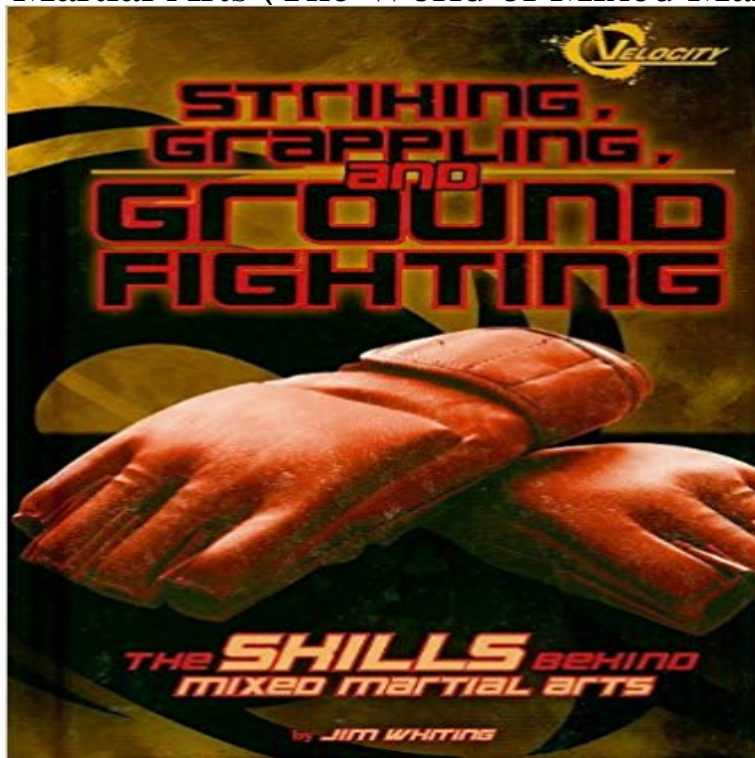


## Striking, Grappling, and Ground Fighting: The Skills Behind Mixed Martial Arts (The World of Mixed Martial Arts)



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