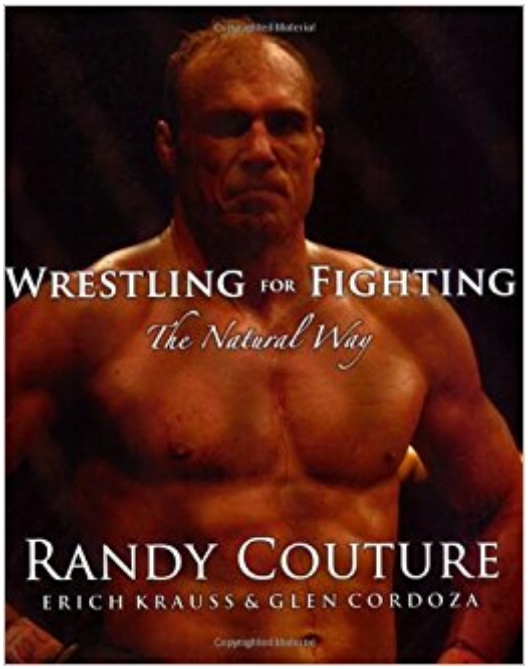
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# Wrestling For Fighting: The Natural Way




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## Synopsis

Randy "The Natural" Couture is the most respected and celebrated MMA combatant in the history of the UFC. A UFC Heavyweight and Light Heavyweight World Champion, and a UFC Hall of Famer, Randy Couture’s reputation and fighting style are among the best in the world.Now, with Wrestling for Fighting: The Sport of Mixed Martial Arts, Couture presents the techniques and strategies that allowed him to devastate the world’s best strikers and grapplers time and time again. His unique fighting system, a mix of martial arts, wrestling, boxing and jiu-jitsu, is broken down clearly and concisely for amateurs and seasoned veterans alike. Couture also includes important information on creating fight game plans, and a variety of training tips you won’t find anywhere else.

## Book Information

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## Customer Reviews

Randy Couture is the current UFC Heavyweight Champion and a member of the UFC Hall of Fame. He is the only athlete to have held championship titles in both the heavyweight and light heavyweight divisions of the Ultimate Fighting Championship, as well as the only five-time champion in UFC history.Erich Krauss is a professional Muay Thai kickboxer who has trained and competed in Thailand. He is the author of fifteen books.Glen Cordoza is a professional mixed martial arts fighter and co-author of Muay Thai Unleashed: Technique and Strategy of Thailand’s Warrior Elite.

This book will teach a man everything he needs to know about wrestling. He covers only the wrestling/grappling part of fighting but he does it extremely well. He gives you lots of details and

descriptions about every move. I am really enjoying this book and learning lots of new things about fighting MMA but also about fighting period. He focuses on Greco-Roman and Freestyle wrestling techniques. When it comes to wrestling as a martial art there are two names that come to mind for me. Dan "The Beast" Severn and Randy "The Natural" Couture. Jesus is the solution and God bless you :)

WRESTLING for FIGHTINGby Randy Couturewith Erich Krauss & Glen Cordoza (Victory Belt)Ãƒâ Â Â© Marc Wickert October 31, 2008[...]Wrestling for Fighting is jam-packed with powerhouse coaching from one of MMA's most successful gladiators.Randy `The Natural' Couture has blazed more boundaries than any other fighter on the planet, including holding the UFC Heavyweight Championship Title, then the UFC Light-Heavyweight Title, before snatching back the UFC Heavyweight Title in swashbuckling fashion.Now 45 years of age (another boundary crossed), Randy is putting his UFC World Heavyweight Title on the line against Brock Lesnar, and most critics are tipping The Natural to take his belt home on November 15.In Wrestling for Fighting Randy Duane Couture splits his book into three sections: Wrestling, Greco and Wrestling for Fighting. And this Bobby Fischer of MMA provides his readers/students with hands-on tutorage. From the start, Randy makes you feel like he's right there in your corner. When he's explaining how to set up your opponent, Couture whispers in your ear, "I'll send you along this path by demonstrating the basic ways to tie-up an opponent, and then showing how those tie-ups can be used in tandem with movement to set up your various takedowns."Randy also keeps his students in the loop by running through all his moves and then constantly referring to when these moves were used in past UFCs by himself and other MMA stars.Although the title refers to wrestling, The Natural also covers his cage tactics, g'n'p-ing, and his legendary `dirty boxing' techniques.A masterpiece by MMA's mastermind.

A well written opening summary of Randy's early life and career,accompanied by informative and excellently illustrated techniquesthat can easily be learned by all those eager to follow and benefit from Randy's years of experience, both in the ring, and in the Octagon.The illustrations are all in color - and should present no difficultyfor aspiring students of wrestling and the sport of mixed martial arts.Randy explains the difference between freestyle and Greco Roman wrestling,and explains how his Greco Roman wrestling background served advantageously in his Octagon bouts.

This is probably the best book to incorporate wrestling into your fighting and/or BJJ game. Unlike

some books that show impractical (or impossible moves) or camera angles that leave details hidden, this book shows everything. Thanks Randy!

Some people say that Randy's record is not that good, true, they don't know who he has fight in that not to good record. He fought almost all the best fighters in the world, few of his losses are againts the best in the worlds, too, such Ricco Rodriguez, Josh Barnett (two naturally bigger guys with great skill sets), Chuck Liddell (twice but won once!), Vitor Belfort (due to a cut and he even won twice!), Brock Lesnar and Antonio Rodrigo Nogueira (two of current best 5 heavyweights in the world on their early thirties, Randy was 45-46 when he fought them and still give them hell before his losses ;p )He's one of the most accomplished wrestler (if not the most) in MMA arenas. His wrestling skills are way up there for his body size, especially on his age againts all odds!! One of the most beloved UFC champion, the only guy who has won 5 titles in UFC (3 times heavyweight and 2 times light heavyweight), is called Captain America and always up to any challenges.His greco roman wrestling skills are superior and his freestyle wrestling skills are pretty elite, too. His boxing skills and heart, of course, helps a lot in his fights, too but he mainly uses his superior wrestling skills to adjust the distance, cut the angles, using great leverage, power and explosiveness then mixing them up with all his boxing skills and heart as big as a lion.This book is totally worth more than the price you pay around 's. Just like the title "Wrestling for Fighting" , He teaches you mainly about the fundamentals of the wrestling technics and tips then he slowly shows you how to use them in fighting, particularly in MMA sport. The lessons are precious, the quality of the book and explanations are crystal clear as other Victory Belt, Cordoza/ Krauss's books. It's great for anyone seriously want to learn about wrestling and how to use them in MMA arenas. In wrestling area, I personally trust Randy the most to learn since he successfully apply them over and over again in the cage. In judo area (throws, pins and submission), I personally recommend Karo Parysian book, in striking area, especially striking positioning, Anderson Silva or Lyoto Machida, in BJJ, BJ Penn, Royler Gracie or Rodrigo Gracie, Fedor is the best heavyweight ever and I respect him the most but the book by itself is okay.Thanks

Ok book. Which it was more detailed in regards to MMA and not just wrestling.

What a legend. Very nice book, more wrestling based than MMA though.

A great guide for grapplers. The pictures are endless and shown from multiple angles so you can

see exactly what he's doing. For me, that's invaluable in figuring out the technique. A great guide to augment your game ifyou already have some grappling experience.

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