



Quick Reference Guide To: MMA Fighting: Jujitsu, Sparring and Ground Fighting

LeAnn M Rathbone

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MMA or Mixed Martial Arts is a full contact sport that is combative and known for cage fighting. The first thing people see is the ability of the athletes to strike or grapple from a standing, seated or on the ground. Due to this there is a potential however small that you could get hurt while involved in a MMA workout. This type of physical workout is not to everyone's liking, but at the same time they can be an excellent way to work out and have fun doing it. If you are really good you could even make a career out of it.



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