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Mastering Mixed Martial Arts: The Guard

Antonio Nogueira, Erich Krauss, Glen Cordoza, Antonio Rodrigo Nogueira

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Combining wrestling, boxing and ruthless ground-and-pound with world-class Brazilian Jiu-Jitsu, Antonio Nogueira, current UFC Heavyweight Champion, has developed the most sought-after fighting system on the planet. In *Mastering Mixed Martial Arts*, for the first time, he unveils the guard segment of that system through more than 1000 step-by-step color photographs and detailed narrative, covering everything a fighter could want to know about developing and utilizing the guard. If your goal is to learn how to haul an opponent to the mat and put him in a world of pain, *Mastering Mixed Martial Arts* puts you one step closer to achieving that dream.

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