

## MMA Now! The Stars and Stories of Mixed Martial Arts (Paperback)



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*It is really an remarkable book which i have ever go through. It can be writer in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf.  
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## MMA NOW! THE STARS AND STORIES OF MIXED MARTIAL ARTS (PAPERBACK)

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FIREFLY BOOKS LTD, Canada, 2014. Paperback. Condition: New. Language: English. Brand new Book. Pound for pound, the most revealing book on the sport today. Mixed Martial Arts (MMA) is one of the fastest-growing sports in the world. Its origins hail from ancient Greece and the combat sport Pankration. Today MMA is a multi-million-pound industry, led by the Ultimate Fighting Championship promotion, and programmes in Canada, Japan, South America, Russia and Europe. In MMA NOW!, Brian Sobie shares the history of mixed martial arts and presents the top fighters plying the trade today. From 'ground and pound' specialists to ferocious strikers to the complete-package fighters, this book is packed with 40 profiles of the most dangerous and awe-inspiring combatants to ever step into the octagon. These profiled fighters have never before been assembled into one comprehensive book. They include: Royce Gracie, probably the most influential figure in MMA history; Randy Couture, champion and controversial promoter of MMA; BJ Penn, at one time ranked No.1 in lightweight and the welterweight divisions; Forrest Griffin, former Georgia police officer, winner of the first season of The Ultimate Fighter; Renan Barao, holder of one of the longest unbeaten streaks in MMA history; Ben Askren, the star pinner with an unorthodox wrestling style. Other dynamic MMA fighters included are George St. Pierre, Ken Shamrock, Matt Hughes, Anderson Silva, Frank Shamrock, Tito Ortiz, Chael Sonnen, Josh Koscheck, Nate Diaz, Michael McDonald, Rory McDonald, Phil Davis, and Gunnar Nelson. Complete with more than 125 action photos, as well as essays on MMA history, the media and the movers and shakers of the sport, MMA NOW! is the most incisive book on MMA.

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