

Inside The Lion's Den - , Richard Hanner

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Inside the Lion's Den is the remarkable story of Ken Shamrock's ascent to the pinnacle of reality martial combat. An inspiration to thousands, Shamrock picked himself up from a troubled youth growing up in group homes to become the legendary warrior who dominated no-holds-barred martial arts competition in both America and Asia. Whether you know him as "King of Pancrase" or The Ultimate Fighting Championship's "Superfight Champion," step inside the Lion's Den for a new look at "The World's Most Dangerous Man." Here, the secrets of Shamrock's ultra-efficient submissions fighting system and his champion training regimen are revealed. With more than 150 photographs, Inside the Lion's Den will shock and amaze you."Author: Shamrock, Ken Author: Hanner, Richard Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Inside the Lion's Den Pages: 00224 (Encrypted EPUB) On Sale: 2012-10-30 SKU-13/ISBN: 9780804831512 Category: Sports & Recreation : Wrestling

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