



MMA Instruction Manual: The Muay Thai Clinch, Takedowns, Takedown Defense, and Ground Fighting

Anderson Silva, Glen Cordoza

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Anderson "The Spider" Silva—Brazilian Jiu-Jitsu black belt, boxing and Muay Thai specialist and current UFC middleweight champion—is the most decorated martial artist in the UFC. In *Mixed Martial Arts Instruction Manual: The Muay Thai Clinch, Takedowns, Takedown Defense & Ground Fighting*, Silva unveils the secrets to his fighting success.

Beginning where his first book, *The Mixed Martial Arts Instruction Manual: Striking* left off, Silva demonstrates how to devastate opponents from the Muay Thai clinch with off-balancing techniques and brutal knee and elbow strikes. Silva also devotes an entire section to focus mitt drills that hone striking combinations. This book is a must-have for any fighter looking to improve his ground game.

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