

# Mma Welcome

MMA Mastery: Ground and Pound Mark Hatmaker

MMA Mastery: Ground and Pound *Mark Hatmaker*

offering cohesion and clarification for what is currently a loose collection of strategies this reference delves into the ground and pound fighting method winning a fight by striking an opponent after a takedown demonstrating through fight metrics how just as many matches are won by strikes as submissions this manual addresses the importance of proper grounding and lists an array of riding pinning and transitioning skills following the first element up by introducing an exhaustive pounding vocabulary this guide is key to making stand up strikers all the more formidable on the floor guaranteed to improve the game of even the best submission players this handbook ensures tighter defense and enhanced offensive tactics offering a one stop solution for this vital but often overlooked aspect of the mixed martial arts arena

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