



The Last Word - Mixed Martial Arts

Paul Hansford, Al McKillop

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Are you hard enough? Mixed martial arts - just an excuse for a fight or a real fighting skill? Two contenders mixing up wrestling, boxing, judo, jiu-jitsu, karate, Muay Thai and any other fighting skills they know, trying to beat the hell out of each other. Where's the glory? Where's the money? Are there any rules or does anything go? Does it hurt? This is the world's fastest growing sporting competition - because we love to see two guys slug it out. If they can't slug it out in the street, then a cage is the next best place, and you can have a beer while you watch. Find out about the champions, the legends and the chancers. What techniques do they use? What are the rules? Who has the worst haircuts? The best tattoos? Chock full of stats and insider knowledge, The Last Word - Mixed Martial Arts is a no-holds barred book that pulls no punches.

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