



Basics of Mixed Martial Arts: In deep analysis of M.M.A. Fighting style

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There are various styles adapted from its conventional form like stances used in boxing which lacks efficient counters to takedowns and leg attacks. It is common that a fighter trains under several coaches teaching different methods or techniques to improve different aspects of the game in an instant. Speed drills, flexibility, heart conditioning, and strength training are also important in a fighter's training. There are schools willing to train certain MMA fighters, leading to a genre within its own category. In the present time, MMA is no longer concerned with only the competitive fighters. This sport is now common among the traditional and non-traditional fighters of this generation. It is now widely taught and has become an accessible sport accepted by wider aspects of ages.

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