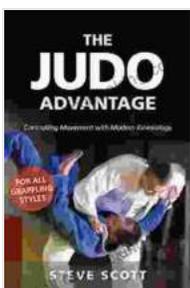
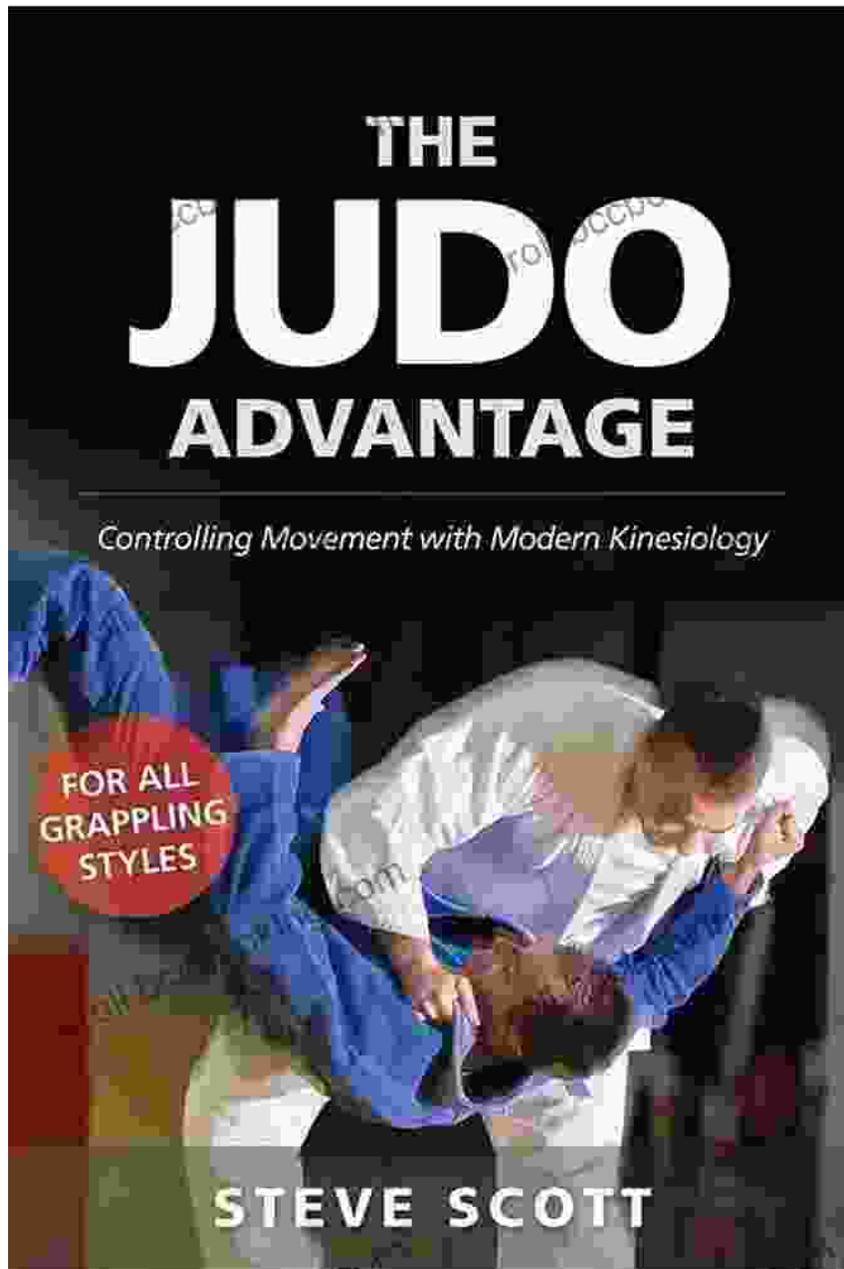


Mastering Movement: Controlling Movement With Modern Kinesiology For All Grappling Styles Martial

****Controlling Movement With Modern Kinesiology For All Grappling Styles Martial**** is the definitive guide to understanding and applying the principles of modern kinesiology to grappling martial arts. Written by world-renowned grappling coach and kinesiologist, John Danaher, this book provides a comprehensive and in-depth analysis of the biomechanics of grappling, with a specific focus on how to control and manipulate your opponent's movements to gain a competitive advantage.



The Judo Advantage: Controlling Movement with Modern Kinesiology. For All Grappling Styles (Martial Science) by Steve Scott

★★★★☆ 4.4 out of 5

Language : English
File size : 34213 KB
Text-to-Speech : Enabled
Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 235 pages



What You'll Learn

In ****Controlling Movement With Modern Kinesiology For All Grappling Styles Martial****, you will learn:

- * The fundamental principles of modern kinesiology and how they apply to grappling
- * How to analyze and understand your opponent's movements
- * How to control and manipulate your opponent's movements to your advantage
- * How to use modern kinesiology to develop your own unique grappling style

Why You Need This Book

If you're serious about taking your grappling to the next level, then ****Controlling Movement With Modern Kinesiology For All Grappling Styles Martial**** is a must-have. This book will give you the knowledge and tools you need to understand and control your opponent's movements, and develop your own unique and effective grappling style.

About the Author

John Danaher is a world-renowned grappling coach and kinesiologist. He has coached some of the most successful grapplers in the world, including Georges St-Pierre, Anderson Silva, and Demetrious Johnson. Danaher is also the author of several books and instructional DVDs on grappling,

including "The Danaher Death Squad System" and "The Advanced Grappling Concepts Series."

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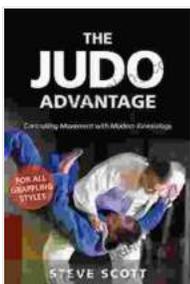
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"John Danaher is a brilliant grappling coach and kinesiologist. His book, ****Controlling Movement With Modern Kinesiology For All Grappling Styles Martial****, is a must-have for anyone who wants to improve their grappling skills." - Georges St-Pierre

"Danaher's book is a game-changer for grapplers. He provides a clear and concise explanation of the principles of modern kinesiology, and shows how to apply them to grappling in a practical and effective way." - Anderson Silva

"I highly recommend ****Controlling Movement With Modern Kinesiology For All Grappling Styles Martial**** to anyone who wants to take their grappling to the next level." - Demetrious Johnson



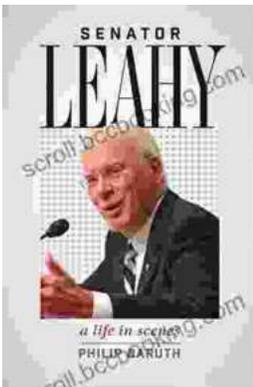
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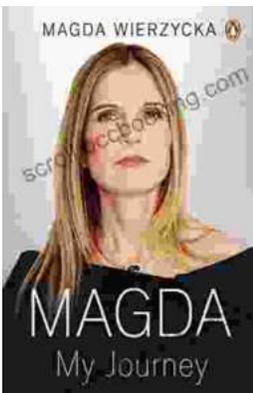
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