



No Holds Barred Fighting: Takedowns: Throws, Trips, Drops and Slams for NHB Competition and Street Defense (No Holds Barred Fighting series)

By Mark Hatmaker

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This fourth *No Holds Barred Fighting* training manual contains all fighters need to know about the art of takedowns, or "shooting," and how to counter takedown tactics used by an opponent. Readers learn to see it from both sides with offensive and defensive stances, footwork, setups, and shooting techniques. Several variations of the most commonly employed shots are featured—double leg takedowns, single leg takedowns, snatch singles, and low singles—as well as counters for each. Hundreds of sequential photos illustrate the steps, grips, and angles of every move, and takedowns are included for use inside the inevitable clinch. Sections on drills and chains, as well as a list of resources for further practice, round out the text.

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Editorial Review

About the Author

Mark Hatmaker is the author of *Boxing Mastery*, *More No Holds Barred Fighting: Killer Submissions*, *No Holds Barred Fighting*, and *No Holds Barred Fighting: Savage Strikes*. He has extensive experience in the combat arts, including boxing, wrestling, and jiu-jitsu, and is a highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel. He is the founder of Extreme Self Protection (ESP), a research body that compiles, analyzes, and teaches the most effective western combat methods known. He lives in Knoxville, Tennessee.

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