

# **The Best Of Mixed Martial Arts: The Extreme Handbook On Techniques, Conditioning And The Smash-Mouth World Of MMA By MMA Worldwide;Randy Couture**

**By MMA Worldwide;Randy Couture**

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Randy Couture is the author of Becoming the Natural (3.57 avg rating, 261 ratings, 19 reviews, published 1900), Wrestling for Fighting

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Mixed martial arts (MMA) is a full-contact combat sport that allows the use of both striking and grappling techniques, both standing and on the ground, from a variety

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