

# STRIKING

BOXING



GREECE - 1800 BCE

SAVATE



FRANCE - EARLY 1800s CE

KICKBOXING



USA / NETHERLANDS - 1990s CE



JAPAN - 1980s CE

KARATE



CHINA - 1900s CE

KUNG FU



CHINA - 1900s CE

PRIZEFIGHTING



ENGLAND - 1800s CE

CAPOEIRA



BRAZIL - 1900s CE

KRAV MAGA



ISRAEL - 1940s CE

JEET KUNE DO



USA / HONG KONG - 1967 CE

TANG SOO DO



KOREA - 1940s CE

TAE KWON DO



KOREA - 1900s CE

TAE KWON DO



KOREA - 1950s CE

PANKRATION



GREECE - 540 BCE

VALE TUDO



BRAZIL - 1800s CE

LUTA LIVRE



BRAZIL - 1927 CE

MIXED MARTIAL ARTS

SHOOTFIGHTING



JAPAN - 1905 CE

PANCRASE



JAPAN - 1900s CE

MUAY THAI



THAILAND - 1800s CE

WEST

EAST

CATCH WRESTLING



ENGLAND - 1870s CE

BRAZILIAN JIU JITSU



BRAZIL - 1900s CE

SHUAI JIAO



CHINA - 2007 BCE

AIKIDO



JAPAN - 1900s CE

HAKKIDO



KOREA - 1940s CE

FREESTYLE



RUSSIA - LATE 1800s CE

COLLEGIATE



USA - LATE 1800s CE

SAMBO



SOVIET UNION - 1920s CE

JUDO



JAPAN - 1862 CE

SUMO



JAPAN - 20 BCE

UPRIGHT WRESTLING



GREECE - 700 BCE

GRECO-ROMAN



FRANCE - EARLY 1800s CE

MALLA YUDDHA



SOUTH ASIA - 3000 BCE

GRAPPLING

JUJUTSU



JAPAN - 1800s CE

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# Manual Mixed Martial Arts

**Ying-Ying Zheng**



## **Manual Mixed Martial Arts:**

## **Manual Mixed Martial Arts** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Manual Mixed Martial Arts**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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