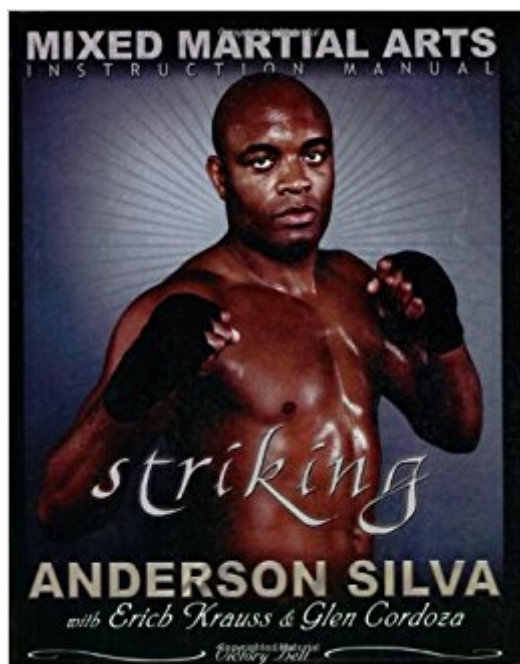


The book was found

The Mixed Martial Arts Instruction Manual: Striking



Synopsis

In Mixed Martial Arts Instruction Manual, UFC Middleweight Champion Anderson Silva unveils more than 150 striking techniques that have been proven in the Octagon. Detailing everything from basic punches and kicks to complex combinations through 1500 step-by-step color photographs and descriptive narrative, this book will become a bible for both beginning practitioners and seasoned mixed martial arts veterans.

Book Information

Paperback: 272 pages

Publisher: Victory Belt Publishing; Original Edition edition (November 17, 2008)

Language: English

ISBN-10: 0981504418

ISBN-13: 978-0981504414

Product Dimensions: 9 x 0.7 x 11 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.5 out of 5 stars 39 customer reviews

Best Sellers Rank: #816,470 in Books (See Top 100 in Books) #117 in Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #1842 in Books > Sports & Outdoors > Individual Sports > Martial Arts #10096 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Anderson Silva is the UFC Middleweight Champion of the world. He will be starring in two major motion pictures. www.spidersilva.com Erich Krauss is a professional Muay Thai kickboxer who has lived and fought in Thailand. He has written for The New York Times and is the author of nineteen books. Glen Cordoza is a professional Muay Thai kickboxer and mixed martial arts fighter. He is the author of eight books on the martial arts.

I had purchase Striking by Anderson Silva hoping it would help improve my punching power and my footwork. I am quite happy with the improvements in my footwork and his instructions to practice footwork while shadow boxing was very helpful. But the punching technique is a different story. Anderson recommends keeping the muscles in your arms and shoulders completely relaxed and generate power with the legs or twisting the hips. But for some reason I clench the muscles in my arms every time I try to punch hard. Perhaps being able to relax during a fight is what makes him so great. Anyway, I'm very happy with this purchase. Anderson comes off as a very humble and

hardworking person.

I just started reading this book and I have to say how clear and detailed the instructions are. I am still in the beginning practicing my foundation(footwork). I do it everywhere(home, work, restroom, sidewalk, parking lot, etc). I've realized for something so basic, it made me aware of my bad habits in movement. I sure do not want to continue until the foundation becomes instinct or else everything that is built on top of it will be weak(This is what Anderson teaches you, which I believe to hold true in anything in general. Build the foundation of a building out of straws and even if the top is concrete, it will fall.) Thanks for sharing your knowledge in the Arts Mr Silva, I look forward to your next instructional manual that deals with the clinch and takedowns.

Anderson Silva is the top striker in MMA right now. His ability to KO competition isn't based on natural abilities like Chuck Liddells insane KO power. His is based on his successful modification and application of classic striking techniques. This book covers how he's modified and altered some of the striking tools he uses for MMA. There's no super secret squirrel ninja techniques, just good solid basic skills that you can see Silva use in all of his fights. These aren't text book boxing or kickboxing techniques but they do work when confronted with a situation where grappling is allowed. The only thing missing from this book is his clinch game, which is a big part of his standup skill set. However, it looks like he has a book coming out devoted to just the clinch.

I love Anderson Silva's Instructionals and I believe this book would make a good companion. For one reason, the combination were too fast (even in slow mo) in the video but with this book, we could see the transition as long as we want. Each detail is also meticulously described. Another feature in the book is the unobstructed view of critical positioning. I personally think that I have upped my game by just adapting the details of the stances and movement. The techniques, defense and combinations would totally overhaul my stand up skills. I highly recommend investing in this book.

Great book

Love this freakin book! Covers more than the DVD and has step by step clear illustrations. The Combos R sick too.

I bought this book because it was mentioned in another book by the same author. It is definitely worth the price because of its short but precise captions for the step-by-step instructions for different moves in MMA. There's good illustrations for the moves taken from different angles. Yes I recommend this book for everyone interested in MMA/UFC.

For ease of understandingt his book I love it. Silva is a top rated fighter with a top rated book for the beginner and this can be used to clarify and review for those who have been in MMA for awhile. Nice pictures with clear definition of how and where to stand.

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

The Mixed Martial Arts Instruction Manual: Striking MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense, BJJ) Parting the Clouds - The Science of the Martial Arts: A Fighterâ€™s Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts Martial Arts for People with Disabilities (Martial and Fighting Arts) Martial Arts for Athletic Conditioning (Martial and Fighting Arts) Martial Arts for the Mind: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Winning Ways (Mastering Martial Arts) Martial Arts for Women: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Women: Winning Ways (Mastering Martial Arts) Martial & Fighting Arts (Martial and Fighting Arts Series) Striking Distance: Bruce Lee and the Dawn of Martial Arts in America Striking Distance: Bruce Lee & the Dawn of Martial Arts in America Fight Like a Physicist: The Incredible Science Behind Martial Arts (Martial Science) Ali vs. Inoki: The Forgotten Fight That Inspired Mixed Martial Arts and Launched Sports Entertainment Heart for the Fight: A Marine Hero's Journey from the Battlefields of Iraq to Mixed Martial Arts Champion MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag Training Series Book 1) The Leg Kick: Your Ultimate Guide to Using The Leg Kick for Mixed Martial Arts Delavier's Mixed Martial Arts Anatomy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)