

Beyond The Lion's Den: The Life, The Fights, The Techniques - , Erich Krauss

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This book highlights the fighting life of Ken Shamrock, one of the most popular professional wrestlers in the WWE and the second most popular combatant in UFC history. It covers Shamrock's beginnings in amateur wrestling, his bouts in the WWE, to his most recent return to the Ultimate Fighting Championship. It exposes the victories, injuries, and personal struggles behind Shamrock's failures and successes. Featuring descriptions of his most pivotal fights, this book is a perfect complement to Inside the Lion's Den and will let readers into the full story of the "World's Most Dangerous Man." Also featured is a complete how-to section that covers Shamrock's most devastating techniques. With easy-to-follow instructions and photographs for 70 techniques, this book teaches Shamrock's entire submission fighting system. Author: Shamrock, Ken Author: Krauss, Erich Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Beyond the Lion's Den: The Life, The Fights, The Techniques Pages: 00288 (Encrypted EPUB) On Sale: 2012-11-06 SKU-13/ISBN: 9780804836593 Category: Sports & Recreation : Martial Arts & Self-Defense

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