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The mixed martial arts aren't for everyone. The sight of trained combatants striving for supremacy in a bloodstained octagon often causes lesser men to look away in shame and self-loathing. But you're different. You understand both the elegance and horror of the cage. You're the reason we made The Ultimate Guide to Mixed Martial Arts.

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Many of the attempts to determine the boundaries of the martial arts draw on the model of the Japanese "cognate arts" by distinguishing between bujutsu. (from bu, "warrior," and jutsu, also romanized as jitsu, "technique" or "skill") and budō (from "warrior" and dō, "way").

Martial Arts of the World - Weebly

"David Erath Jr.'s "Ultimate Guide to Unarmed Self-Defense" is a thorough and mature treatment of the topic. I write this review as someone who has been involved in martial arts in various forms since the early 1990s.

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