



# Free Fight: The Ultimate Guide to No Holds Barred Fighting

*Christian Braun*

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## **Free Fight: The Ultimate Guide to No Holds Barred Fighting** Christian Braun

Free Fighting or Mixed Martial Arts (No Holds Barred Fighting) is becoming one of the most popular of martial arts disciplines. With a few exceptions, all the martial arts techniques of striking, punching, kicking, throwing, and groundwork are allowed. Free Fight is a practical and accessible volume with easy-to-follow frame-by-frame photographs, ideal for anyone wanting to learn basic fighting styles. Featuring more than 1,300 photographs, it illustrates everything - but everything - you need to know about reach distances, the transition from standing to groundwork, ground techniques, how to break out of holds, and much, much more.

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