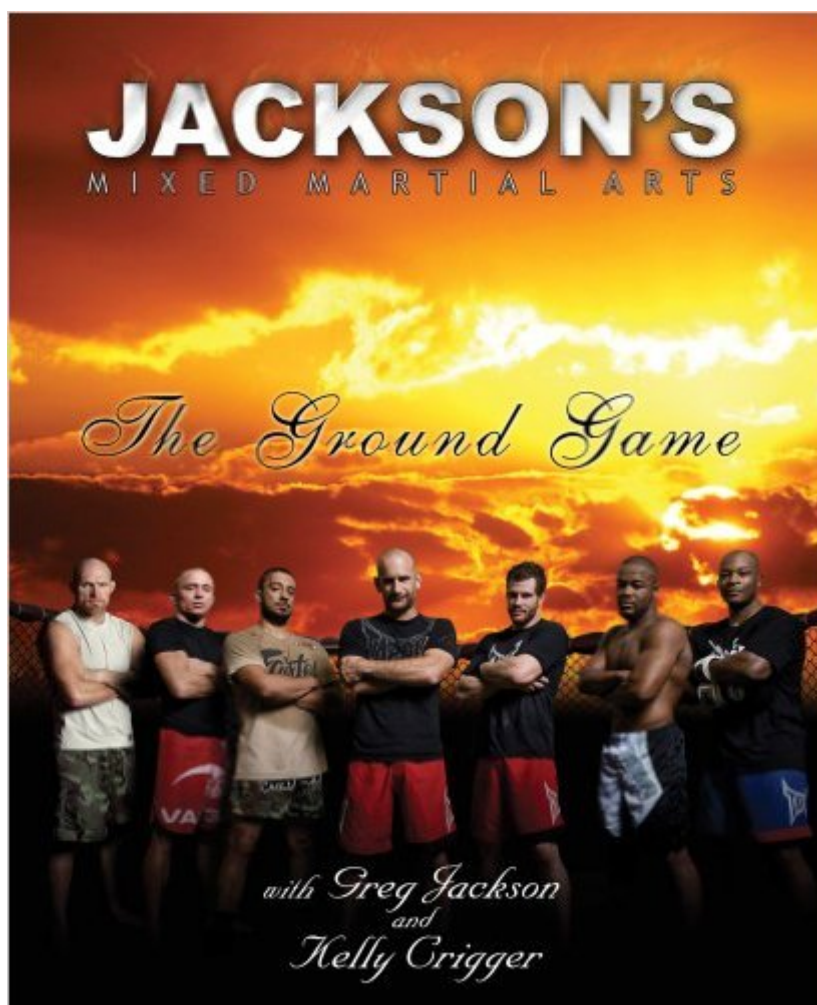


The book was found

Jackson's Mixed Martial Arts: The Ground Game



Synopsis

Greg Jackson was raised in a neighborhood where he had to fight to survive. He tried every martial art he could get his hands on, only to find they all lacked practicality. He developed his own system instead, and is now the most accomplished and celebrated mixed martial arts coach in the world. In Jackson's Mixed Martial Arts, he brings you into his stable of fighters, which includes UFC welterweight champion Georges St Pierre, former UFC light heavyweight champion Rashad Evans, and top ranked contenders Nate Marquardt, Keith Jardine, Donald "Cowboy" Cerrone and Joey Villaseñor. For the first time he unveils his methods of ground fighting that have enabled his fighters to dominate every MMA promotion and every grappling competition in the U.S. Every ground fighting situation is addressed from ground and pound to passing the guard, along with loads of submissions.

Book Information

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Best Sellers Rank: #346,680 in Books (See Top 100 in Books) #68 in Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #202 in Books > Sports & Outdoors > Individual Sports > Wrestling #597 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

"Let's Roll ...!" It is by now axiomatic that most fights end up on the ground. This is likely true whether we are talking about a street fight or a top UFC bout. To the bookshelf of indispensable references regarding the grappling arts, we now have an instant classic in the newly released, "Jackson's MMA: The Ground Game." Anyone familiar with MMA - mixed martial arts - is doubtlessly familiar with Greg Jackson. He is considered THE guru and "Yoda" of mixed martial arts. He has likely forgotten more about mixed martial arts than most people have ever learned. His Albuquerque New Mexico Submission Fighting camp features a veritable Who's Who of elite martial artists at the top of their respective games. Many accomplished fighters go "to the mountaintop" to learn from the

person widely acclaimed as the best mixed martial arts trainer in the business. Co-author Kelly Grigger is a top MMA writer. He is the author of the highly entertaining "Title Shot: Into the Shark Tank of Mixed Martial Arts" and writes regularly (and adroitly) for FIGHT magazine. Together, these two experts have crafted an encyclopedic resource on combative sports on the ground. This 300-page book is generously illustrated with multiple color pictures showing the progression of various ground game techniques, both offensive and defensive moves and a veritable buffet of submission techniques. The ground game is more than wrestling and more than jujitsu, but certainly incorporates techniques of both.

JACKSON'S MIXED MARTIAL ARTS The Ground Game with Greg Jackson and Kelly Grigger (Victory Belt) © Marc Wickert October 1, 2010 [...]. What a superb publication! This is easily my favorite ground-game book because, unlike a number of Brazilian Jiu Jitsu manuals, Greg Jackson's book doesn't just involve submission holds, but also covers every imaginable aspect of ground'n'pounding. Submission holds - such as rear naked chokes, arm bars, and kimuras - work well, particularly in the earlier stages of a bout when competitors aren't as sweaty; however g'n'p is also a very effective means of submitting an opponent that is absent in BJJ. And because most street fights do go to the ground, I particularly like the street-applicable aspect of this book. "Jackson's Mixed Martial Arts: The Ground Game" is the sequel to "Jackson's Mixed Martial Arts: The Stand Up Game", with these two books perfectly complementing one another. Again, Greg has teamed up with US Army Lieutenant Colonel and author of "Title Shot: Into the Shark Tank of Mixed Martial Arts", Kelly Grigger. In The Stand Up Game, there is the bonus chapter: "Streetfighting, Multiple Opponents, and Weapons". In The Ground Game, the bonus section is "Sports Nutrition Guidelines", and includes: General Nutrition; Estimation of Calorie Needs; Nutrition Before, During, And After Workouts; and Top Ten Nutrition Tips To Improve Overall Health. Jackson's Mixed Martial Arts: The Ground Game has really nailed it. If you're interested in having a complete ground game - inside or outside the cage - this 300-page manual is a must.

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