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Like any sport,
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(MMA) requires special equipment, largely to protect yourself during your training sessions. Important supplies and gear that you should gather before starting your MMA training include:
Boxing gloves:
Essential for working on strikes,

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such as jabs,
hooks, and
uppercuts.

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is sweeping the
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practical guide,
legendary MMA
Champion Frank
Shamrock shares
his expertise and

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love for the sport. He introduces you to his famous training and fighting system, explaining the virtues, ethics, and techniques of MMA in clear detail while showing you how to develop a Your full-color guide to this ...

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Frank Shamrock

The rules of Mixed Martial Arts (MMA) differ slightly from one promotion to the next because each fighting organization can create unique rules. For example, the regulations for the Ultimate

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Fighting Arts For

Championship

(UFC) may differ

slightly from the

rules for

Strikeforce. Every

event must comply

with the athletic

commission rules

of the state in

which [...]

Rules of Mixed

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protest encourages

shoppers to buy

only from Black-

owned businesses

Tuesday, boycott

others

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Grappling

Dummies for MMA
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MAMA Grappling

Dummies are the
new addition to the
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family. Grappling
dummies are made
in a shape of

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human bodies that you can grapple with and hone your skills. They come in various sizes, shapes, and materials.

Grappling
Dummies for
Training MMA
(Mixed Martial Arts

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Jayefo Beast 32 BJJ

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in clear detail while showing you how to develop a safe, effective training regimen.

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Mixed Martial Arts
is an action-packed
sport filled with
striking and

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grappling Arts For

techniques from a variety of combat sports and martial arts. During the early 1900s, many different mixed-style competitions were held throughout Europe, Japan and the Pacific Rim. CV Productions Inc. showed the first

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regulated MMA For
league in the US in
1980 called the

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undefeated mixed
martial arts (MMA)
champion for 10
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only person to win
a title in all three
major North
American fight
promotions (UFC,
WEC, and
Strikeforce). He
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NBC sports
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owner of fight
venues, and
created his own
line of MMA

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training gyms. Her
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