

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 Lindland, Erich Krauss, & Glen Cordoza. FROM WRESTLING TO MIXED MARTIAL ARTS Matt "The Law" Lindland is an all-American wrestler & Olympic Silver

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Matt Lindland is the author of Dirty Boxing for Mixed Martial Arts 0 reviews, published 2009) and From Wrestling to MMA (5.0 register; Matt Lindland's

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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

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Whether you are a wrestler looking to compete in MMA or an MMA fighter looking to sharpen your game, Dirty Boxing for Mixed Martial Arts is the book for you.