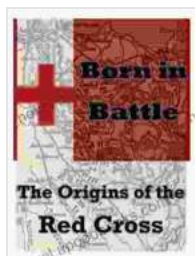


Born In Battle Illustrated: The Ultimate Guide to Combat Sports

Prepare yourself for an adrenaline-pumping journey into the captivating world of combat sports with 'Born In Battle Illustrated,' a groundbreaking book that combines stunning photography with expert insights to deliver the most comprehensive guide to this exhilarating realm. Step into the ring as we uncover the secrets behind the world's leading fighters, delve into the intricacies of their techniques, and analyze the strategies that have shaped the history of combat sports.



Born in Battle (Illustrated): The Origins of the Red Cross, A Memory of Solferino by Preston Manning

★★★★☆ 4.5 out of 5

Language : English
File size : 1937 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 63 pages
X-Ray for textbooks : Enabled



A Visual Masterpiece: Capturing the Essence of Combat



From the iconic battles of boxing legends to the high-flying acrobatics of mixed martial artists, 'Born In Battle Illustrated' showcases the full spectrum of combat sports, offering a visual feast that will leave you breathless.

Unveiling the Champions: A Who's Who of Combat Sports



Discover the legendary journeys of boxing icons such as Muhammad Ali, Mike Tyson, and Floyd Mayweather Jr. Delve into the grappling prowess of MMA pioneers like Georges St-Pierre, Khabib Nurmagomedov, and Amanda Nunes. Each profile is a testament to the athleticism, skill, and unwavering determination that sets these warriors apart.

The Art and Science of Combat: Techniques and Strategies

BASIC BOXING PUNCHES

BEFORE YOU STEP IN THE RING, YOU SHOULD MASTER THESE BASIC BOXING PUNCHES.

JAB

A quick, basic punch used to set up other shots, most often power punches. It can also be used to distract your opponent and create space.



CROSS

Can be used as a lead punch, a counterpunch, or in combinations. It's thrown by your rear hand, which moves across your body to hit the target.



HOOKE

One of the most powerful punches. Most of the power comes from the torso and legs, and since the approach is from the side – the opponent often doesn't see it coming.



UPPERCUT

A devastating punch to use in close range. It can deal incredible damage under the chin.



Learn the fundamentals of boxing footwork, master the dynamic combinations of Muay Thai, and explore the submission holds that have revolutionized the grappling arts. 'Born In Battle Illustrated' provides in-depth analysis, illustrated with clear diagrams and expert commentary, ensuring that you grasp the nuances of even the most complex maneuvers.

Strategy in the Ring: Outsmarting Your Opponent



Discover how fighters control the pace and distance of a fight, anticipate their opponent's moves, and exploit their weaknesses. Learn the art of feinting, setting traps, and adapting your strategy on the fly. 'Born In Battle Illustrated' empowers you with the knowledge to become a master strategist in the ring.

The Legacy of Combat Sports: A Historical Retrospective



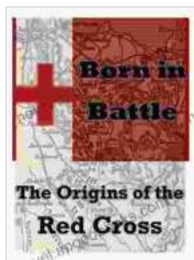
Uncover the origins of different martial arts, explore the cultural significance of combat sports, and witness the evolution of rules and regulations that have shaped this captivating realm. 'Born In Battle Illustrated' provides a comprehensive historical perspective, ensuring that you appreciate the rich tapestry of combat sports throughout the ages.

Embrace the Excitement: Join the Combat Sports Revolution

Whether you're a seasoned combat sports enthusiast or a newcomer eager to explore this thrilling world, 'Born In Battle Illustrated' is your ultimate guide. Immerse yourself in the captivating photography, learn from the

world's leading fighters, master the techniques and strategies of combat, and embrace the legacy of this extraordinary sport.

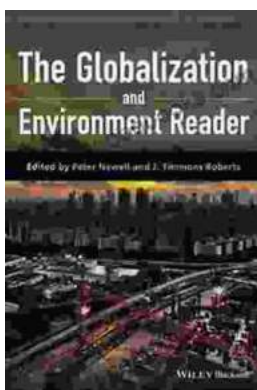
Don't miss out on this opportunity to own the definitive guide to combat sports. Free Download your copy of 'Born In Battle Illustrated' today and embark on an unforgettable journey into the heart of this adrenaline-pumping realm.



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