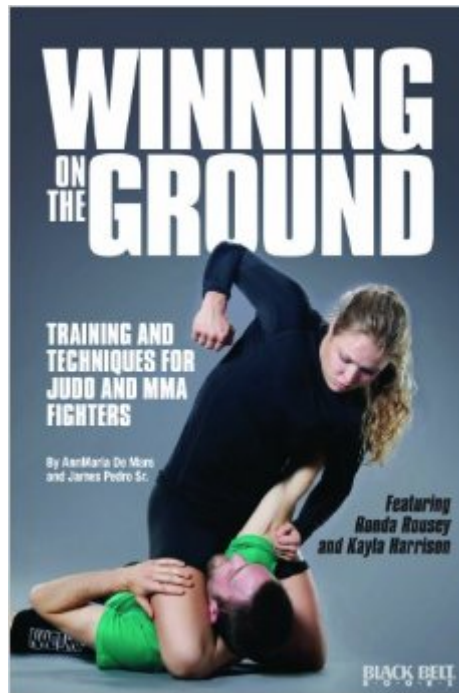


The book was found

Winning On The Ground: Training And Techniques For Judo And MMA Fighters



Synopsis

A variety of winning judo techniques developed over years of teaching are presented in this guide that prepares mixed martial artists for transcending numerous scenarios. Based on the same training methods that have produced multiple Olympic medalists, the book demonstrates how any opponent can be overcome, even from a position that may seem hopeless. It is generously illustrated with techniques and exercises that are proven winners and is appropriate for beginning judo practitioners.

Book Information

Paperback: 200 pages

Publisher: Black Belt Communications (September 1, 2013)

Language: English

ISBN-10: 0897502051

ISBN-13: 978-0897502054

Product Dimensions: 0.5 x 6.2 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (52 customer reviews)

Best Sellers Rank: #611,670 in Books (See Top 100 in Books) #110 in [Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts](#) #1576 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#) #8298 in [Books > Health, Fitness & Dieting > Exercise & Fitness](#)

Customer Reviews

This book was NOT what I expected - and I'm glad. Originally, I got the book simply because I wanted to see what I was missing in my own ground game. I am not a competitor but I do have a vested interest in combatives as a martial artist and I have students who are in fact competitors. Wanting to see if there were any "nuggets of wisdom" I could pass on to them from the book, I got the Kindle edition and was very pleasantly surprised in the no-nonsense explanations, demonstrations and "reality checks" the book offered. More to the point, I enjoyed the way the book explained how to exploit the mistakes of others vs. spending so much time on critiquing the reader/judoka, etc. One specific point I want to make: if you're getting this book simply because you're a fan of the "models" (Ronda Rousey - Olympic Bronze Medalist in Judo and the current UFC women's champ and Kayla Harrison, Olympic Gold Medalist in Judo and female world judo champion) that's nice but the REAL stars of the book are the authors Dr. DeMars and Mr. Pedro, Sr. Both have been crucial players in American Judo and the chapters in their book offer a lot to both

beginning and advanced competitors but also in my opinion to folks who need to work on how to exploit the weaknesses of those who would use the ground game against them. By that I mean BJJ stylists, non-grappler martial artists who end up on the ground, prospective and current MMA folks and even folks who prefer "stand up" who end up going against a grappler with significant skill. Finally, the book STRONGLY EMPHASIZES training and preparedness. In fact, one point made in the beginning is that thought AND effort are essential for a good ground game. You know everything yet unless you practice it, you won't win.

[Download to continue reading...](#)

Winning on the Ground: Training and Techniques for Judo and MMA Fighters
Judo For Beginners: Your Comprehensive Guide To Judo Techniques, Takedowns & Tactics (BJJ, Judo, Mixed Martial Arts, Boxing)
Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3)
Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More
Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books)
Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power
Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting)
Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy)
Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)
Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)
Mind Over Muscle: Writings from the Founder of Judo
Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1)
PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience
Puppy Training Guide Book Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training)
Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy

house breaking, puppy housetraining, house training a puppy,) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Blackjack Strategy: Winning at Blackjack: Tips and Strategies for Winning and Dominating at the Casino (Blackjack, Counting Cards, Blackjack Winning, Good at Blackjack, Black Jack, Card Counting) Speed Training: For Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed 85 Workout Combinations for Muay Thai (MMA Pad Training Concepts Book 2) Taekwondo For Beginners: Drills. Techniques & Tactics To Defend & End A Fight (MMA, Martial Arts, Self Defense, BJJ)

[Dmca](#)