

# **Dirty Boxing For Mixed Martial Arts: From Wrestling To Mixed Martial Arts By Matt Lindland;Glen Cordoza;Erich Krauss**

**By Matt Lindland;Glen Cordoza;Erich Krauss**

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Matt "The Law" Lindland is an all-American wrestler and Olympic Silver Medalist in Greco-Roman Wrestling. In Dirty Boxing for Mixed Martial Arts, he unveils for the What is Dirty Boxing? Standup Technique Standup Technique Jab, right hook, left cross is it really that hard? Talk about it here.

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