



# Fight to Win: 20 Simple Techniques That Win Any Fight

*Martin J. Dougherty*

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# Fight to Win: 20 Simple Techniques That Win Any Fight

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**Fight to Win: 20 Simple Techniques That Win Any Fight** Martin J. Dougherty

**If you are going to fight, you might as well fight to win! This book presents 20 simple fighting techniques that will win any fight, any time!**

*Fight to Win* strips self-defense and street fighting tactics down to the basics, presenting a uniquely effective fighting system with a minimum of technical jargon and maximum effect. Martin J. Dougherty holds three black belts and has spent more than two decades training championship fighters in many discipline. Dougherty is committed to teaching men and women of all skill levels and incorporates specialized programs tailored to the physically disadvantaged and those with disabilities. Drawing upon his broad-based expertise, Dougherty presents twenty simple fighting techniques guaranteed to give the you the advantage in any fight. Learn such famed techniques as the: Hammerfist, the Two-Legged Takedown, and the Triangle Choke. Whether used in competition or on the street, these fighting techniques are virtually unbeatable. In addition to step-by-step photos, *Fight to Win* offers easy-to-follow instructions and additional notes on combat psychology and tactics to help you hone a fighter's instincts.

Fight techniques include:

- How to Attack the Human Body
- Basic Takedown Defense
- Groundfighting positions
- Striking Techniques
- Leg Takedowns
- Tactical Considerations

Because if you're going to fight, fight to win.

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Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their friends. Usually they doing activity like watching television, going to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the publication untitled Fight to Win: 20 Simple Techniques That Win Any Fight can be excellent book to read. May be it might be best activity to you.

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