



# No Holds Barred Fighting: The Ultimate Guide to Submission Wrestling (No Holds Barred Fighting series)

*Mark Hatmaker, Doug Werner*

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This instructional guide explains the origins of submission wrestling, the underlying fighting skill associated with such events as the Ultimate Fighting Championships and the King of the Cage. It explores its various offshoots and influences and features hundreds of photos to demonstrate techniques and training exercises. Rules and regulations regarding associated competitions, workout programs, and match etiquette are thoroughly discussed, and resources for further research are included. Full of self-defensive skills and tips that improve physical fitness, confidence, and mental toughness, this book starts the novice on the path to proper training and provides fundamental information for all skill levels.

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