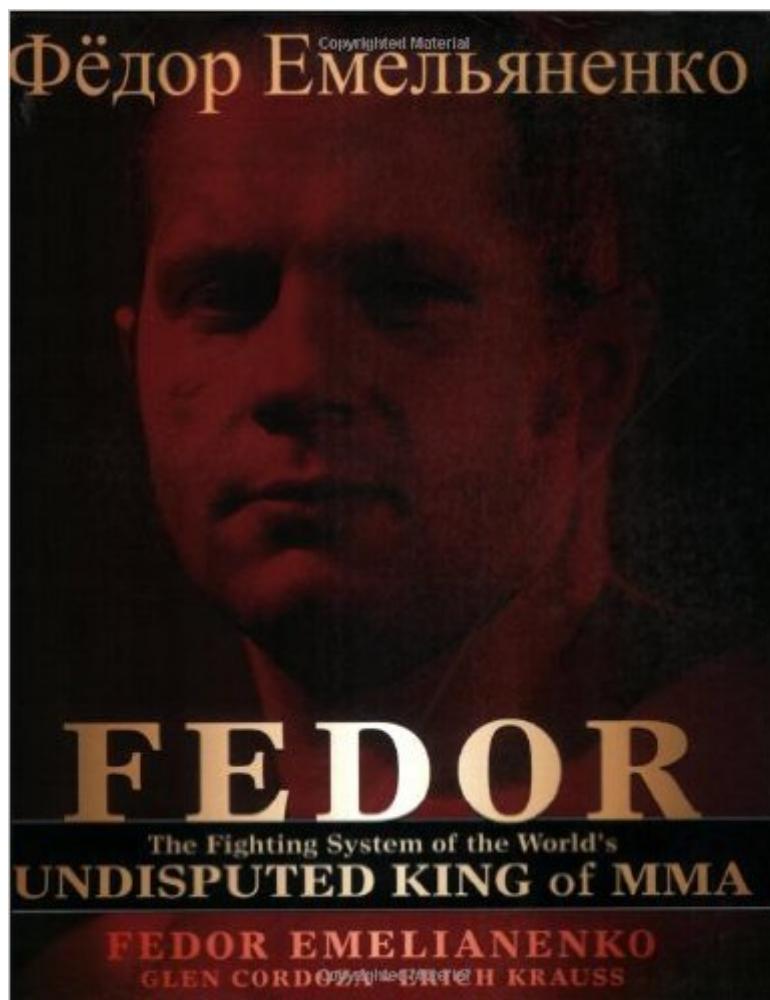


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# Fedor: The Fighting System Of The World's Undisputed King Of MMA



## Synopsis

In Fedor, the undefeated, undisputed heavyweight MMA champion of the world unveils for the first time his trademark striking and grappling techniques through descriptive narrative and more than 2500 step-by-step color photographs. Detailing dozens of throws, punching combinations, cardio workouts and ground and pound techniques, this book leaves no stone unturned.

## Book Information

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## Customer Reviews

Written by Jacob RegarThere is no one hundred percent fail-proof recipe for unarmed combat. Practitioners must learn all they can to prepare themselves for any possible fighting scenario. Techniques alone do not ensure victory in the modern fighting chess match that is MMA. Subtleties like footwork, combinations set up off of evasive movements and offensive feints, and timing, are the essence of fighting success. These variables are difficult to perceive, let alone define, and the ability to fuse them with game-tested techniques against a skilled and prepared opponent marks the clearest indication of a modern fighting master.In FEDOR: the Fighting System of the World's Undisputed King of MMA, the martial arts public can finally find answers to their ongoing question: how does Fedor Emelianenko do what he does in the ring? He writes in the introduction to the book's section on "counter attacks:""The goal in any fight is to constantly remain on the offensive and either rack up enough points to earn a judges' decision or put your opponent to sleep. If your opponent is timid or dramatically outclassed, achieving your goal can be quite easy. You simply beat on him until he drops. However, the majority of opponents you face will climb into the ring or cage with the exact same goal as you, which means you'll have to contend with his attacks. The

only way to remain offensive against an opponent who is also offensive-minded is to learn how to counter his attacks. By attacking, evading his strikes, and then immediately launching counterattacks, your opponent will be locked in defense mode even though he is throwing every strike in the book at you. And as long as he is constantly defending, you'll be winning the fight.

[\\_Fedor: The Fighting System of the World's Undisputed King of MMA\\_](#) is one of the best books I've read in regards to the basics of fighting. It contains over 200 pages of techniques covering all three of the major fight ranges (striking distance, the clinch, and grappling). These techniques are explained both through the use of multiple full-color photographs and informative captions. Together, they do an excellent job of allowing readers to understand what they are reading so that they can duplicate it while practicing. This is the textbook for Mixed Martial Arts 101, and should be in the library of every new student of the fighting arts. The book's strength as a beginner's guide, however, is also its biggest weakness. The authors devote an entire page to showing readers how to get into the proper stance; two more pages and 12 photos on how to throw a straight snap jab; two more pages and nine photos detailing how to throw a straight long jab; two pages on how to throw a left hook; etc, etc, etc... Beginning fighters should love this, as it will allow them to understand almost exactly how Fedor fights; more experienced fighters with their own styles will find themselves skimming page after page of this book trying to find something that they don't already know. Those nuggets of gold are in there, but they tend to be rare because so much of the book is devoted to the basics. With such a grand title as "The Fighting System of the World's Undisputed King of MMA," many readers will expect a book that has more uniqueness to it. What they get is an excellent guide to the basics of Fedor's style, but little else beyond a beginner to intermediate technique manual.

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