



Fighting in the Clinch: Vicious Strikes, Street Wrestling, and Gouges for Real Fights

Loren W. Christensen, Mark Mireles

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Brawling doesn't get any closer or uglier than when you're struggling to tear yourself out of a street attacker's clinch. Authors Loren Christensen and Mark Mireles know this from painful experience: with a combined 75 years of martial arts study and more than 40 years of working the mean streets as city cops, they have had many opportunities to develop their techniques for both powerfully breaking a criminal's determined grasp and hanging on to a suspect desperately trying to resist arrest.

This book is not about banging around with training partners - it's about surviving a frantic street fight. It's filled with techniques for that gritty place where there are no tap-outs, referees or rules. If it's illegal in competition, it's in here. If it would get you jailed if you weren't legally defending yourself, it's in here.

Christensen and Mireles present dozens of tried-and-true clinch escapes using clear, uncomplicated instruction and step-by-step photos. Let these veterans of countless violent street fights give you the edge you need to break out of a dangerous situation.



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