



## Fighting from your Back: Fighting from Your Back (2nd Revised edition)

By Geoff Thompson

Snowbooks Ltd. Paperback. Book Condition: new. BRAND NEW, Fighting from your Back: Fighting from Your Back (2nd Revised edition), Geoff Thompson, Ground fighting is one of the most underestimated yet devastatingly ferocious of all the Martial Arts. Ninety-nine per cent of all street fights that are not finished within the first three seconds end up on the floor. The books in the "Ground Fighting" series prepare you with the very best of wrestling, ju-jitsu, judo etc., covering ground control, bars, locks, chokes, strangles, cranks, butts, reintroducing many of the illegal and banned techniques from the beginning of the century.



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