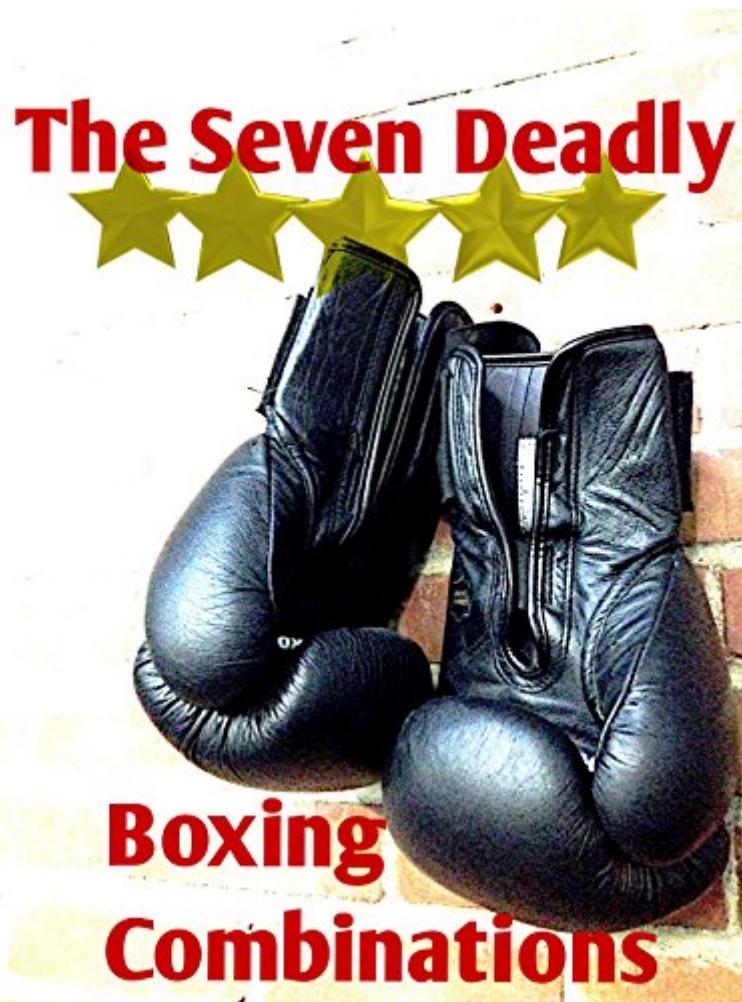


The book was found

MMA WOD - Combinations: The Seven Deadly Boxing Combinations - And How To Use Them



Synopsis

Going into a fight without a plan guarantees a significantly poorer chance of victory, and causes you to fight your opponents style of fight. It is a fighter's responsibility to have a handful of go-to combinations that they execute exceptionally well. In this book we examine the seven combination that are statistically most likely to land, score points, and ultimately get knockouts. This book is primarily for a right handed fighter vs another right handed fighter. "I fear not the man who has practice 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."-Bruce Lee

Book Information

File Size: 2294 KB

Print Length: 16 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 18, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00XV5QGRC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #385,112 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #71 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #78 in Kindle Store > Kindle Short Reads > 30 minutes (12-21 pages) > Sports & Outdoors #197 in Books > Sports & Outdoors > Individual Sports > Boxing

Customer Reviews

There's nothing fancy in this book, and the editing leaves a little to be desired... But it conveys the basics in simple, practical terms... all of which is easily transferred into drills. Photos, although not absolutely necessary if you have any level of familiarity with boxing and/or good visualization skills, would have been an added bonus.

[Download to continue reading...](#)

MMA WOD - Combinations: The Seven Deadly Boxing Combinations - And How To Use Them

Kickboxing: The Ultimate Beginners Guide To Kickboxing (Kickboxing, Thai Boxing, Muay Thai, Boxing, MMA, Mixed Martial Arts) Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! (Martial Arts, Fitness, Boxing and MMA Performance) Speed Training: For Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best Series Book 6) 85 Workout Combinations for Muay Thai (MMA Pad Training Concepts Book 2) Complete Manual of Boxing | How To Box | About Boxing Perennial Combinations: Stunning Combinations That Make Your Garden Look Fantastic Right from the Start (Rodale Garden Book) Perennial Combinations: Stunning Combinations That Make Your Garden Look Fantastic Right from the Start The Rise and Fall of the City of Mahagonny & the Seven Deadly Sins Why Is It Always About You?: The Seven Deadly Sins of Narcissism CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Ghouls (Vampire The Requiem - World Of Darkness - WOD) WoD Changing Breeds (The World of Darkness) *OP WoD Outcasts (World of Darkness (White Wolf Paperback)) Cross Training: Top 100 Cross Training WOD's with Pictures! Seven Hands, Seven Hearts: Prose and Poetry

[Dmca](#)