

# **The Mixed Martial Arts Instruction Manual: Striking Paperback November 17, 2008 By Anderson Silva Erich Krauss Glen Cordoza**

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**the mixed martial arts instruction manual:** - The Mixed Martial Arts Instruction Manual has 28 ratings and 2 reviews. Anderson Silva unveils more than 150 striking techniques that have been proven in Paperback, 272 pages. Published November 17th 2008 by Victory Belt Publishing Co-authors Erich Krauss and Glen Cordoza have also done books with Randy

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