



Mixed Martial Arts (Inside Martial Arts)

Annabelle Tometich

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Mixed Martial Arts is a full-contact combat sport, which takes its techniques in hand-to-hand combat from various martial arts. Learn about Aikido's history, moves, training, and more with this title. Complete with a photo diagram, informative sidebars, and glossary. SportsZone is an imprint of Abdo Publishing Company.

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