


Jackson's Mixed Martial Arts: The Ground Game


By Greg Jackson, Kelly Crigger



Jackson's Mixed Martial Arts: The Ground Game By Greg Jackson, Kelly Crigger

Greg Jackson was raised in a neighborhood where he had to fight to survive. He tried every martial art he could get his hands on, only to find they all lacked practicality. He developed his own system instead, and is now the most accomplished and celebrated mixed martial arts coach in the world. In *Jackson's Mixed Martial Arts*, he brings you into his stable of fighters, which includes UFC welterweight champion Georges St Pierre, former UFC light heavyweight champion Rashad Evans, and top ranked contenders Nate Marquardt, Keith Jardine, Donald "Cowboy" Cerrone and Joey Villaseñor. For the first time he unveils his methods of ground fighting that have enabled his fighters to dominate every MMA promotion and every grappling competition in the U.S. Every ground fighting situation is addressed from ground and pound to passing the guard, along with loads of submissions.

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Editorial Review

About the Author

Greg Jackson is the world's most accomplished MMA trainer. He has more than fifteen MMA champions in his stable of fighters, including Georges St. Pierre and Rashad Evans.

Kelly Crigger, a Colonel in the US Army, is a columnist for *Real Fighter* and is the author of *Title Shot: Into the Shark Tank of Mixed Martial Arts*.

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