



Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics

By Andrew Zerling

[Download now](#)

[Read Online](#) 

Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling

Finalist - SPORTS 2016 INDIES Book Award

CATCH YOUR OPPONENT OFF GUARD WITH WINNING CLINCHES, TAKEDOWNS, AND TACTICS

This innovative book demonstrates how the study of sumo wrestling techniques can benefit practitioners of modern mixed martial arts (MMA), as well as other grappling arts. Sumo, Japan's ancient martial art, has its own particular variations of MMA-style body locks, throws, and trips, among other techniques.

MMA competitors know their sport grew with the evolution of jujitsu, but many do not realize sumo can be seen as the root of jujitsu. Sumo uses distraction, angles, and leverage to steal an opponent's balance and take him down.

Sumo for Mixed Martial Arts focuses on *kimarite*, or winning moves. Knowledge of these techniques can allow competitors to catch their opponents off guard with unorthodox clinches, takedowns, and tactics. The author places special emphasis on how smaller players can defeat larger adversaries.

This book features

- In-depth demonstrations of 48 sumo *kimarite* (winning moves) with step-by-step instructions
- Over 300 photos
- Case studies of famous *rikishi* (sumo wrestlers)
- Discussion of sumo's development, rules, and training, as well as recent changes in sumo techniques

The author provides analysis of the three basic types of fighters in MMA and how sumo techniques and tactics can enhance their skills. He examines the fighting style of former UFC light heavyweight champion Lyoto Machida, who made highly effective use of sumo wrestling in MMA competition.

In *Sumo for Mixed Martial Arts* Andrew Zerling casts an ancient martial art in new light. He combines his decades of training with a passion for research. MMA competitors, grapplers, wrestlers, and fans of sumo will appreciate the author's analysis and attention to detail. They will also come away with a wealth of new techniques.

 [Download Sumo for Mixed Martial Arts: Winning Clinches, Tak ...pdf](#)

 [Read Online Sumo for Mixed Martial Arts: Winning Clinches, T ...pdf](#)

Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics

By Andrew Zerling

Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling

Finalist - SPORTS 2016 INDIES Book Award

CATCH YOUR OPPONENT OFF GUARD WITH WINNING CLINCHES, TAKEDOWNS, AND TACTICS

This innovative book demonstrates how the study of sumo wrestling techniques can benefit practitioners of modern mixed martial arts (MMA), as well as other grappling arts. Sumo, Japan's ancient martial art, has its own particular variations of MMA-style body locks, throws, and trips, among other techniques.

MMA competitors know their sport grew with the evolution of jujitsu, but many do not realize sumo can be seen as the root of jujitsu. Sumo uses distraction, angles, and leverage to steal an opponent's balance and take him down.

Sumo for Mixed Martial Arts focuses on *kimarite*, or winning moves. Knowledge of these techniques can allow competitors to catch their opponents off guard with unorthodox clinches, takedowns, and tactics. The author places special emphasis on how smaller players can defeat larger adversaries.

This book features

- In-depth demonstrations of 48 sumo *kimarite* (winning moves) with step-by-step instructions
- Over 300 photos
- Case studies of famous *rikishi* (sumo wrestlers)
- Discussion of sumo's development, rules, and training, as well as recent changes in sumo techniques

The author provides analysis of the three basic types of fighters in MMA and how sumo techniques and tactics can enhance their skills. He examines the fighting style of former UFC light heavyweight champion Lyoto Machida, who made highly effective use of sumo wrestling in MMA competition.

In *Sumo for Mixed Martial Arts* Andrew Zerling casts an ancient martial art in new light. He combines his decades of training with a passion for research. MMA competitors, grapplers, wrestlers, and fans of sumo will appreciate the author's analysis and attention to detail. They will also come away with a wealth of new techniques.

Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling

Bibliography

- Rank: #634823 in Books
- Brand: YMAA Publication Center

- Published on: 2016-12-07
- Original language: English
- Dimensions: 9.40" h x .45" w x 7.21" l, .0 pounds
- Binding: Paperback
- 192 pages

 [Download Sumo for Mixed Martial Arts: Winning Clinches, Tak ...pdf](#)

 [Read Online Sumo for Mixed Martial Arts: Winning Clinches, T ...pdf](#)

Download and Read Free Online Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling

Editorial Review

Review

"Andrew Zerling has done us all a service by taking what has been commonly regarded as a compartmentalized martial sport, sumo, and allowing us a peek inside its history and principles and giving us the opportunity to see how rich this vein of information can be to inform the modern incarnation of MMA." (Mark Hatmaker, Best-selling author of thirteen titles including the No Holds Barred Fighting series)

"I recommend this Sumo for Mixed Martial Arts book to those who want to improve their grappling." (Lyoto "The Dragon" Machida, Former UFC light heavyweight champion)

About the Author

Andrew Zerling is a black-belt martial artist with over two decades of experience in a variety of styles. His work has appeared in the *Journal of Asian Martial Arts* and *Black Belt Magazine* with Brazilian jiu-jitsu master Renzo Gracie. *Sumo for Mixed Martial Arts: Winning Clinches, Takedowns & Tactics* is Andrew's first book. Andrew Zerling resides in Rumson, New Jersey.

Users Review

From reader reviews:

Jon Cerrone:

Hey guys, do you would like to finds a new book to read? May be the book with the headline Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics suitable to you? Often the book was written by renowned writer in this era. Typically the book untitled Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics is a single of several books that will everyone read now. This specific book was inspired a lot of people in the world. When you read this book you will enter the new dimension that you ever know ahead of. The author explained their thought in the simple way, so all of people can easily to understand the core of this reserve. This book will give you a lots of information about this world now. To help you to see the represented of the world on this book.

Jeffrey Haller:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them family members or their friend. Do you know? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity this is look different you can read a book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a book. The book Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics it is rather good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space to bring this book you can buy the actual e-book. You can more effortlessly to read this book from a smart phone. The price is not too expensive but this book features high quality.

Kerry Erdman:

Reserve is one of source of knowledge. We can add our knowledge from it. Not only for students and also native or citizen want book to know the update information of year to help year. As we know those guides have many advantages. Beside we all add our knowledge, also can bring us to around the world. By book Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics we can have more advantage. Don't you to be creative people? Being creative person must like to read a book. Simply choose the best book that acceptable with your aim. Don't always be doubt to change your life at this time book Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics. You can more desirable than now.

Karen Lambert:

Reading a guide make you to get more knowledge from the jawhorse. You can take knowledge and information originating from a book. Book is published or printed or highlighted from each source this filled update of news. Within this modern era like today, many ways to get information are available for a person. From media social similar to newspaper, magazines, science e-book, encyclopedia, reference book, book and comic. You can add your understanding by that book. Isn't it time to spend your spare time to open your book? Or just looking for the Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics when you required it?

**Download and Read Online Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling
#HMB07IL3FZG**

Read Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling for online ebook

Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling books to read online.

Online Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling ebook PDF download

Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling Doc

Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling MobiPocket

Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling EPub

HMB07IL3FZG: Sumo for Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics By Andrew Zerling