



No Holds Barred Fighting: The Book of Essential Submissions: 101 Tap Outs! (No Holds Barred Fighting series)

Mark Hatmaker

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Chock-full of go-to finishing holds and tap-outs, this action-filled guide illustrates how to skillfully perform these essential fighting moves. More than 100 high-percentage submissions are detailed using sequenced action photographs to help strengthen the wrestling vocabulary of Mixed Martial Arts athletes. Whether used during competition or on the street, these submissions will allow both novice and seasoned no-holds-barred fighters to hold their own.

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