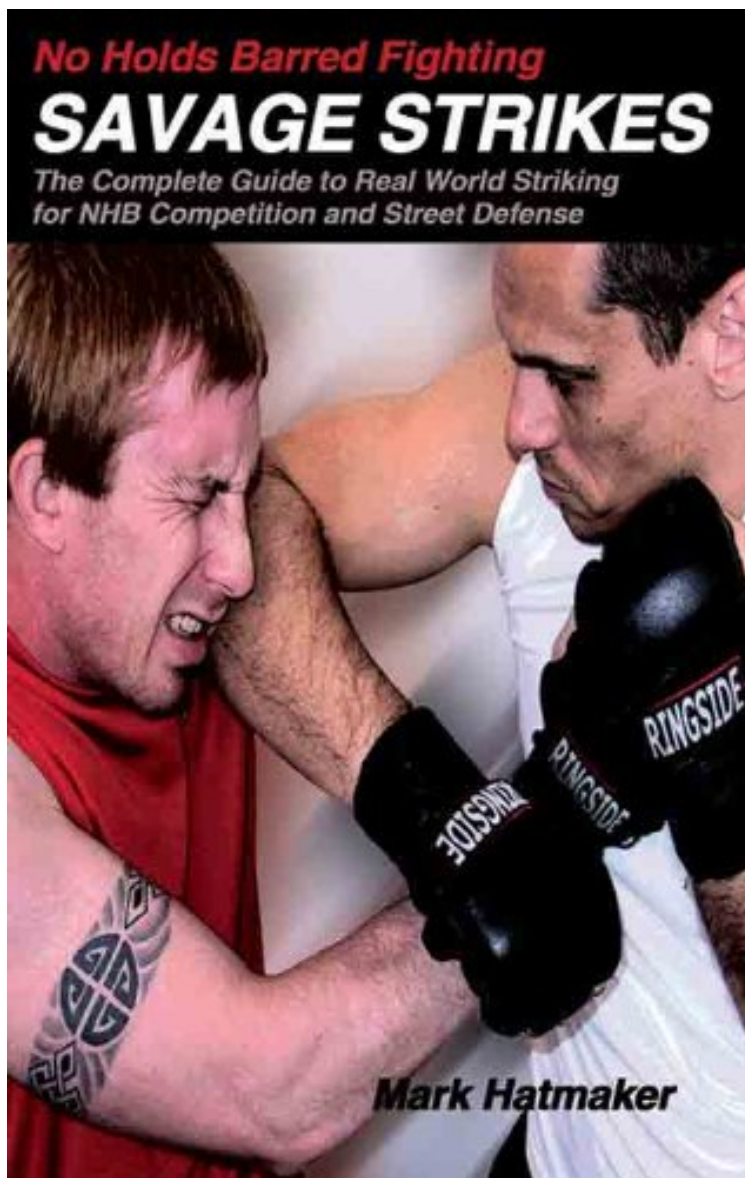


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No Holds Barred Fighting: Savage Strikes: The Complete Guide to Real World Striking for NHB Competition and Street Defense (No Holds Barred Fighting series)

Von Mark Hatmaker

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whether or not it would be worth my time, and all praised No Holds Barred Fighting: Savage Strikes: The Complete Guide to Real World Striking for NHB Competition and Street Defense (No Holds Barred Fighting series):

KurzbeschreibungThe techniques taught in this book enable fighters and self-defense students to knock down and knock out their opponents. Maneuvers covered include the unique no holds barred (NHB) striking stance and the complete NHB striking arsenal every punch, kick, elbow blow, knee strike, head-butt, forearm shot, and shoulder-butt is detailed. No holds barred defenses are also taught for all of these shots. Instructions on counter-striking sequences and the smart shots to land when the fight hits the mat are also included.