



# MMA Mastery: Strike Combinations (MMA Mastery series)

*Mark Hatmaker*

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## **MMA Mastery: Strike Combinations (MMA Mastery series)** Mark Hatmaker

Covering the essential tactic and art of striking in a series of blows, this guide illustrates how today's best mixed martial arts fighters have discovered the devastating effect of "punches in bunches," or strike combinations—a mix that includes fists, kicks, elbows, and knees. The importance of striking in multiples of three is emphasized with an explanation of how to stage strikes in order to maximize load and release, counterstriking, creating angles, and straight striking. Also included is the tactical role of footwork, how to merge defensive and offensive moves, and overcoming the various challenges posed by range. Avoiding a common blend of different styles, this reference takes the most efficient combinations culled from elite competition and presents them in stair-stepped drill sets, enabling fighters to utilize the same striking approaches advocated by the best coaches and competitors in the business.

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