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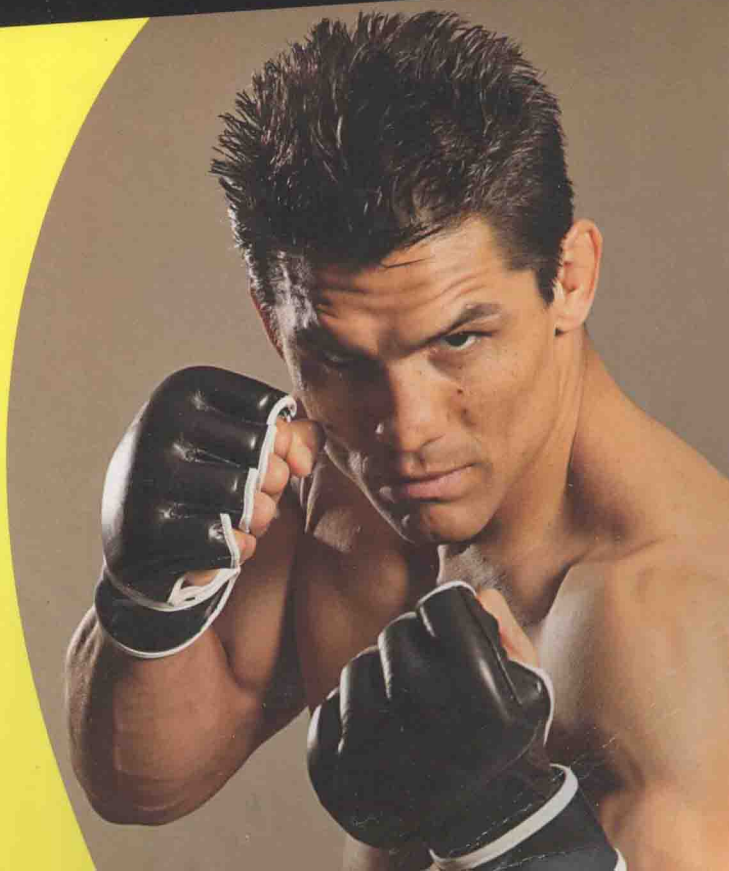
- Improve your stand-up game
- Take your opponent to the mat
- Fight from the guard
- Force your opponent to submit

FULL COLOR!

Frank Shamrock

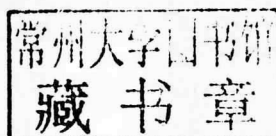
Mixed Martial Arts Legend

with Mary Van Note



Mixed Martial Arts FOR **DUMMIES®**

by Frank Shamrock
with Mary Van Note




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***Mixed
Martial Arts***
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About the Author

Frank Shamrock is an American mixed martial arts legend, entrepreneur, actor, nationally recognized commentator, mentor, coach, and author. Frank, who was a ward of the state of California by 11 years old, rose to become a world champion by age 22.

Also known as “The Legend,” Frank Shamrock is a decorated American mixed martial arts fighter who was undefeated in combat for nearly a decade. Frank set two world records for the fastest victories in the sport and is recognized worldwide as one of the pioneers of mixed martial arts. Frank was the first fighter to hold the title of UFC middleweight champion. After defending his middleweight title five times, he retired from the UFC undefeated. Frank was crowned “King of Pancrase” at the age of 24 and was awarded the title “The Fighter of the Decade.” He has also held titles as World Extreme Cagefighting light-heavyweight champion and Strikeforce middleweight champion.

Internationally known as one of the world’s top martial arts instructors and trainers, Frank is a 7th Dan in Submission Fighting and the highest ranking instructor of the style in the United States. Frank runs a franchise of MMA training facilities and coaches his own fight team, “Team Shamrock.” He also runs Frank Shamrock Inc., MMA Entertainment, Mixed Martial Arts for Law Enforcement, and a merchandising company.

Frank was instrumental in making mixed martial arts a respected and sanctioned sport in the United States, and he continues to promote MMA in the mainstream media. He has been seen by millions on CBC, NBC, Showtime, and pay-per-view.

Frank shares his story and journey by giving keynote speeches, offering motivational seminars, and doing charity work for underprivileged youth and juvenile detention centers. His rise to fame and commitment to the sport of MMA has inspired and encouraged people around the world to fight for a better life for themselves.

Author's Acknowledgments

I would like to acknowledge my boxing coach, Tony Demaria, for his service and guidance (and for teaching me to punch).

Carole, my literary agent, for seeing my dreams with her eyes and having the wisdom and patience to make them happen.

And finally, Mary Van Note, without whose comedy, caring, and art with words, this book would've never happened.

Dedication

I would like to dedicate this book to my wife, Amy, and two children, son Frank and baby daughter Nicolette, for teaching me about the art of living and for making that life so amazing and worthwhile.

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Introduction

Congratulations on taking the first step toward your new life in mixed martial arts! Also known as MMA, mixed martial arts isn't just a sport — it's also a way of life that can change you for the better physically, mentally, and spiritually.

I've been a mixed martial artist for more than 15 years and have seen the sport grow and flourish. MMA is now hugely popular in the United States and around the world, resulting in more and more young athletes wanting to get involved in the sport. Of course, this popularity has also led to a lot of people training in MMA in all the wrong ways and for all the wrong reasons. That's why I decided to write a book to teach people the virtues, ethics, and techniques of MMA, while at the same time promoting safety during training. Basically, I love MMA and want to share my love of the sport with you. Consequently, this book introduces you to the basics of MMA and eases you into your new life as a mixed martial artist.

About This Book

I believe that a good mixed martial artist is someone who's trained in multiple fighting styles. That's why this book covers both stand-up fighting and submission fighting. But MMA is about more than just punches, kicks, and takedowns. It's also about training, both mentally and physically, so much of this book focuses on helping you develop a safe and effective training regimen.

The great thing about this book is that you don't have to read it cover to cover, unless of course you want to, because I break down the concepts of MMA into parts like Stand Up and Grappling. If you're new to MMA, you may want to start with Chapter 1 so you can get an overview of the sport. If you're already training in MMA, take a look at Chapter 13 for some fight-specific training drills. Ultimately, you should feel free to skip around to whatever interests you.

Conventions Used in This Book

Mixed Martial Arts For Dummies presents step-by-step instructions on how to perform all sorts of MMA maneuvers, from strikes and holds to takedowns and escapes. But the instructions by themselves aren't all that helpful without pictures, which is why I provide multiple photos for the steps in each section. When necessary, I show multiple photos of the same step from different angles so you get a more complete picture of what's going on.

Also, sometimes certain words in a chapter appear in italics, *like this*. The italics indicate a special word or phrase that's relevant to the MMA world but that you may not be familiar with. The definition typically follows the italicized word or phrase.

Foolish Assumptions

Prepare to be shocked and amazed, but my number one foolish assumption about you is that you have an interest in MMA. Whether you're already training, want to start training, or just enjoy watching MMA bouts on television, I'm assuming that you're not only a big fan of MMA but that you also want to participate.

Because MMA is a lifestyle choice, and because a well-rounded fighter is adept in nutrition, flexibility, and strength and conditioning, I'm also assuming that you have either knowledge of or interest in some basic nutritional and exercise-related information. Granted, I spend most of my time here focusing on MMA, but I also touch on some of the aforementioned topics that help make you a well-rounded fighter. I suggest picking up some other *For Dummies* titles if you don't already have a background in nutrition and multiple exercise disciplines. Check out these titles, all of which are published by Wiley:

- ✓ *Nutrition For Dummies*, 4th Edition by Carol Ann Rinzler
- ✓ *Weight Training For Dummies*, 3rd Edition by Liz Neporent, Suzanne Schlosberg, and Shirley J. Archer
- ✓ *Exercise Balls For Dummies* by LaReine Chabut
- ✓ *Meditation For Dummies*, 2nd Edition by Stephan Bodian
- ✓ *Yoga For Dummies* by Georg Feuerstein and Larry Payne

How This Book Is Organized

In addition to ensuring this book has all the info you need to get started with your MMA training, I've also made certain that *Mixed Marital Arts For Dummies* is as easy to navigate as possible so you can get in and get out when and where you need to. The remaining pages of this book are organized into 16 chapters that are divided into five parts. Following is a brief breakdown of each part.

Part 1: Welcome to My World (Of Pain)

In this part, I take you into the world of mixed martial arts. Chapter 1 helps you explore the history of MMA and introduces you to the basics of MMA as a particular way of life. Chapter 2 presents the fighting styles that have become synonymous with modern MMA and clues you in to the rules of the game. Finally, Chapter 3 gives you the tools you need to jump-start your training.