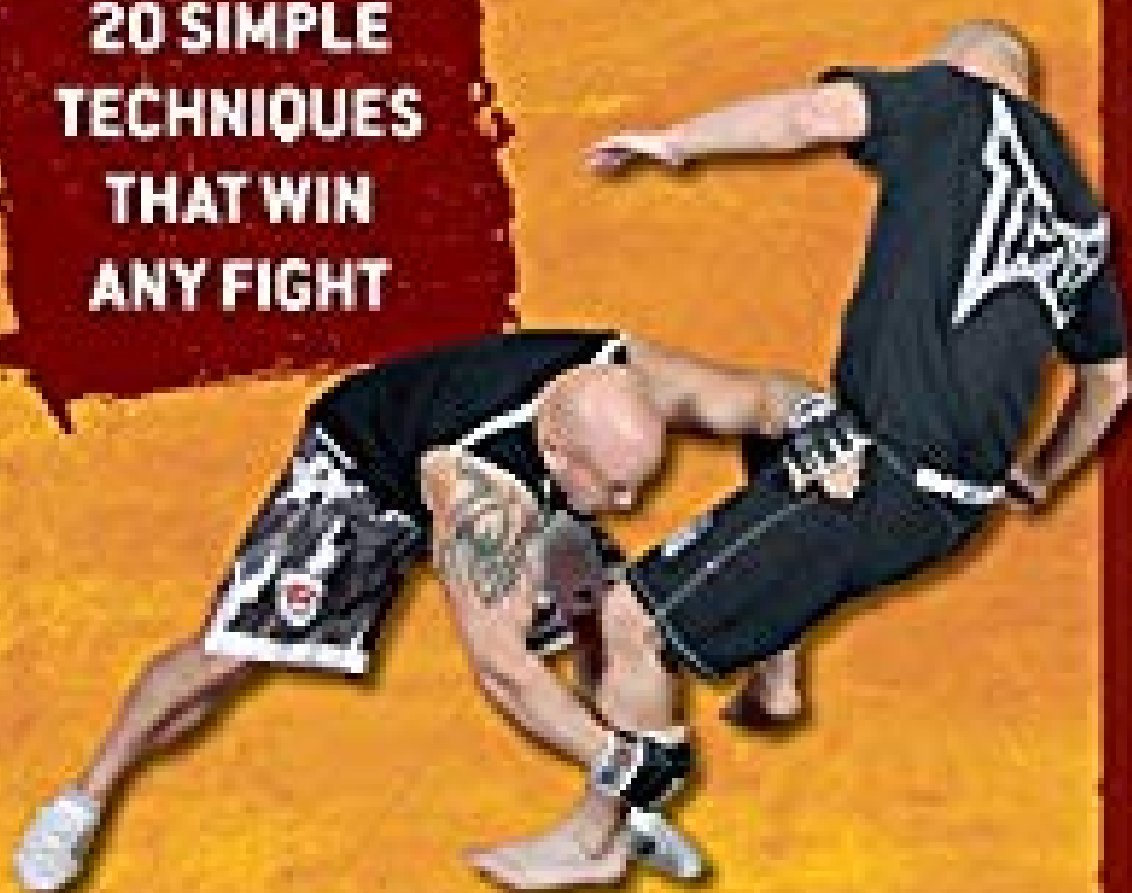


MARTIN J. DOUGHERTY

FIGHT TO WIN

20 SIMPLE
TECHNIQUES
THAT WIN
ANY FIGHT



TUTTLE

Martin Dougherty

Fight to Win: 20 Simple Techniques That Win Any Fight



[continue reading](#)

If you are going to fight, you might as well fight to win! This publication presents 20 simple fighting techniques that will win any combat, anytime! can make the opponent land so difficult he'll be stunned and unable to defend himself The Triangle Choke—delivered by straightening a bent arm and striking with the bottom of the fist The Double Leg Takedown—uses the opponent's arm and shoulder to compress the carotid arteries and take off blood supply to the brain and more!) With 400 full-color photos and easy-to-follow instructions, this martial arts book presents self-defense methods such as: The Hammerfist— It enables you to quickly develop the ability to earn by learning a small number of techniques that always work in every situation. Fight to Gain teaches you how to fight with at the least technical jargon. That is a lot more effective than memorizing a huge selection of movements and variants which work just in specific circumstances (and are quickly forgotten in the heat of the moment!



[continue reading](#)

A good basic manual containing one of the most effective fighting techniques. I have had a life long passion for the martial arts (Judo, Jujitsu, Karate-Do, Boxing, Kickboxing, Krav Maga, Target Focus teaching, Combatives and numerous other fight arts). In my seek out more understanding on fighting I have trained both as a student and instructor in many different combat systems. I'd like to provide textual content on that Rating within this Review, however am struggling to do so. This reserve, Fight To Win: 20 simple methods that win any battle by Martin Dougherty, efforts to cover two individual fighting subjects simultaneously. The "Put EVERYTHING Collectively" chapter was the best. Truncate (Co-Author: The Monadnock Defensive Methods System(MDTS)) Get Serious Get serious. however, if you are wanting to learn these ways to enter competition you can find more out of this book. To the idea it makes you feel like you can actually do the things he is discussing. Functioning in the fight environment, fighting principles, floor fighting basics, straight strikes, hooked strikes, elbow strikes, kicks and knees, leg takedowns, reaping takedowns, various other takedowns, submissions and destructions and putting it all together. Rating: 4 Stars." If you are just teaching for sport scenarios this is one way you will react on the street when somebody taps out or pulls a weapon you or you obtain attacked by more than one person etc. Nevertheless, the majority of the methods shown in this reserve are valid basic combat methods that serious martial art students should learn. In this respect, this book coupled with actual hands-on training with an instructor will produce excellent results. Just one single more point, the writer could have been better away writing one quantity for controlled competition schooling for Judo, Jujitsu and Blended martial art and a completely separate volume for actual street self-defense tactics. Five Stars Great book Five Stars VERY GOOD Kick but!! am going out today and searching for a battle. The photographs are little, however, and without a competent and knowledgeable instructor guiding you on how to perform these techniques I think it might be extremely difficult to learn the materials in this book. In any case, I did such as this book and in the event that you learn these methods you'll be better ready for sport competition actions, but if you're seeking a street combat system you may want to check out other combative systems such as for example Krav Maga, Target Concentrate Training, Kelly McCain's Combatives and several other street systems. Stay armed and remain safe and free. The webpages are slick and all of the photographs are in color displaying all the techniques. I found the book to end up being easy to read and understand I found the book to end up being readable and understand, I believe the photos were well done aswell. I am not convinced he succeeded in both of these objectives; You're not really going to accomplish winning a fight by reading a book. Spend the \$ and find a good dojo SUPERIOR TO Anticipated Within concept and expectations, actually a VG Book. Solid 5-star rating. I've also read and written reviews on several books on the fight arts. Simple chapters with plenty of illustrations. That being so, an inability to respond to Review responses by others (positive, harmful, indifferent) would be unfair to myself and others. Yeah hear. Yes, many of the techniques used in competition can also be used in a street fight situation;! I kicked on the subject of two dudes butts simply walking home today. Easy read with lots of photos. The ACDLT has restricted (without warning, specific notification, identification of specific problems or appeal). In each section he clarifies how a particular fighting technique may be used in UFC kind of competition and how the same technique may possibly also be utilized in a real street overcome situation. I like to kick butt, in order that one really helped me. nevertheless, as the true saying goes, "You will react in a combat situation exactly how you were educated. But it is a good 5-star reserve in this genre. Joseph J. This text message is organized into 13 chapters and addresses the following material: Martial arts or fighter?



[continue reading](#)

download Fight to Win: 20 Simple Techniques That Win Any Fight txt

download Fight to Win: 20 Simple Techniques That Win Any Fight pdf

[download free Eat Beautiful: Food and Recipes to Nourish Your Skin from the Inside Out epub](#)

[download Trim Healthy Mama's Trim Healthy Table: More Than 300 All-New Healthy and Delicious Recipes from Our Homes to Yours ebook](#)

[download Girls Style Book: \[Sewing Book, 24 Patterns\] txt](#)