

Blood and Guts: The Basics of Mixed Martial Arts (The World of Mixed Martial Arts)

Jim Whiting

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Blood and Guts: The Basics of Mixed Martial Arts (The World of Mixed Martial Arts) Jim Whiting Chock-full of jaw-dropping punches and hard-hitting kicks, MMA grabs the attention of its fans with a tight grip. Get the details on the sport's rules, its rise to fame, and an inside look at MMA's most famous fighters.



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