



The Ultimate Guide to Mixed Martial Arts

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Only one sport has reinforced elbow smashes to the head, flying knees, and liver kicks. From mixed martial arts' controversial inception to its mainstream acceptance, from the iconic legacy of Rickson Gracie and the freakish knockout power of Chuck Liddell, to the unstoppable determination of Randy Couture and the emergence of tomorrow's champions, Black Belt has covered the sport's inception and evolution. A compilation of instructional articles and interviews with the industry's greatest champions, this guide is the definitive resource on the athletes and techniques of the world's most intense and popular new sport.

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