

1. Record Nr.	UNINA9910157558703321
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Titolo	Sumo for Mixed Martial Arts : Winning Clinches, Takedowns, & Tactics
Pubbl/distr/stampa	Rolindale, MA : , : YMAA Publication Center, , 2016 ©2016
ISBN	1-59439-410-5
Descrizione fisica	1 online resource (190 pages)
Classificazione	SPO027000HEA007000
Disciplina	796.8125
Soggetti	Martial arts - Technique
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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Sommario/riassunto

This innovative book demonstrates how the study of sumo wrestling techniques can benefit practitioners of modern mixed martial arts (MMA), as well as other grappling arts. Sumo, Japan's ancient martial art, has its own particular variations of MMA-style body locks, throws, and trips, among other techniques.--Publisher.
