



Clinch Fighting for Mixed Martial Arts

Mike Swain, Chuck Jefferson

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Each generation produces only a handful of great fighters, and Mike Swain is without doubt one of this generation's finest. A former World and Olympic Champion, senior international instructor and authority in Grappling arts, his fame and popularity have come from the perfection of his technique, depth of Judo knowledge, and teaching ability. In this volume, Mike Swain shows the techniques and principles necessary for any student of Mixed Martial Arts to improve the "clinch factor." The information is for students of all levels, from beginner to advanced. Learn the Clinch techniques and strategies of a style that changed the world of combat sports. This book, which will raise your submission grappling proficiency to a new plateau, is for all Submission grappling and Mixed Martial Arts practitioners.

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