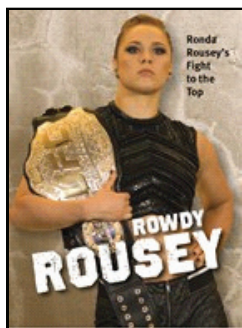


iPg



Sports–Martial Arts Titles  
Fall 2015



## Rowdy Rousey

### Ronda Rousey's Fight to the Top

Mike Straka, Chael Sonnen

#### Summary

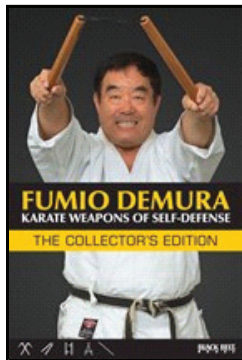
Already a burgeoning superstar in the MMA and entertainment worlds, Ronda Rousey's devastating 34-second KO of Bethe Correia vaulted her into the mainstream like never before. From her undefeated exploits in The Octagon to appearing on the cover of *Sports Illustrated* to starring in blockbuster film *Furious 7*, Rousey is the preeminent combination of athletic and pop culture stardom. *Rowdy Rousey: Ronda Rousey's Fight to the Top* is the ultimate tribute to this multi-talented powerhouse. Including nearly 100 full-color photographs, fans are provided a glimpse into this star's life – from her days as a young Judo champion at the Olympics to her ascent to the top of MMA as the UFC champion. This keepsake also explores Rousey's vast success outside of the ring through acting, modeling and charity work, and looks ahead to her upcoming film roles and future UFC blockbuster fights.

#### Contributor Bio

**Mike Straka** is the senior vice president of media and entertainment at Authentic Brands Group. He is also the host of *TapouT News* on [www.TapouT.com](http://www.TapouT.com) and *Fighting Words with Mike Straka* on HDNet. **Chael Sonnen** is a retired mixed martial artist who now works as an MMA analyst for ESPN. He lives in West Linn, Oregon.

9781629372396  
Pub Date: 12/1/15  
Ship Date: 12/1/15  
\$15.95  
Trade Paperback

128 Pages  
Carton Qty: 24  
Sports & Recreation /  
Martial Arts & Self-Defense  
SPO027000  
8.5 in W | 11 in H



## Fumio Demura: Karate Weapons of Self-Defense

**The Collector's Edition**  
Fumio Demura

#### Summary

**Written by master of kobudo (ancient self-defense weapons) Fumio Demura, this book collects his separate works on karate weapons in one volume**

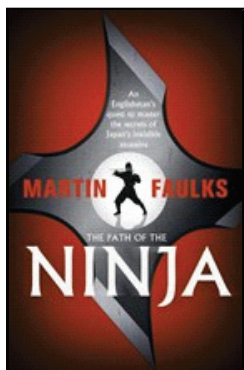
As one of the most highly respected and influential *karateka* in the world, Fumio Demura has written several books on karate weapons, including *tonfa*, *sai*, *nunchaku*, *kama*, and *bo*. Their importance to the world of martial arts has not diminished and his edition retains all the illustrations, photos, and martial arts techniques of the original individual volumes and brought them together in one important volume. It includes a history of each of these weapons and demonstrates how they can be used in modern self-defense fighting scenarios. It a must-have special edition for martial artists, students of karate and their instructors, and anyone interested in the history of personal weapons.

#### Contributor Bio

**Fumio Demura** is one of the most highly respected *karateka* in the world today. He has won several championships and has been awarded certificates of recognition from Japanese Cabinet officials for his contributions to the art of karate. He has appeared as a stuntman in films, including *Bring 'Em Back Alive*, *The Island of Dr. Moreau*, and *The Karate Kid*. He is the author of several books, including *Advanced Nunchaku*, *Bo*, *Kama*, *Nunchaku*, *Sai*, *Shito-Ryu Karate*, and *Tonfa*. He lives in Santa Ana, California.

9780897502115  
Pub Date: 3/1/16  
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\$59.95  
Trade Paperback

900 Pages  
Carton Qty: 8  
Sports & Recreation /  
Martial Arts & Self-Defense  
SPO027000  
Territory: US & CA  
5.8 in W | 8.8 in H



9781444764406  
 Pub Date: 9/15/15  
 Ship Date: 9/15/15  
 \$27.95  
 Hardcover

320 Pages  
 Carton Qty: 0  
 Biography & Autobiography  
 / Sports  
 BIO016000  
 6 in W | 9.5 in H

## The Path of the Ninja

Martin Faulks

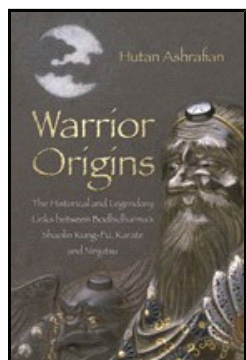
### Summary

**The memoir of a puny boy in a rural town who grew up to become a Ninja Grand Master**

By turns thrilling, funny, and spiritually enlightening, this story is a real-life *Kick-Ass*. Martin Faulks grew up in a Norfolk village, England. Returning from the rec center with a friend one day, they were attacked by a gang of older boys. Martin ran away leaving his friend to be beaten up, but he vowed that would never happen again. He trained in the martial arts, and in his teens he began to hear intriguing rumors of two local ninjas said to have been in the special forces and to have trained in Japan. They proved highly elusive, but one day Martin was watching a stage magician in a club, and realized that the man on the stage was one of the guys he had been looking for. So began a series of initiations that would take him eventually to being trained by the Dalai Lama's bodyguard and living with the Yamabushi, the most secretive of the ninja sects, located in the mountains of Japan.

### Contributor Bio

**Martin Faulks** is a martial arts champion with a black belt in Japanese Ninjutsu "Bujinkan Budo Taijutsu" and the Korean martial art, Kuk Sool Won. He is proficient in such spiritual disciplines as Tai Chi, Qi Gong, and the legendary form of Yi Jin Jing. His previous works include *Gateways to Health: Secrets of Rejuvenation* and *The Zen Diet Revolution*.



9780750956185  
 Pub Date: 10/1/14  
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 \$19.95  
 Trade Paperback

224 Pages  
 Carton Qty: 24  
 Religion / Buddhism  
 REL007000  
 6 in W | 9 in H | 0.8 lb Wt

## Warrior Origins

**The Historical and Legendary Links Between the Bodhidharma's, Shaolin Kung-Fu, Karate and Ninjutsu**  
 Hutan Ashrafian

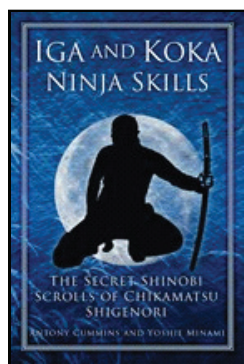
### Summary

**Essential reading for martial arts practitioners and students of Buddhism**

This book considers the universal question posed by both martial artists and practitioners of eastern religions regarding the origins of each style or school. It delineates the ancestries of the most famous and popular martial arts worldwide and identifies the legends and the known historical facts regarding the roots of the mainstream arts of Shaolin Kung-Fu, Karate, and Ninjutsu. By doing so it addresses the history of the famous Bodhidharma as the legendary father of Shaolin Kung-Fu and Zen Buddhism. It offers critical analysis of significant historical dates in the three disciplines and links these to modern martial arts practice and culture. The book also reveals facts on the lives of some of the most prominent and famed individuals of these arts from the modern era including Bruce Lee (Kung Fu) and Fujita Seiko (Ninjutsu).

### Contributor Bio

**Hutan Ashrafian** is a doctor, scientist, historian, and martial artist. He has three decades of experience in Karate and holds a 5th Dan Black Belt in the style of Goju-Ryu Karate and Dan grades and instructorships in several other systems. A winner of two karate world championship titles, he is also a practicing surgeon.



9780750956642  
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 Ship Date: 10/1/14  
 \$22.95  
 Trade Paperback

192 Pages  
 Carton Qty: 30  
 Sports & Recreation /  
 Martial Arts & Self-Defense  
 SPO027000  
 6 in W | 9 in H | 0.9 lb Wt

## Iga and Koka Ninja Skills

**The Secret Shinobi Scrolls of Chikamatsu Shigenori**

Antony Cummins, Yoshie Minami

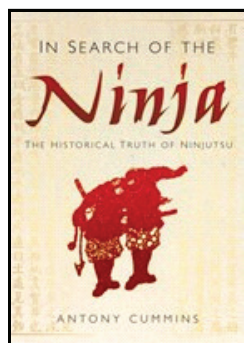
### Summary

**The secret manuals of the oral tradition of the Iga and Koka Ninja, feared and respected across Japan for centuries—now in paperback**

Through patient and scholarly detective work, Antony Cummins and the Historical Ninjutsu Research Team have unearthed a Shinobi treasure. The 18th-century military historian Chikamatsu recorded the oral traditions of the Ninja and passed on those skills in lectures he gave at his Renpeido school of war in Owari domain during the early 1700s. Chikamatsu wrote specifically about the Shinobi of Iga and Koka, regions from which warriors were hired all over the land in the days of war. The lost scrolls are filled with unknown Shinobi teachings, skills that include infiltration, assassination, explosives, magic, and commando tactics, including an in depth commentary on Sun Tzu's famous 13th chapter, "The Use of Spies."

### Contributor Bio

**Antony Cummins** is the author of *Conversations with an Assassin*, *The Illustrated Guide to Viking Martial Arts*, *To Stand on a Stone*, and *True Path of the Ninja*. He is a martial arts teacher and a specialist on the ninjutsu manuals of Japan, and has released several DVDs as well as working as a host in the documentary *The Ninja: Shadow Warriors*. **Yoshie Minami** translated the *Shoninki* by Natori Masazumi, also in collaboration with Antony Cummins.



9780752492100  
 Pub Date: 9/1/13  
 \$19.95  
 Trade Paperback

240 Pages  
 Carton Qty: 0  
 Sports & Recreation /  
 Martial Arts & Self-Defense  
 SPO027000  
 6.5 in W | 10 in H

## In Search of the Ninja

**The Historical Truth of Ninjutsu**

Antony Cummins

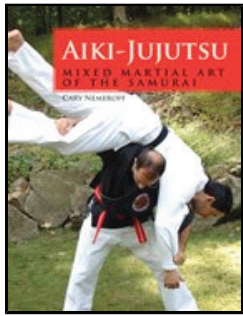
### Summary

**Now available in paperback, the first book to describe the reality of ninja history**

Lost in modern myth, false history, and general misinterpretation, the ninja has been misrepresented for many years, but recently, a desire for a more historical view of the ninja has become a popular theme in the history/martial arts community. Providing a rare, accurate view of the ninja, this book is based upon the Historical Ninjutsu Research Team's translations of the major ninja manuals and consists of genuinely new material. Little historical research has been done on the ninja of Japan. Here for the first time the connection of the famous Hattori family warriors with the ninja is explained, the samurai versus ninja myth is dispelled, and the realities of ninja skills are analyzed. Such questions are answered as "How did a ninja work underwater when mining castle walls?" and "How can a bird be used to set fire to the enemy's camp?" The book explores newly discovered connections to ancient Chinese manuals, lost skills, and the hidden Zen philosophy that the ninja followed.

### Contributor Bio

**Antony Cummins** is the author of *Conversations with an Assassin*, *The Illustrated Guide to Viking Martial Arts*, *To Stand on a Stone*, and *True Path of the Ninja*. He is a martial arts teacher and a specialist on the ninjutsu manuals of Japan, and has released several DVDs as well as working as a host in the documentary *The Ninja: Shadow Warriors*.



9781847974785  
 Pub Date: 9/1/13  
 \$32.95  
 Trade Paperback

192 Pages  
 Carton Qty: 0  
 Sports & Recreation /  
 Martial Arts & Self-Defense  
 SPO027000  
 7.5 in W | 9.5 in H

## Aiki-Jujutsu

### Mixed Martial Art of the Samurai

Cary Nemeroff

#### Summary

**Essential reading for practitioners and instructors of mixed martial arts**

Using step-by-step photography and text, the author, a 10th Dan, demonstrates how to perform the throws, hand strikes, grappling/groundwork maneuvers, blocks, break-falls, kicks, and sword-disarming techniques of the complete Aiki-Jujutsu system, including Kempo-Jutsu, Aiki-Jutsu, and Ju-Jutsu. He also provides a concise history of the concepts and systems surrounding Aiki-Jujutsu's development, such as Budo and Bujutsu, enabling the practitioner to gain a more comprehensive understanding of the art. This book will appeal to anyone interested in mixed martial arts or the traditional Asian martial arts, and those who seek to learn more about the techniques, philosophy, and history of the fighting arts of the Samurai.

#### Contributor Bio

**Cary Nemeroff** is the founder of Fukasa-Ryu Bujutsu Kai, a member organization of the International Okinawan Martial Arts Union. A teacher of Japanese and Okinawan martial arts, he holds a 10th Degree Black Belt in Aiki-Jujutsu (Jujutsu) as well as many other Master-level gradings, with 35 years of training to his credit. His programs are taught throughout New York City and the New York metropolitan area.



9781847973887  
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 Trade Paperback

160 Pages  
 Carton Qty: 32  
 Sports & Recreation /  
 Martial Arts & Self-Defense  
 SPO027000  
 6.5 in W | 9.5 in H | 1 lb Wt

## Wing Chun Kung Fu

### Weapons Training

Sifu Shaun Rawcliffe

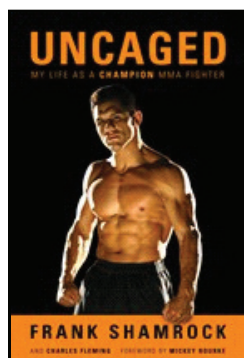
#### Summary

**A thorough guide to the weapons forms, aimed at advanced Wing Chun students and instructors**

Weapons training focuses on core elements of power usage and precision, improving stance, structure, and strength. Mastering control of the weapons focuses on the need for total body control and absolute accuracy of movement. This guide covers the principles of the forms for Baat Cham Dao (the eight slashing or chopping knives form) and Luk Dim Boon Kwun (six and a half point pole). It gives clear, concise explanations of the shape, structure, and movements of the weapons forms, and applications where appropriate. Each section of the forms is illustrated in detail with step-by-step photographs. This guide also provides an essential training checklist to each key technique within the forms and examines the benefits of training in the weapons forms.

#### Contributor Bio

**Sifu Shaun Rawcliffe** is the author of *Simply Wing Chun Kung Fu* and *Wing Chun Kung Fu: The Wooden Dummy*.



9781613744659  
 Pub Date: 10/1/12  
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 Hardcover

272 Pages  
 Carton Qty: 0  
 Sports & Recreation /  
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 SPO027000  
 6 in W | 9 in H

## Uncaged

### My Life as a Champion MMA Fighter

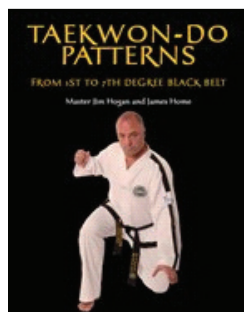
Frank Shamrock, Charles Fleming, Mickey Rourke

#### Summary

Before Frank Shamrock became known professionally as “The Legend”—winning almost every mixed martial arts title in existence—he endured a childhood marred with abuse, neglect, and molestation that led to an equally troubled young adulthood. This riveting book tells his whole story: his neglect as a child by his hippie mother and absentee father, his salvation under the foster father who took him in when no one else would, his desperate act of armed robbery and subsequent incarceration in state prison, and his eventual rebirth as a cage fighter who would go on to dominate the entire sport for the next two decades. Detailing his fights inside and outside of the ring, it discusses the people and events that enabled him to become a champion as well as his problems with the Ultimate Fighting Championship and the reasons behind his retirement. With eye-opening depictions of the world of mixed martial arts fighters and refreshing candor, this thrilling story of sex, violence, crime, and redemption reveals the numerous pitfalls a famous fighter encountered in his life and how he successfully...

#### Contributor Bio

**Frank Shamrock** was the undefeated mixed martial arts (MMA) champion for 10 years and is the only person to win a title in all three major North American fight promotions (UFC, WEC, and Strikeforce). He has worked as an NBC sports announcer, is an owner of fight venues, and created his own line of MMA training gyms. He is the author of *Mixed Martial Arts for Dummies*. He lives in Los Angeles. **Charles Fleming** is a writer, an adjunct faculty member of the University of Southern California, and a reporter whose writing has been published in such publications as *Entertainment Weekly*, *Newsweek*, and *Vanity Fair*. He is the coauthor of several books, including *The Goomba Book of Love*, *The Goomba Diet*, *A Goomba's Guide to Life*, *My Lobotomy*, and *Three Weeks in October*. He lives in Los Angeles. **Mickey Rourke** is an actor, a screenwriter, and a retired boxer. He has acted in such films as *Angel Heart*, *Iron Man 2*, and *Sin City*, and he won a Golden Globe Award in 2009 for his lead role in *The Wrestler*. He lives in New York City.



9781847973047  
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288 Pages  
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 Sports & Recreation /  
 Martial Arts & Self-Defense  
 SPO027000  
 7.5 in W | 9.5 in H | 2 lb Wt

## Taekwon-Do Patterns

### From 1st to 7th Degree Black Belt

Master Jim Hogan, James Home

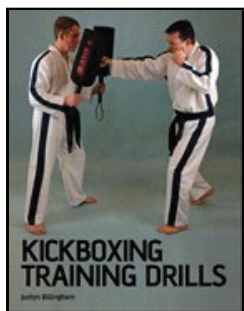
#### Summary

**A companion volume to *Taekwon-Do Patterns: From Beginner to Black Belt*—together the books describe and analyze all 24 taekwon-do patterns**

For the first time, all 15 patterns, or tul, of the Korean martial art of taekwon-do that are taught within the black belt syllabus of the International Taekwon-Do Federation are presented in a single volume. This landmark book shows every single move of each pattern executed by an internationally renowned taekwon-do exponent and instructor. Each movement is clearly illustrated with a full-length photograph accompanied by a detailed commentary, a diagram showing the position of the move within the pattern, an overall description of the pattern, and the Korean translation for every single technique, making an invaluable resource for all senior students and coaches.

#### Contributor Bio

**Master Jim Hogan** is an internationally renowned taekwon-do instructor and former European Champion in sparring. He has more than two decades of teaching experience; has trained numerous UK, European, and World Champions, and holds the rank of 7th degree black belt. **James Home** is a senior student and assistant instructor of Master Jim Hogan, and a 4th degree black belt. They are the coauthors of *Effective Taekwon-Do Sparring* and *Taekwon-Do Patterns: From Beginner to Black Belt*.



## Kickboxing Training Drills

Justyn Billingham

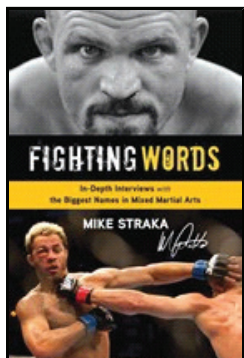
### Summary

Continual improvement of technique is a crucial part of a kickboxing fighter's success. Good technique will turn a run-of-the-mill kick or punch into an effective attack against an opponent. *Kickboxing Training Drills* breaks down the key elements of kickboxing moves, and provides a reference guide that will allow fighters to examine and refine each element of their attack. It will help instructors and coaches hone a fighter's technical training to enable the student to perform to the best of their ability. The book helps to improve specific kickboxing attack and defense skills such as power, speed, timing, and precision; and concentrates on a fighter's finesse, stamina, and flexibility in order to better performance. Drills in each chapter are explained through step by step photography and text. Tables of timings and repetitions are provided for exercises for all levels of fitness, while useful tips and checklists for the exercises will help avoid injury and maximize drill effectiveness. The book looks at both solo-training drills and partner-training drills.

### Contributor Bio

**Justyn Billingham** started training in taekwon-do at the age of 14. While studying that art, he also took up karate and kickboxing to further advance his training and knowledge of the martial arts. Over a period of 25 years, he has achieved several dan grades, including a fourth dan in kickboxing, and is currently a monthly columnist for *Martial Arts Illustrated* magazine. He is the author of *Kickboxing - From Beginner to Black Belt* and *Kickboxing Sparring*.

9781847972873  
 Pub Date: 12/1/11  
 \$29.95  
 Trade Paperback  
 192 Pages  
 Carton Qty: 0  
 Sports & Recreation /  
 Martial Arts & Self-Defense  
 SPO027000  
 7.5 in W | 9.5 in H



## Fighting Words

**In-Depth Interviews with the Biggest Names in Mixed Martial Arts**

Mike Straka

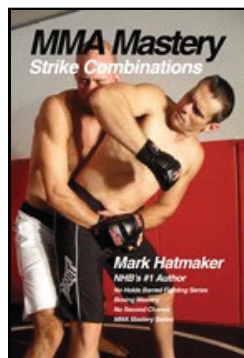
### Summary

Mike Straka, host of HDNet's *Fighting Words*, sits down with the men who have shaped one of the fastest-growing sports on the planet in his new book. Through some of the most comprehensive and entertaining interviews ever recorded with MMA's biggest names, Straka paints a full picture of this incredibly unique and highly entertaining sport. Inside readers will find interviews with many of the giants of MMA, including Chuck Liddell, Randy Couture, Cain Velasquez, Frankie Edgar, Dana White, Renzo Gracie, Ken and Frank Shamrock, Bas Rutten, and Jon Jones.

### Contributor Bio

**Mike Straka** is the senior vice president of media and entertainment at Authentic Brands Group. He is also the host of *TapouT News* on [www.TapouT.com](http://www.TapouT.com) and *Fighting Words with Mike Straka* on HDNet.

9781600785634  
 Pub Date: 7/1/11  
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 Trade Paperback  
 240 Pages  
 Carton Qty: 20  
 Sports & Recreation /  
 Martial Arts & Self-Defense  
 SPO027000  
 6 in W | 9 in H | 0.9 lb Wt



## MMA Mastery: Strike Combinations

Mark Hatmaker

### Summary

Covering the essential tactic and art of striking in a series of blows, this guide illustrates how today's best mixed martial arts fighters have discovered the devastating effect of "punches in bunches," or strike combinations—a mix that includes fists, kicks, elbows, and knees. The importance of striking in multiples of three is emphasized with an explanation of how to stage strikes in order to maximize load and release, counterstriking, creating angles, and straight striking. Also included is the tactical role of footwork, how to merge defensive and offensive moves, and overcoming the various challenges posed by range. Avoiding a common blend of different styles, this reference takes the most efficient combinations culled from elite competition and presents them in stair-stepped drill sets, enabling fighters to utilize the same striking approaches advocated by the best coaches and competitors in the business.

### Contributor Bio

**Mark Hatmaker** is the author of *Boxing Mastery*, the MMA Mastery series, the No Holds Barred Fighting series, and *No Second Chance*. He has produced more than 40 instructional videos, and he has extensive experience in the combat arts, including boxing, wrestling, jiu-jitsu, and Muay Thai. A highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel, he is also the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He lives in Knoxville, Tennessee.

9781935937227

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\$12.95

Trade Paperback

192 Pages

Carton Qty: 48

Sports & Recreation /

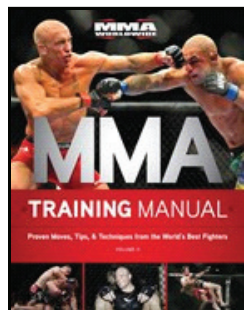
Martial Arts & Self-Defense

SPO027000

Series: MMA Mastery series

5.5 in W | 8.5 in H | 0.6 in T

| 0.7 lb Wt



## MMA Training Manual Volume II

Tips and Techniques to Improve Your Performance

### Summary

Providing a careful selection of the very best lessons from *Tapout* magazine, this book features moves and techniques from a wide spectrum of mixed martial arts in brilliant and easy-to-understand detail. Hall of Fame UFC fighters, Jiu Jitsu champions, and champions from Russia and the Philippines are all among the fighters featured in the lessons. For those interested in learning about all the sport has to offer and learning from the very best in the sport, *MMA Training Manual Volume II* is an absolute must addition to any collection of mixed martial arts learning tools.

### Contributor Bio

**MMA Worldwide** is an association for mixed martial arts enthusiasts that provides information and entertainment through its magazines, website, TV show, and road tour. They are based in Cypress, California.

9781600785054

Pub Date: 5/1/11

\$19.95

Trade Paperback

176 Pages

Carton Qty: 24

Sports & Recreation /

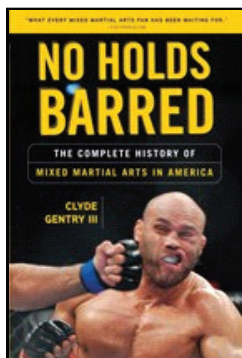
Martial Arts & Self-Defense

SPO027000

8.5 in W | 10.9 in H | 1.5 lb

Wt





## No Holds Barred

**The Complete History of Mixed Martial Arts in America**

Clyde Gentry

### Summary

Called the bible for MMA, No Holds Barred is the definitive American history of MMA and its rapid rise in the sports and entertainment world. Armed with a recorder and a press pass to the Ultimate Fighting Championship, author Clyde Gentry III set out to tell the story of MMA in the late 1990s when the sport was barely treading water due to the political backlash that threatened to relegate the sport to smoky bars and venues typically reserved for tough-man competitions and low-level professional wrestling matches. Instead, MMA has become a billion-dollar business and has changed martial arts forever. This book takes readers from the controversial event that spawned it all in 1993 to the breakout reality show *The Ultimate Fighter* and beyond. An unprecedented 125 interviews, along with boxes of rare documents and notes collected over 10 years, serve as the backbone for the ultimate tome on the ultimate sport. The phrase no holds barred may be a misnomer for MMA, but it aptly describes the true, compelling story of how the sport evolved in America. This is the most definitive, in-depth...

9781600785450

Pub Date: 5/1/11

\$16.95

Trade Paperback

430 Pages

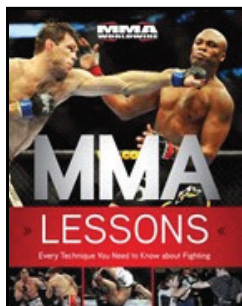
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Sports & Recreation /  
Martial Arts & Self-Defense  
SPO027000

6 in W | 9 in H | 1.5 lb Wt

### Contributor Bio

**Clyde Gentry III** has spent more than 10 years in the mixed martial arts field. After publishing the first edition of *No Holds Barred* in 2001, he became editor in chief of *Ultimate Athlete*, the first feature magazine on the sport. Over the years Gentry has worked behind the scenes in fight promotion, and regularly contributes to both *Tapout* and *MMA Worldwide* magazines. He lives in Dallas, Texas.



## Mixed Martial Arts Lessons

### Summary

A collection of mixed martial arts articles and lessons from *Tapout* magazine, this book contains full-color fighting tips and techniques by the biggest names in the sport. So valuable and effective are these lessons that MMA instructors from across the world use them to teach the sport.

### Contributor Bio

**Tapout magazine** is a preeminent, bimonthly publication in the wildly popular and fast-growing sport of mixed martial arts.

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Pub Date: 10/1/10

\$19.95

Trade Paperback

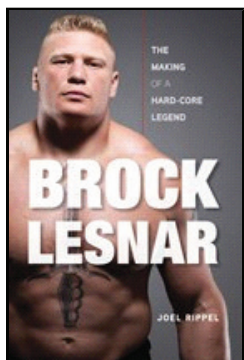
192 Pages

Carton Qty: 24

Sports & Recreation /  
Martial Arts & Self-Defense  
SPO027000

8.5 in W | 10.9 in H | 1.5 lb

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## Brock Lesnar

### The Making of a Hard-Core Legend

Joel Rippel

#### Summary

From his early days of growing up in South Dakota and wrestling in North Dakota and Minnesota as a collegian to his WWE days and current UFC dominance, this biography of Brock Lesnar presents a revealing portrait of the man both in and out of the Octagon. Fans will read of his whole life story with details on how he became the youngest WWE champion ever at the age of 25, why he did not like being a professional wrestler, details behind his collegiate wrestling career, his short stint as a Minnesota Viking, the role growing up on a dairy farm played in his success, and his unprecedented comeback from the illness that threatened his career. His former and current coaches, opponents, training partners, and friends share their thoughts and experiences about this multidimensional athlete who has taken the UFC world by storm. Fans will not want to be without this book.

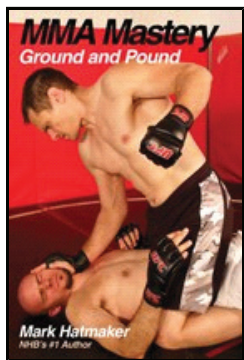
#### Contributor Bio

**Joel Rippel**, who has worked for newspapers—including the *Minneapolis Star Tribune* and the *Orange County Register*—for nearly 30 years, is the author of four books on Minnesota sports history. He lives in Minneapolis.

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208 Pages  
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SPO027000

5.5 in W | 8.5 in H | 0.9 lb  
Wt



## MMA Mastery: Ground and Pound

Mark Hatmaker

#### Summary

Offering cohesion and clarification for what is currently a loose collection of strategies, this reference delves into the “ground and pound” fighting method—winning a fight by striking an opponent after a takedown. Demonstrating through fight metrics how just as many matches are won by strikes as submissions, this manual addresses the importance of proper “grounding” and lists an array of riding, pinning, and transitioning skills. Following the first element up by introducing an exhaustive “pounding” vocabulary, this guide is key to making stand-up strikers all the more formidable on the floor. Guaranteed to improve the game of even the best submission players, this handbook ensures tighter defense and enhanced offensive tactics, offering a one-stop solution for this vital but often overlooked aspect of the mixed martial arts arena.

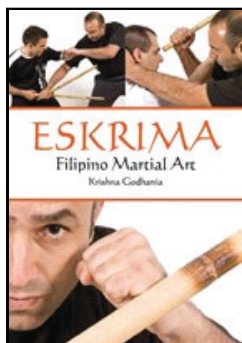
#### Contributor Bio

**Mark Hatmaker** is a highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel. He is the founder of Extreme Self Protection (ESP), a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He is the author of the No Holds Barred Fighting series, which includes *More No Holds Barred Fighting*, *No Second Chance: A Reality-Based Guide to Self-Defense*, *The Ultimate Guide to Conditioning and Boxing Mastery*, and *The Ultimate Guide to Submission Wrestling*. He lives in Knoxville, Tennessee.

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176 Pages  
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Series: MMA Mastery series

5.5 in W | 8.5 in H | 0.5 in T



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176 Pages  
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6.5 in W | 9.5 in H | 0.4 in T  
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## Eskrima

### Filipino Martial Art

Krishna Godhania

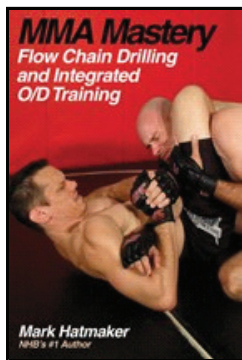
#### Summary

##### **The history, evolution, and essential principles and concepts of the Filipino martial art**

Eskrima, also known as Arnis or Kali, is the indigenous martial art of the Philippine Islands and this fascinating book explains why Eskrima uses training weapons, such as rattan sticks and daggers, from the earliest stages, alongside unarmed techniques. Dynamic and flexible, with a wide range of training methods, the technique can be practiced by students of all ages and levels of fitness. Well-known and respected as a highly practical weapons-based system, Eskrima is practiced worldwide by civilians, law enforcement personnel, and special units within the military. These training methods have been found particularly effective at increasing coordination and reflexes, providing a fast track to developing the qualities needed for practical self-defense. The instructional section of the book illustrates how the Eskrima martial artist is able to succeed in a wide range of combat situations involving fighting with both weapons and open hands. Techniques, two person flow drills, self-defense applicati...

#### Contributor Bio

**Krishna Godhania** is an experienced martial artist who has spent the past 18 years studying Eskrima in the Philippines. He is the Eskrima technical editor and columnist for *Martial Arts Illustrated* magazine and he heads the Institute of Filipino Martial Arts.



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 SPO027000  
 Series: MMA Mastery series

5.5 in W | 8.5 in H | 0.5 in T  
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## MMA Mastery: Flow Chain Drilling and Integrated O/D Training

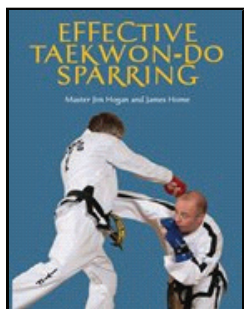
Mark Hatmaker

#### Summary

Emphasizing the "mix" in mixed martial arts, this manual addresses the inherent problems in combining different fighting styles. Pioneering a unique drilling matrix that allows the fighter to dissolve the distinctions between separate arts, this guide allows practitioners to effortlessly blend the different disciplines into one seamless whole. Covering both offensive and defensive aspects, this training handbook is the definitive reference for executing optimal flow-chain drills.

#### Contributor Bio

**Mark Hatmaker** is a highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel. He is the founder of Extreme Self Protection (ESP), a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He is the author of the No Holds Barred Fighting series, which includes *More No Holds Barred Fighting*, *No Second Chance: A Reality-Based Guide to Self-Defense*, *The Ultimate Guide to Conditioning and Boxing Mastery*, and *The Ultimate Guide to Submission Wrestling*. He lives in Knoxville, Tennessee.



## Effective Taekwon-Do Sparring

Master Jim Hogan, James Home

### Summary

Written specifically for club-level martial artists, this guide bridges the gap between the wider Taekwon-Do syllabus and the particular demands of sparring. The fundamentals of stance, movement, and defense are analyzed in detail and significantly adapted for the sparring arena while core attacking techniques are reviewed and, if necessary, modified in order to improve their effectiveness in typical sparring scenarios. Additionally, basic elements of sparring strategy such as assessing opponents, creating openings, effective combinations, and counter-attacks are examined.

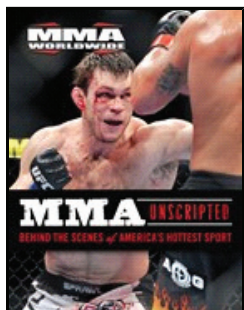
### Contributor Bio

Master Jim Hogan is an internationally renowned Taekwon-Do instructor and a former European Champion in sparring. He holds the rank of 7th-degree black belt. James Home, a 4th-degree black belt in Taekwon-Do, is a senior student and assistant instructor of Master Jim Hogan.

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Sports & Recreation /  
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SPO027000

7.5 in W | 9.5 in H | 0.4 in T  
| 1 lb Wt



## MMA Unscripted

Behind the Scenes of America's Hottest Sport

### Summary

In ***MMA Unscripted: Behind the Scenes of America's Hottest Sport***, the authors, editors, and writers for *MMA Worldwide* delve deep into the dramatic, awe-inspiring underpinnings of the mixed martial arts universe. The result is a revealing portrait of what happens once the cage empties and the lights darken. Within these pages, the *MMA Worldwide* crew has canvassed the entire sport to uncover the best stories and most-telling anecdotes about MMA personalities and events. Visit the training camps of some of the best fighters in the world, including Erik Paulson's Catch Submission Wrestling, Wanderlei Silva's home gym in Las Vegas, and Cung Le's facilities in San Jose. Get a rare personal look at some of the most intriguing personalities in the MMA World, including UFC cage announcer Bruce Buffer, former light heavyweight champion Forrest Griffin, and *Tapout* magazine founder Chris "Mask" Lewis. Enjoy behind-the-scenes peeks at some of the best fight promotions in the country. This is the best way to get exclusive access to the best on- and off-camera moments of the sport.

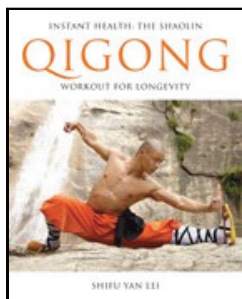
### Contributor Bio

**MMA Worldwide** is an association for mixed martial arts enthusiasts that provides information and entertainment through its magazines, website, TV show, and road tour. They are based in Cypress, California.

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 232 Pages  
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 7.3 in W | 9.8 in H | 0.7 in T  
 | 1.6 lb Wt

## Instant Health

### The Shaolin Qigong Workout For Longevity

Shifu Yan Lei

#### Summary

For the past 1500 years, the Qigong workout for longevity has been secretly passed from generation to generation at the Shaolin Temple of Zen in Henan Province, China. Now, for the first time, a 34th-generation fighting disciple from the temple shows how to optimize energy, alleviate stress, boost the immune system, and achieve optimum health. The complete workout is shown with easy-to-follow instructions and images, covering everything from stretches and stances to the Instant Health self-massage. This comprehensive guide provides detailed advice on adapting Shaolin Qigong to suit any life stage, and includes training tips, Zen wisdom, and a personalized mind-body workout created especially for the busy Western lifestyle.

#### Contributor Bio

**Shifu Yan Lei** is a 34th-generation fighting disciple from the Shaolin Temple in Henan Province, China. He teaches thousands of students through his Shaolin Warrior DVD series and is among the most respected and renowned teachers of authentic Shaolin Qigong.



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 192 Pages  
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 Sports & Recreation /  
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 SPO027000  
 Series: No Holds Barred  
 Fighting series  
 5.5 in W | 8.5 in H | 0.5 in T  
 | 0.6 lb Wt

## No Holds Barred Fighting: The Book of Essential Submissions

### 101 Tap Outs!

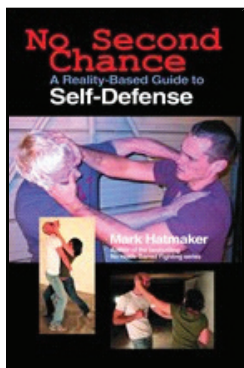
Mark Hatmaker

#### Summary

Chock-full of go-to finishing holds and tap-outs, this action-filled guide illustrates how to skillfully perform these essential fighting moves. More than 100 high-percentage submissions are detailed using sequenced action photographs to help strengthen the wrestling vocabulary of Mixed Martial Arts athletes. Whether used during competition or on the street, these submissions will allow both novice and seasoned no-holds-barred fighters to hold their own.

#### Contributor Bio

**Mark Hatmaker** is the bestselling author of seven books in the No Holds Barred Fighting series, including *More No Holds Barred Fighting*, *The Ultimate Guide to Conditioning and Boxing Mastery*, and *The Ultimate Guide to Submission Wrestling*. He is the founder of Extreme Self Protection, a research group dedicated to Western combat methods. He lives in Knoxville, Tennessee.



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192 Pages  
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5.5 in W | 8.5 in H | 0.5 in T  
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## No Second Chance

### A Reality-Based Guide to Self-Defense

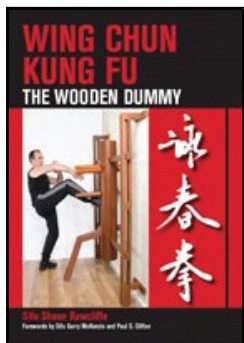
Mark Hatmaker

#### Summary

When violence becomes unavoidable, it's best to be informed, and this self-defense book provides revolutionary information that could mean the difference between life and death in the event of a physical assault. Included are drills to increase awareness, examples for using the environment as a self-defense tool, and methods that allow victims to best use their inherent strengths to repel an attack. An interesting look at the psychology of an attack—exploring the mindset of both attacker and victim, and illuminating the dynamic between the two—this manual puts the power back into the hands of concerned citizens.

#### Contributor Bio

**Mark Hatmaker** is the bestselling author of six books in the No Holds Barred Fighting series, including *More No Holds Barred Fighting*, *The Ultimate Guide to Conditioning and Boxing Mastery*, and *The Ultimate Guide to Submission Wrestling*. He lives in Knoxville, Tennessee.



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 Sports & Recreation /  
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 SPO027000

6.5 in W | 9.5 in H | 0.4 in T  
 | 0.8 lb Wt

## Wing Chun Kung Fu

### The Wooden Dummy

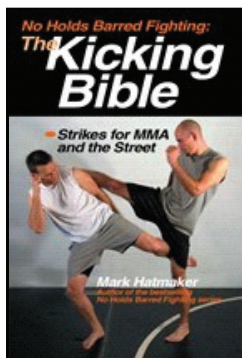
Sifu Shaun Rawcliffe, Sifu Garry McKenzie, Paul S....

#### Summary

Characterized by economical movements, simultaneous attack and defense hand techniques, and powerful low kicks, Wing Chun Kung Fu is now one of the most popular of the Chinese martial arts. This helpful guidebook addresses the uses of the Muk Yan Jong—more commonly known as the Wooden Dummy form—within the Wing Chun discipline. All of the 116 movements incorporated into Wooden Dummy are covered and illustrated with step-by-step photographs, and information is provided on the practical applications of these movements. A detailed explanation of the principles and concepts behind the form, as well as its shape and structure is also included along with a number of practice exercises and drills.

#### Contributor Bio

Sifu Shaun Rawcliffe is the chief instructor of the Midlands Wing Chun Kuen and the author of *Simply Wing Chun Kung Fu*. Sifu Gary McKenzie is a direct student of GrandMaster Ip Ching and chief instructor of The Wing Chun School. Paul S. Clifton is the editor of *Combat* magazine.



## No Holds Barred Fighting: The Kicking Bible

Strikes for MMA and the Street

Mark Hatmaker

### Summary

One of the most feared and useful weapons in mixed martial arts (MMA) competition is dissected and discussed in this fully-illustrated guide to both perfecting and defending against the low kick. Many competitors view this technique as a single tool in their arsenal, limiting themselves when they could be taking this low-line method of attack and modifying it to fit far more kicking situations than those commonly used. This volume demonstrates how to expand the low-kicking arsenal, showing how a simple alteration in leg targeting can strongly challenge an opponent's defense, and how to hone low-line kicking power and speed so that rapid-fire low-line kicking becomes a powerful advantage. These techniques are prime for MMA competitors and anyone who wants to improve both their self-defense and competition skills with the best empirical information available.

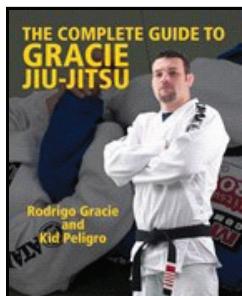
### Contributor Bio

**Mark Hatmaker** is the bestselling author of six books in the No Holds Barred Fighting series, including *More No Holds Barred Fighting*, *The Ultimate Guide to Conditioning and Boxing Mastery*, and *The Ultimate Guide to Submission Wrestling*. He lives in Knoxville, Tennessee.

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SPO027000  
Series: No Holds Barred  
Fighting series

5.5 in W | 8.5 in H | 0.5 in T  
| 1 lb Wt



## The Complete Guide to Gracie Jiu-Jitsu

Rodrigo Gracie, Kid Peligro

### Summary

The definitive roadmap for anyone who wants to excel in Gracie Jiu-Jitsu, this comprehensive guidebook offers step-by-step instruction on every aspect of the world's most extreme and most effective martial art. More than just a string of techniques, this essential guide contains a full curriculum that will benefit martial artists of all skill levels. The methods necessary to advance quickly in Gracie Jiu-Jitsu are discussed, as well as the mental aspects of the art. Helpful instruction on a broad variety of important techniques rounds out the text, following students from the beginner's rank of white belt all the way up to the coveted black belt of a master.

### Contributor Bio

**Rodrigo Gracie** is the grandson of Brazilian Jiu-Jitsu founder Carlos Gracie, has won a string of victories at the ultimate fighting event *Pride*, and runs his own fighting academy. He is the coauthor of the bestselling *Path to the Black Belt* and *No Holds Barred Fighting*. He lives in Los Angeles. **Kid Peligro** is the author of several groundbreaking books, including *The Gracie Way*, and the coauthor of *Brazilian Jiu-Jitsu Black Belt Techniques*, *Brazilian Jiu-Jitsu Self-Defense Techniques*, *Brazilian Jiu-Jitsu Submission Grappling Techniques*, and *Superfit*. He is editor at large for *Gladiator Magazine* and has regular columns in Europe's *Fighter Magazine* and *Gracie Magazine*. He is a second-degree black belt in Jiu-Jitsu. He lives in San Diego, California.

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SPO027000  
Series: Brazilian Jiu-Jitsu  
series

8.5 in W | 10.5 in H | 0.5 in T  
| 1.7 lb Wt



## The Best of Mixed Martial Arts

**The Extreme Handbook on Techniques, Conditioning and the Smash-Mouth World of MMA**

MMA Worldwide, Randy Couture

### Summary

With clear, step-by-step information on the moves everyone should know and master to compete in the sport of mixed martial arts (MMA), this workbook provides tips and techniques from the MMA Worldwide Association's training manual on how to parlay these moves into success in the ring. Strength and conditioning are essential ingredients in reaching your potential in the sport, and this book includes the basic regimens you should follow—and some cutting edge routines as well. *MMA Worldwide Magazine* and *TapouT Magazine* are the premier magazines that cover the growing sport of mixed martial arts and now, for the first time, they are publishing a book that will cover every aspect of this exciting sport. With full color photos throughout, this book provides a mix of the best and most interesting dimensions of the always fascinating world of MMA.

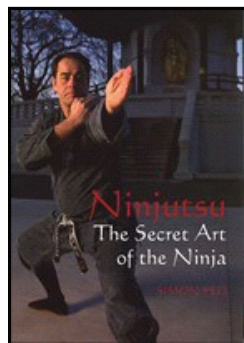
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Trade Paperback

112 Pages  
Carton Qty: 24  
Sports & Recreation /  
Martial Arts & Self-Defense  
SPO027000

8.5 in W | 11 in H | 0.9 lb  
Wt

### Contributor Bio

**MMA Worldwide** is a mixed martial arts multi-media company with two nationally distributed magazines, *MMA Worldwide Magazine* and *TapouT Magazine*. **Randy Couture** is a retired mixed martial artist. He was the first fighter to hold two UFC championship titles in two different divisions.



## Ninjutsu

**The Secret Art of the Ninja**

Simon Yeo

### Summary

Covering all aspects of the art of Ninjutsu, this book reveals the secrets of how to develop power through body movement and how to effectively remove an opponent's balance. A wide-ranging introduction looks at the history of Ninjutsu, as well as mental and physical attitude. Featuring additional subjects such as training advice and pressure points, this essential guidebook will promote harmony between the reader's mind and body, a balance rarely examined from a 1,000-year-old martial arts perspective.

### Contributor Bio

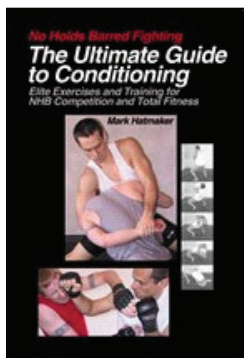
Simon Yeo has trained in martial arts for more than 30 years and has practiced Judo, Kyokushin Karate, Tai Chi, Pk Mei King Fu, Tae Kwon Do, traditional Jiu Jitsu, and Brazilian Jiu Jitsu. He has studied Bujinkan Ninjutsu under the Ninja Grand Master, Masaaki Hatsumi, and holds a 10th degree black belt in this art.

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| 0.6 lb Wt





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 Sports & Recreation /  
 Martial Arts & Self-Defense  
 SPO027000  
 Series: No Holds Barred  
 Fighting series

5.5 in W | 8.5 in H | 0.6 in T  
 | 0.8 lb Wt

## No Holds Barred Fighting: The Ultimate Guide to Conditioning

Elite Exercises and Training for NHB Competition and Total Fitness

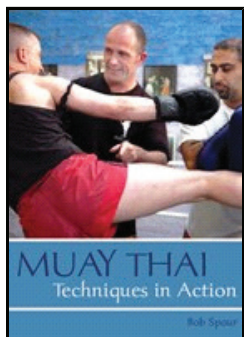
Mark Hatmaker

### Summary

Ideal for aspiring or practicing no-holds-barred (NHB) athletes or for anyone seeking an elite fitness routine, this manual employs the regimens of top NHB athletes. Explaining how to apply the scientific concepts of specificity and synergy to create tailored workout routines, this manual features scores of exercises—from old standbys to modern training techniques—for any type of athlete. Requiring minimal time and equipment, the programs in this resource add excitement to routines and keep readers stimulated while providing fundamental training information for all skill levels.

### Contributor Bio

**Mark Hatmaker** is the author of *Boxing Mastery*, *No Holds Barred Fighting: The Clinch and Boxing Mastery*, *No Holds Barred Fighting: Savage Strikes*, *No Holds Barred Fighting: Takedowns*, and *More No Holds Barred Fighting: Killer Submissions*. He is the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches unarmed combat methods. He lives in Knoxville, Tennessee.



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1 Pages  
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 SPO027000

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## Muay Thai

Techniques in Action

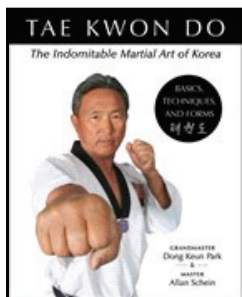
Bob Spour

### Summary

Based on Bob Spour's book *Ultimate Muay Thai*, this 85-minute companion DVD explains the strikes and techniques of Muay Thai, or Thai Boxing. It shows how to adapt, use, and develop these moves as part of a training in the most practical fighting art in the world today. Muay Thai is increasingly popular in the West as a sport, as well as being a means of self-protection and fitness. It is an exciting, exotic martial art which is distinguished by its rituals and spectacular kicks. In this film, Bob Spour—a leading chief instructor and founder of the Phraya Pichai Camps—explains the basic strikes and techniques. Bob's experience and knowledge makes him an experienced teacher and this is a rare opportunity to see his approach to training and sparring in action. Topics covered include movement patterns, targets, wrapping the fist, boxing, elbows, kicks, knees, clinchwork, padwork, bagwork, combinations, and sparring.

### Contributor Bio

Bob Spour has studied Muay Thai for 25 years both in Thailand and UK. He is chief instructor to more than 45 camps worldwide, collectively known as the Phraya Pichai Camps International. In 1996 he qualified as a Muay Thai judge and referee.



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250 Pages  
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 Sports & Recreation /  
 Martial Arts & Self-Defense  
 SPO027000

8.5 in W | 10.5 in H | 0.6 in  
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## Tae Kwon Do Basics, Techniques and Forms

**The Indomitable Martial Art of Korea**

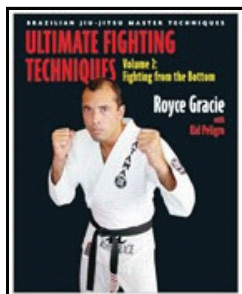
Dong Keun Park, Allan Schein

### Summary

Straight from a martial arts grandmaster, this manual on tae kwon do gives comprehensive physical and mental guidance for belt levels from white through black. Detailed color photographs reveal the intricacies of each position, offering coverage of essential hand and foot techniques, blocks, and strikes. For competitors, there are complete listings of both Olympic rules and World Tae Kwon Do Federation sparring guidelines. In addition to the practical aspects, the book delves into the philosophy and history of tae kwon do, giving a closer look at the "art" of this martial art. By instilling discipline in students and providing inspiration for instructors, this definitive guide makes a fitting companion for practitioners of all levels.

### Contributor Bio

**Dong Keun Park** captained the Korean national tae kwon do team from 1959 to 1966, during which he was undefeated in more than 200 competitions. He also coached the 1992 U.S. Olympic team and the 1993 U.S. World Championship team and was inducted into the Tae Kwon Do Hall of Fame in 1999. He is a ninth-degree black belt grandmaster and teaches and lives in Jersey City, New Jersey. **Allan Schein** is a fifth-degree black belt and martial arts instructor who specializes in breaking techniques and women's self-defense. He lives in Salt Lake City.



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 SPO027000  
 Series: Brazilian Jiu-Jitsu  
 series

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## Ultimate Fighting Techniques Volume 2

**Fighting from the Bottom**

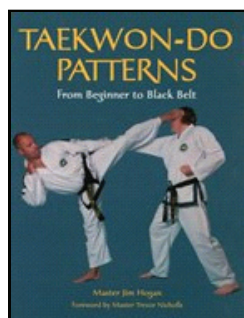
Royce Gracie, Kid Peligro

### Summary

This array of bottom-fighting strategies is specifically designed to not only protect practitioners from being hit in any situation, but also to help them defeat bigger, stronger opponents. Exclusively focusing on the bottom game—a position in which most fighters feel vulnerable—this resource teaches students of jiu-jitsu and mixed-martial arts fighting how to develop hidden strengths and exploit the advantages of this seemingly weak position. With details and important information never before shown outside the Gracie family, the authors explore the techniques, tactics, and mindset necessary to win when fighting from the bottom—whether in an official sports jiu-jitsu competition or simply sparring with a partner.

### Contributor Bio

**Royce Gracie** is the son of Gracie Jiu-Jitsu Grandmaster Helio Gracie. He lives in Los Angeles. **Kid Peligro** is a black belt in Brazilian jiu-jitsu and the winner of two World Masters titles. He is a columnist for *Grappling* and *Gracie* and the coauthor of *Brazilian Jiu-Jitsu*, *Brazilian Jiu-Jitsu Self-Defense Techniques*, *Submission Grappling Techniques*, and *Superfit*. He lives in San Diego, California.



## Taekwon-Do Patterns

**From Beginner to Black Belt**

Master Jim Hogan

### Summary

The martial art of Taekwon-Do was initially developed by the Korean military in the 1950s and spread internationally with the formation of the International Taekwon-Do Federation [ITF] in 1966. Taekwon-Do has continued to develop and it is now one of the most popular martial arts, with around eight million students worldwide and perhaps best known for its spectacular kicking and power demonstrations. In this highly practical and informative book, Master Hogan draws on his vast experience to give unique insights into the performance and application of the first nine patterns (tul) that Taekwon-Do students must master to obtain the rank of 1st degree black belt.

### Contributor Bio

Master Jim Hogan dominated the UK tournament scene in the 1980s, winning numerous national titles in all disciplines—sparring, patterns, and destruction. In 1984 he won a European title in sparring and then in 1990 won the prestigious Masters Cup in Stockholm. A highly sought-after teacher and coach since the early 1980s, Master Hogan has run numerous schools in the UK where he has coached many UK, European, and World Champions. Master Hogan holds the rank of 7th degree black belt and runs Hogan's Institute of Taekwon-Do where he continues to train and teach.

9781861268983

Pub Date: 11/1/06

\$34.95

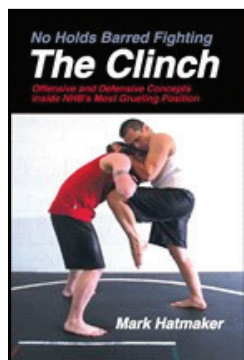
Trade Paperback

192 Pages

Carton Qty: 60

Sports & Recreation /  
Martial Arts & Self-Defense  
SPO027000

7.5 in W | 9.5 in H | 0.3 in T  
| 0.9 lb Wt



## No Holds Barred Fighting: The Clinch

**Offensive and Defensive Concepts Inside NHB's Most Grueling Position**

Mark Hatmaker

### Summary

With its complete focus on a single fighting position, this handbook unsparingly examines the clinch. In the clinch, the no-holds-barred combat techniques of striking and grappling meet, posing new challenges and calling for new strategies. With these detailed explanations of each aspect of positioning in the clinch, fighters can set up their own clinch takedowns and beat those used against them in the ring. The unique striking tools, protection strategies, and takedowns the clinch requires are explained for both offense and defense, moving smoothly between each fighting element to maximize advantage. A clinch situation is an inevitability in NHB fighting, and this reference gives fighters the most complete education in turning the clinch to their advantage.

### Contributor Bio

**Mark Hatmaker** is the author of *Boxing Mastery*, *More No Holds Barred Fighting: Killer Submissions*, *No Holds Barred Fighting*, and *No Holds Barred Fighting: Savage Strikes*. He is the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches unarmed combat methods. He lives in Knoxville, Tennessee.

9781884654275

Pub Date: 10/28/06

\$12.95

Trade Paperback

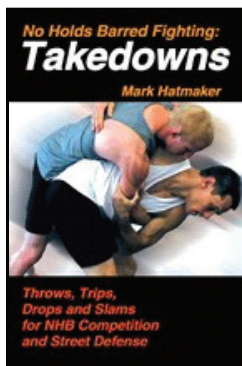
224 Pages

Carton Qty: 60

Sports & Recreation /  
Martial Arts & Self-Defense  
SPO027000

Series: No Holds Barred  
Fighting series

5.5 in W | 8.5 in H | 0.6 in T  
| 0.5 lb Wt



9781884654251  
 Pub Date: 11/1/05  
 \$12.95  
 Trade Paperback

224 Pages  
 Carton Qty: 40  
 Sports & Recreation /  
 Martial Arts & Self-Defense  
 SPO027000  
 Series: No Holds Barred  
 Fighting series

5.5 in W | 8.5 in H | 0.5 in T  
 | 0.7 lb Wt

## No Holds Barred Fighting: Takedowns

Throws, Trips, Drops and Slams for NHB Competition and Street Defense

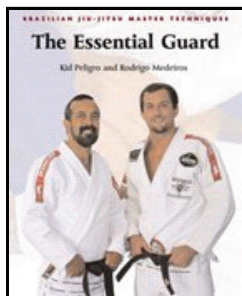
Mark Hatmaker

### Summary

This fourth *No Holds Barred Fighting* training manual contains all fighters need to know about the art of takedowns, or "shooting," and how to counter takedown tactics used by an opponent. Readers learn to see it from both sides with offensive and defensive stances, footwork, setups, and shooting techniques. Several variations of the most commonly employed shots are featured—double leg takedowns, single leg takedowns, snatch singles, and low singles—as well as counters for each. Hundreds of sequential photos illustrate the steps, grips, and angles of every move, and takedowns are included for use inside the inevitable clinch. Sections on drills and chains, as well as a list of resources for further practice, round out the text.

### Contributor Bio

**Mark Hatmaker** is the author of *Boxing Mastery*, *More No Holds Barred Fighting: Killer Submissions*, *No Holds Barred Fighting*, and *No Holds Barred Fighting: Savage Strikes*. He has extensive experience in the combat arts, including boxing, wrestling, and jiu-jitsu, and is a highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel. He is the founder of Extreme Self Protection (ESP), a research body that compiles, analyzes, and teaches the most effective western combat methods known. He lives in Knoxville, Tennessee.



9781931229418  
 Pub Date: 9/28/05  
 \$29.95  
 Trade Paperback

320 Pages  
 Carton Qty: 20  
 Sports & Recreation /  
 Martial Arts & Self-Defense  
 SPO027000  
 Series: Brazilian Jiu-Jitsu  
 Master Techniques series

8.5 in W | 11 in H | 0.4 in T  
 | 1.8 lb Wt

## Brazilian Jiu-Jitsu Master Techniques

The Essential Guard

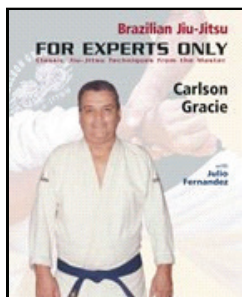
Kid Peligro, Rodrigo Medeiros

### Summary

The nuances of the guard, the most important position in jiu-jitsu, are covered in this instructional guide that teaches practitioners how to put up an impenetrable defense to any opponent. Showing how a myriad of techniques originate in the guard, including sweeps, reversals, and submissions, these drills demonstrate how small changes in hip position and weight distribution can make the difference between success and failure in submission combat. Extraordinarily detailed with tips from leading black belts and down-to-earth advice on what to think about during a match, this guide is instructive reading for even advanced belts seeking to refine their game.

### Contributor Bio

**Kid Peligro** is a columnist for *Grappling* and *Gracie*, the author of *The Gracie Way*, and the coauthor of *Brazilian Jiu-Jitsu*, *Brazilian Jiu-Jitsu Self-Defense Techniques*, *Championship Grappling Techniques*, *From First Down to Touchdown*, *Submission Grappling Techniques*, and *Superfit*. He is a black belt in Brazilian jiu-jitsu and the winner of two World Masters titles. He lives in San Diego, California. **Rodrigo Medeiros** is a black belt in Brazilian jiu-jitsu and winner of the first place prize at the 2001 Brazilian Jiu-Jitsu World Championships. He lives in Los Angeles.



## Brazilian Jiu-Jitsu: For Experts Only

### Classic Jiu-Jitsu Techniques from the Master

Carlson Gracie, Julio Fernandez

#### Summary

The moves that Carlson Gracie has taught to such stars as Vitor Belfort, Amauri Bitteti, Murilo Bustamante, Wallid Ismael, Mario Sperry, Kevin Costner, Catherine Zeta-Jones, and Mickey Rourke are revealed in this book on the Brazilian Jiu-Jitsu style of martial arts. One hundred and one positions that provide a complete game of guards, sweeps, and submissions are detailed. Students will find more aggressive techniques that expand their game in all directions, and advanced practitioners will learn the tips and secrets that make the difference between competence and greatness.

#### Contributor Bio

Carlson Gracie is revered as one of the grand masters of Brazilian Jiu-Jitsu. He trains future champions at his Carlson Gracie Jiu-Jitsu Academy in Chicago. He lives in Chicago. Julio Fernandez is a three-time Brazilian Jiu-Jitsu Featherweight Champion and runs the Vermont Brazilian Jiu-Jitsu and Self-Defense Academy. He lives in Burlington, Vermont.

9781931229340

Pub Date: 8/1/04

\$29.95

Trade Paperback

256 Pages

Carton Qty: 18

Sports & Recreation /

Martial Arts & Self-Defense

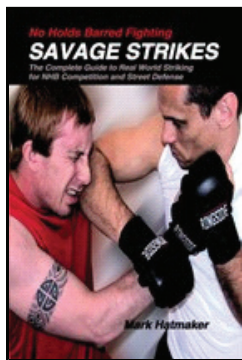
SPO027000

Series: Brazilian Jiu-Jitsu

series

8.5 in W | 11 in H | 0.5 in T

| 2.1 lb Wt



## No Holds Barred Fighting: Savage Strikes

### The Complete Guide to Real World Striking for NHB Competition and Street Defense

Mark Hatmaker, Doug Werner

#### Summary

The techniques taught in this book enable fighters and self-defense students to knock down and knock out their opponents. Maneuvers covered include the unique no holds barred (NHB) striking stance and the complete NHB striking arsenal-every punch, kick, elbow blow, knee strike, head-butt, forearm shot, and shoulder-butt is detailed. No holds barred defenses are also taught for all of these shots. Instructions on counter-striking sequences and the smart shots to land when the fight hits the mat are also included.

#### Contributor Bio

Mark Hatmaker is the author of No Holds Barred Fighting and More No Holds Barred Fighting. He is the founder of Extreme Self Protection, a company that compiles, analyzes, and teaches unarmed combat methods. He lives in Knoxville, Tennessee.

9781884654206

Pub Date: 6/1/04

\$12.95

Trade Paperback

208 Pages

Carton Qty: 34

Sports & Recreation /

Martial Arts & Self-Defense

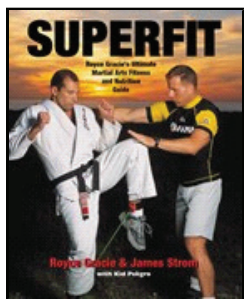
SPO027000

Series: No Holds Barred

Fighting series

5 in W | 8 in H | 0.6 in T |

0.8 lb Wt



## Superfit

**Royce Gracie's Ultimate Martial Arts Fitness and Nutrition Guide**

Royce Gracie, James Strom, Kid Peligro

### Summary

Royce Gracie has teamed up with James Strom, fitness coach for Keyshawn Johnson, Serena Williams, and the University of Southern California Trojans, to create a customized program for martial artists. This unique program of strength training, cardiovascular routines, flexibility exercises, and nutrition includes step-by-step, full-color workout plans for beginner, intermediate, and black-belt practitioners. Provided are guidelines for working out solo or with a partner, information on complete nutritional programs for different body types and martial art styles, and injury-prevention tips. This book is appropriate for beginning martial artists wanting to sharpen their bodies and minds, black-belt instructors looking for new ways to improve and motivate their students, or anyone interested in building a body of extreme effectiveness.

9781931229333

Pub Date: 2/1/04

\$29.95

Trade Paperback

288 Pages

Carton Qty: 24

Sports & Recreation /  
Martial Arts & Self-Defense

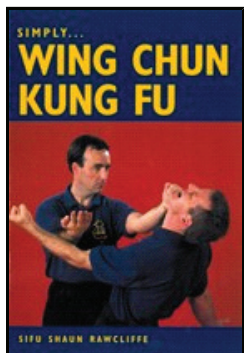
SPO027000

Series: Brazilian Jiu-Jitsu  
series

8.5 in W | 11 in H | 0.6 in T  
| 1.7 lb Wt

### Contributor Bio

A customized and comprehensive martial arts fitness and nutritional program



## Simply Wing Chun Kung Fu

Sifu Shaun Rawcliffe

### Summary

Wing Chun is a logical, scientific, yet simple Chinese martial art system, which was developed purely for practical and effective self-defense for everybody. It is a martial art known for its efficiency and economy of movement, which emphasizes natural and efficient use of the body. This book looks at the fundamental principles of the hand and leg techniques; the shape, structure, and movements; each of the "empty hand" forms; and it gives a scientific and anatomical explanation of the basic principles underlying the Wing Chun system.

9781861265968

Pub Date: 10/1/03

\$35.00

Trade Paperback

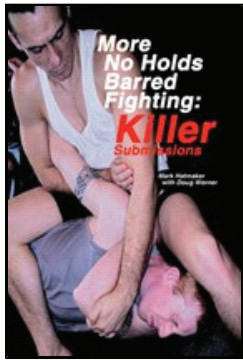
160 Pages

Carton Qty: 40

Sports & Recreation /  
Martial Arts & Self-Defense

SPO027000

6.3 in W | 9.2 in H | 0.6 in T  
| 0.8 lb Wt



## More No Holds Barred Fighting

### Killer Submissions

Mark Hatmaker, Doug Werner

#### Summary

This advanced guide to submission wrestling-the underlying fighting skill associated with such events as the Ultimate Fighting Championships, the King of the Cage, and the Pride Fighting Championships-continues the straightforward, pragmatic approach to ultimate-fighting instruction begun in *No Holds Barred Fighting*. A review of the basics is provided, followed by more of everything-more takedowns, more takedown defenses, more ground positioning, more submissions, more escapes, and more drills. The cross-disciplinary approach develops physical and mental endurance, total body flexibility and agility, explosive functional strength, and a thorough knowledge of body mechanics and dynamics. Useful lists of related web sites, publications, instructional videos, and other training resources are provided.

#### Contributor Bio

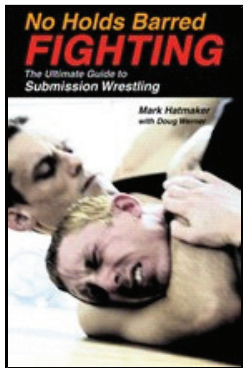
**Mark Hatmaker** is the founder of Extreme Self Protection, a research company that compiles, analyzes, and teaches effective unarmed combat methods. He has 23 years of experience in the martial arts, including boxing, wrestling, Jiu-jitsu, and Muay Thai. He is the author of *No Holds Barred Fighting*. He lives in Knoxville, Tennessee.

**Doug Werner** is the author or coauthor of 15 sport and fitness instructional guides, including the Start-Up Sports series. He lives in San Diego, California.

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\$12.95  
Trade Paperback

208 Pages  
Carton Qty: 56  
Sports & Recreation /  
Martial Arts & Self-Defense  
SPO027000  
Series: No Holds Barred  
Fighting series

5.5 in W | 8.5 in H | 0.5 in T  
| 1 lb Wt



## No Holds Barred Fighting

### The Ultimate Guide to Submission Wrestling

Mark Hatmaker, Doug Werner

#### Summary

This instructional guide explains the origins of submission wrestling, the underlying fighting skill associated with such events as the Ultimate Fighting Championships and the King of the Cage. It explores its various offshoots and influences and features hundreds of photos to demonstrate techniques and training exercises. Rules and regulations regarding associated competitions, workout programs, and match etiquette are thoroughly discussed, and resources for further research are included. Full of self-defensive skills and tips that improve physical fitness, confidence, and mental toughness, this book starts the novice on the path to proper training and provides fundamental information for all skill levels.

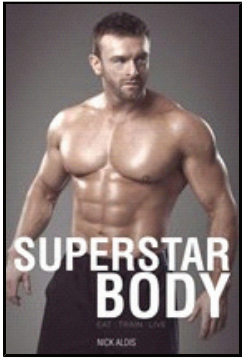
#### Contributor Bio

**Mark Hatmaker** has 23 years of experience in the martial arts as well as boxing, wrestling, and Jiu-jitsu. He has produced several instructional videos, including *Escape from Impossible Holds*, *Brutal Submissions*, and *Guard Submissions*. He lives in Knoxville, Tennessee. **Doug Werner** is an author of sport and fitness instructional guides, including *Boxer's Start-Up* and *Fighting Fit*. He lives in San Diego, California.

9781884654176  
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Trade Paperback

256 Pages  
Carton Qty: 44  
Sports & Recreation /  
Martial Arts & Self-Defense  
SPO027000  
Series: No Holds Barred  
Fighting series

5.5 in W | 8.5 in H | 0.6 in T  
| 0.8 lb Wt



## The Superstar Body

**Real-World Techniques for Achieving Your Goals**

Nick Aldis

### Summary

**A pro wrestler offers his unique, winning combination of physical bodybuilding techniques, mental outlook, and health awareness**

Half instructional, half motivational, this guide describes what it takes to make your body into a vehicle for success. Nick Aldis—better known as Magnus from TNA Impact Wrestling, formerly "Oblivion" from Sky One's *Gladiators*—takes you through his life and career, focusing on how he's achieved a body that is in great balance in terms of functionality, health, and aesthetics for his needs. As the first ever British professional wrestling champion in a major global promotion, Nick explains how his passion for working out helped him achieve his goals—and how you can do the same. Most fitness books are either about bodybuilding or weight loss. *The Superstar Body* explains the core principles of both, looking at healthy foods and supplements, nourishing yourself mentally as well as physically—and how to maintain a healthy, athletic, attractive body with real world techniques.

### Contributor Bio

**Nick Aldis** is better known as Magnus from *TNA Impact Wrestling*, and formerly "Oblivion" from Sky One's *Gladiators*. Nick presents *The UK's Strongest Man on TV*, and writes a monthly column for *FSM*, the UK's number one pro wrestling magazine. He currently holds the TNA World Heavyweight title, the first British wrestler to ever achieve this accolade.

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\$19.95  
Hardcover

224 Pages  
Carton Qty: 0  
Sports & Recreation /  
Bodybuilding & Weight  
Training  
SPO006000  
Territory: US & CA  
5 in W | 8.5 in H



## Time Heels

**Cheating, Stealing, Spandex and the Most Villainous Moments in the History of Pro Wrestling**

Jon Chattman, Rich Tarantino, Tommy Dreamer

### Summary

**Celebrate the players in the professional wrestling world—and especially the bad guys, known as "heels," whose atrocious actions make the sport worth watching**

Girls love bad boys, and it's no different in the world of professional wrestling. Whether it was Jake "The Snake" Roberts, "Macho Man" Randy Savage, or Ric Flair, wrestling fans have historically gravitated toward the "heel" or villain. Just as they've previously covered deceased wrestlers and their unforgettable gimmicks, Jon Chattman and Rich Tarantino's latest head-locking adventure celebrates the not-so-good, the bad, and the downright terrible acts of villainy in the world of pro wrestling. With a foreword by "The Innovator of Violence" Tommy Dreamer, *Time Heels* takes an up-close look at the world of heels over the past 30 years, counting down the top heinous moments, wacky lists, first-hand fan perspectives, foreign objects, and stables in 256 jam-packed pages of why the bad guys do it better. They say time heals all wounds—well, read this book and you will soon see why heels have stood the test of time.

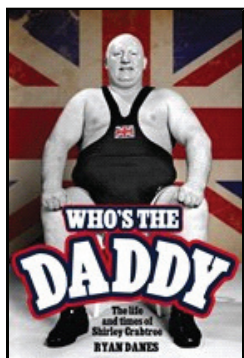
### Contributor Bio

**Jon Chattman** and **Rich Tarantino** have written several books together, including *A Battle Royal in the Sky* and *Sweet 'Stache*. **Tommy Dreamer** is an American professional wrestler who has performed with the ECW and WWE.

9781909626300  
Pub Date: 10/1/14  
Ship Date: 10/1/14  
\$19.95  
Trade Paperback

256 Pages  
Carton Qty: 40  
Sports & Recreation /  
Wrestling  
SPO053000  
5 in W | 8.5 in H | 0.7 lb Wt





## Who's The Daddy?

**The Biography of Big Daddy**

Ryan Danes

### Summary

As wrestling superstar "Big Daddy," Shirley Crabtree became a larger-than-life national icon in the 1970s, even if the fights themselves were a bit dodgy. These were the halcyon days of televised wrestling in Britain, an innocent age when men in leotards were still allowed out in public—and surely there was no way the wrestling was fixed? Touching 55 when fame finally arrived, the People's Champion was never allowed to be beaten, which angered some; but Daddy put most bums on seats. At the height of his popularity, he appeared in comics and on records; his 1981 Wembley contest against Giant Haystacks attracted a TV audience of 18 million. However, it wasn't all glittery capes and national anthems: when the lights went down, Shirley's life was tinged with tragedy. Only those closest to Big Daddy saw him struggle on in the ring after a stroke to the age of 63.

### Contributor Bio

**Ryan Danes** was born in Plymouth in 1975, just as Big Daddy was bursting onto the scene and out of his leotard, and he considers the man a childhood hero. Since then Ryan has had various publishers, BAFTA award-winning directors and authors in head-locks and wedgies as he's tried to sell his work, until somebody finally submitted to his demands.

9781909178601

Pub Date: 10/1/13

\$27.95

Hardcover

224 Pages

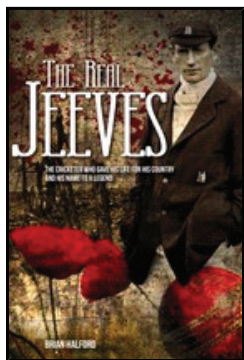
Carton Qty: 0

Biography & Autobiography

/ Sports

BIO016000

6.5 in W | 9.5 in H



## Spandex, Screw Jobs and Cheap Pops

**Inside the Business of British Pro Wrestling**

Carrie Dunn

### Summary

A fun look at the thriving UK professional wrestling scene, and how it's reviving itself for a smart, sceptical 21st-century audience after the World of Sport glory days were tarnished when fans found out that "it's not real". Carrie Dunn talks to some of the top British wrestlers, some of them now international stars, and finds out about their careers, what motivates them to risk their necks on a weekly basis, and their dreams of mainstream fame. They reveal what really happens behind the scenes at shows and training schools, and how they balance their dangerous part-time job with family life and – in most cases – a 9-to-5 job that pays the bills. She asks promoters what they believe their audiences want to see, about the sport's resurgence, uncertain finances and turf wars. And she talks to the scene's hardcore fans about wrestling's chances of a return to prime-time TV.

### Contributor Bio

**Carrie Dunn** is the founding editor of the UK pro wrestling site *theonlywayissuplex.co.uk*. As a freelance journalist, she has written for the *Times*, the *Guardian*, the *Daily Express*, and *Cosmopolitan*, and is the author of several books including *A Brand New Bright Tomorrow: A Hatter's Promotion Diary*, *Mothers in Fiction*, and *The Light Bulb Moment*.

9781909178465

Pub Date: 8/1/13

\$19.95

Trade Paperback

272 Pages

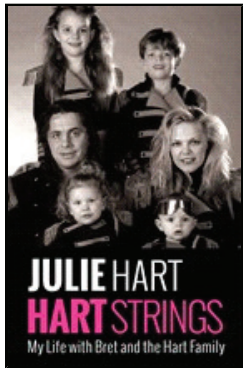
Carton Qty: 0

Sports & Recreation /

Wrestling

SPO053000

5.5 in W | 8.5 in H



## Hart Strings

Julie Hart

### Summary

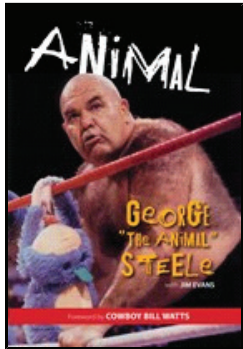
Being married is one thing, but being married to Bret “Hitman” Hart—former five-time World Wrestling Entertainment Champion—is another. In her vibrant and honest memoir, Hart’s ex-wife and the mother of his four children chronicles the ups and downs of balancing life with a superstar husband in the circus world of professional wrestling. Beginning with Julie’s teen years and early romance with Bret, the story follows the couple’s marriage, children, divorce, and continued presence in each other’s lives, culminating in Julie’s growing role as one of the new matriarchs of the ever-expanding Hart family in Calgary. Vividly detailed and humorous, this authentic account of Julie’s life as an individual, wife, mother, sister, and friend is told by, quite arguably, the Hitman’s toughest opponent and greatest ally of all time.

### Contributor Bio

**Julie Hart** is a former stroke group facilitator at the Calgary Foothills Hospital and has been a speaker for brain injury awareness, a fundraiser for the Winnipeg Children’s Hospital, and an overseas coordinator and operations specialist for the Love of Children’s Society of Alberta. She lives in Calgary, Alberta.

9781926639635  
Pub Date: 6/1/13  
\$18.95  
Trade Paperback

164 Pages  
Carton Qty: 45  
Biography & Autobiography  
/ Sports  
BIO016000  
5 in W | 8 in H



## Animal

George "The Animal" Steele, Jim Evans, Cowboy Bill...

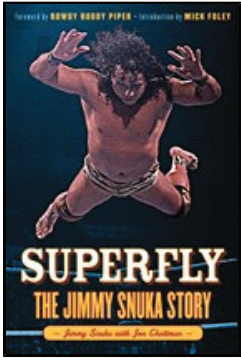
### Summary

A stand-out character in an entertainment industry where persona is everything, George “The Animal” Steele shares how he balanced his real life as Jim Myers, a highly respected high school teacher and coach, with the green tongued, hairy backed, turnbuckle eating wrestling icon he was in the ring. The memoir delves into the golden era of wrestling in the 1970s and 1980s and his entry into the World Wrestling Federation where he earned a spot in professional wrestling history despite only speaking in animal-like grunts. In reality, the educated man that overcame his struggles with dyslexia and Crohn’s Disease was a father and an inspiration to many of his students and players, and the dichotomous personalities that marked this much-loved man’s life are explored in his own words. The book is filled with nostalgic and humorous anecdotes about the whirlwind life of wrestling alongside such notables as Hulk Hogan and Bruno Sammartino, both in and out of the ring.

### Contributor Bio

**George “The Animal” Steele** is Jim Myers, a retired professional wrestler, high school teacher, and high school football and wrestling coach. He is an inductee of the Professional Wrestlers Hall of Fame, the World Wrestling Entertainment Hall of Fame, and the Michigan High School Coaches Association Hall of Fame as well as the Michigan High School Football Association Coaches Hall of Fame. He lives in Cocoa Beach, Florida. **Jim Evans** is a sportswriter and columnist for the *Daily Tribune* of Oakland County, Michigan and *Macomb Daily*. He lives in Rochester Hills, Michigan. **Cowboy Bill Watts** is a former professional wrestler and promoter who worked with and developed some of the biggest names in wrestling history. He is the author of *The Cowboy and the Cross*. He lives in Bixby, Oklahoma.

9781600787980  
Pub Date: 6/1/13  
\$24.95  
Hardcover  
224 Pages  
Carton Qty: 20  
Sports & Recreation /  
Wrestling  
SPO053000  
6 in W | 9 in H



## Superfly

### The Jimmy Snuka Story

Jimmy Snuka, Jon Chattman, Rowdy Roddy Piper, Mick...

#### Summary

Focusing on the superstar who single-handedly influenced the development of sports entertainment, this autobiography highlights the legacy of World Wrestling Entertainment (WWE) icon Jimmy Snuka. The wrestler's legendary top-rope maneuvers, innovative high-flying style, and unprecedented aerial ability made him the most popular competitor in WWE. This fascinating account relates how a native of the Fiji Islands was at the center of two of wrestling's most talked-about moments: the night Snuka leapt from the top of the 15-foot cage—only to miss his opponent and consequently lose the match—and the night Rowdy Roddy Piper smashed a coconut over Snuka's head during a segment of Piper's Pit in 1984. Exposing the amazing life of this WWE Hall of Fame member in detail, this record presents the ups and downs of a wrestler who grew to be a key figure in the expansion of the company and all professional wrestling.

9781600787584  
Pub Date: 10/22/12  
\$22.95  
Hardcover

256 Pages  
Carton Qty: 20  
Sports & Recreation /  
Wrestling  
SPO053000  
6 in W | 9 in H | 1.1 lb Wt

#### Contributor Bio

**Jimmy Snuka** is a semiretired Fijian professional wrestler and actor who competed for several promotions in the 1970s and 1980s. He is a two-time world heavyweight champion, having been a two-time—and becoming the very first—ECW Heavyweight Champion. He lives in Atco, New Jersey. **Jon Chattman** is the author of *I Love the Red Sox/I Hate the Yankees*, a regular contributor to HuffingtonPost.com, and the founder of the celebrity interview and music site www.thecheappop.com. He has written for the *New York Post*, *TV Guide*, *Ultimate Marvel Magazine*, and *Wizard*. He lives in Mamaroneck, New York. **Rowdy Roddy Piper** was one of the World Wrestling Federation's biggest stars of the 1980s and 1990s and is a member of the WWE Hall of Fame. He later starred in World Championship Wrestling. He lives in Aloha, Oregon. **Mick Foley** is the author of the genre-defining *New York Times* bestsellers *Foley Is Good: And the Real World Is Faker Than Wrestling* and *Have a Nice Day!: A Tale of Blood and Sweatsocks*. He has wrestled professionally for more than 15 years, was a three-time World Wrestling Entertainment...



## A Battle Royal in the Sky

The Life and Death of Wrestling's 100 Greatest Gods and Gimmicks

Rich Tarantino, Jon Chattman, Al Snow

#### Summary

**Told from a true fan's perspective—a fond look at 50 legends lost, and 50 good, bad, and very ugly gimmicks that the world of wrestling has said goodbye to**

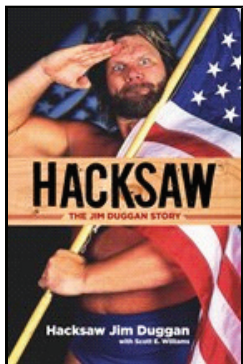
Every child of the 1980s who watched wrestling remembers the good old days of larger-than-life superstars in unintentionally cheesy promos, while every wrestling fan of the 1990s thinks back to a golden era of grappling, where two companies battled and no matter the outcome, the audience always won. Nowadays, wrestling just isn't the same. Many fans' heroes growing up—whether it's Randy "Macho Man" Savage or Curt "Mr. Perfect" Hennig—have passed away well before they should have, and many favorite gimmicks and story angles have been permanently retired. With humorous poignancy, *A Battle Royal In The Sky* celebrates both 50 legends we lost, and 50 gimmicks. Told from a true fan's perspective with superstar career highlights and lowlights, this book also features quotes from some icons in the wrestling business including "Superfly" Jimmy Snuka and Nikolai Volkoff, matched with funny and factual wrestling sidebars ranging from worst ce...

9781908051486  
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192 Pages  
Carton Qty: 32  
Sports & Recreation /  
Wrestling  
SPO053000  
5 in W | 8 in H | 1 lb Wt

#### Contributor Bio

**Jon Chattman** and **Rich Tarantino** are the coauthors of *I Love the Red Sox/I Hate the Yankees* and *Sweet Stache: 50 Bad Ass Mustaches and the Faces That Sport Them*. **Al Snow** is a professional wrestler. He lives in Louisville, Kentucky.



9781600786860  
 Pub Date: 4/1/12  
 \$22.95  
 Hardcover

240 Pages  
 Carton Qty: 20  
 Sports & Recreation /  
 Wrestling  
 SPO053000  
 5.5 in W | 8.5 in H | 1.1 lb  
 Wt

## Hacksaw

### The Jim Duggan Story

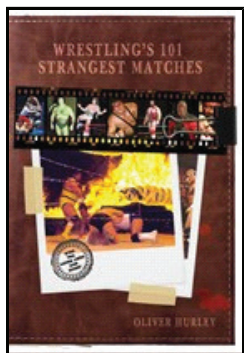
Hacksaw Jim Duggan, Scott E. Williams

#### Summary

Offering professional wrestling fans a ringside seat into his adventurous life, WWE Hall of Fame wrestler Jim Duggan recounts for the first time key moments and legendary bouts both inside and outside the ring. Known to millions of enthusiasts as a charismatic patriot—with an American flag in his right hand and his signature two-by-four in his left—Duggan here reflects on his early life as a student-athlete on the Southern Methodist University football squad. Drafted by the Atlanta Falcons, Duggan shares how an injury-plagued rookie season curtailed his football ambitions and paved the way for a brighter career in professional wrestling. Rising to fame in the Cold War-era 1980s, Duggan immediately put himself at odds with anti-American “heels” and engaged in legendary feuds with some of the most legendary names in the sport, including the Iron Sheik, Nikolai Volkoff, and Andre the Giant. In this who’s who of top-tier wrestling, Duggan reveals not only the high points of championship bouts but also the low points that occurred far away from the TV cameras and screaming fans, including...

#### Contributor Bio

**Hacksaw Jim Duggan** was one of the nation’s most popular professional wrestlers in the 1980s. He lives in Lugoff, South Carolina. **Scott E. Williams** is the author of two previous books, including *Terry Funk: More Than Just Hardcore*. He lives in Dickinson, Texas.



9781905411764  
 Pub Date: 6/1/11  
 \$14.95  
 Hardcover

192 Pages  
 Carton Qty: 48  
 Sports & Recreation /  
 Wrestling  
 SPO053000  
 5 in W | 7.5 in H | 0.7 in T |  
 0.8 lb Wt

## Wrestling's 101 Strangest Matches

Oliver Hurley, Thumbtack Jack

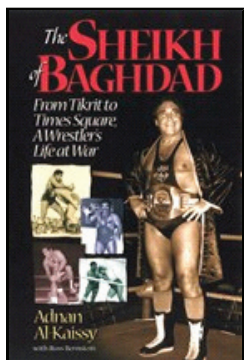
#### Summary

**Full of revealing interviews with the sport's past and present stars and candid shots from the world's foremost wrestling photographers, this book celebrates the game at its very strangest**

Culled from 100 years' worth of mat mayhem, this collection reveals the pseudo-sport's oddest bouts—from the contest in which a tag team lost their championship belts six days before they won them, to the match that took place in an exploding swimming pool. With a cast that includes Hulk Hogan, Kendo Nagasaki, Muhammad Ali, Andy Kaufman, a wrestling robot, and a monkey, this book takes fans well beyond the accepted canon of headlock history.

#### Contributor Bio

**Oliver Hurley** is a wrestling journalist and a regular contributor to *Power Slam* magazine. **Thumbtack Jack** is a retired wrestler known for his work in westside Xtreme wrestling, Combat Zone Wrestling, and IWA East Coast. *Pro Wrestling Illustrated* ranked him one of the top 500 singles wrestlers in 2010.



## The Sheikh of Baghdad

**Tales of Celebrity and Terror from Pro Wrestling's General Adnan**

Adnan Alkaissy, Ross Bernstein

### Summary

Saddam Hussein used a boyhood friend of his as a smoke screen when he was grabbing control of Iraq in the 1960s. Knowing that the country was enamored with wrestling, Hussein forced his former classmate, Adnan Al-Kaissy, to wrestle in giant spectacles that the public loved. Much like the gladiator matches staged by Roman Caesars, Hussein's wrestling matches featuring Al-Kaissy were intended to entertain and appease the masses while Hussein became dictator. Al-Kaissy became a living legend in Iraq, amassing great wealth and popularity, but he left all of that - and more than \$2 million in the bank—when he fled in the middle of the night and bribed his way out of the country. Al-Kaissy became known to generations of wrestling fans in U.S. as "Chief Billy White Wolf", "The Sheik" and most famously as "General Adnan." No other celerity has a story similar to Al-Kaissy's, and his autobiography will keep sports fans and political enthusiasts equally raptured.

9781572437302

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\$16.95

Trade Paperback

224 Pages

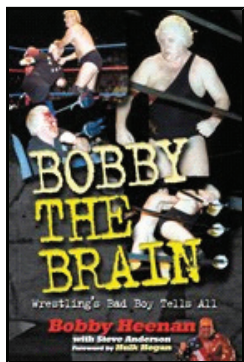
Carton Qty: 28

Sports & Recreation /

Wrestling

SPO053000

6 in W | 9 in H | 0.9 lb Wt



## Bobby the Brain

**Wrestling's Bad Boy Tells All**

Bob Heenan, Steve Anderson, Hulk Hogan

### Summary

*Bobby the Brain* unleashes the life story of Bobby Heenan, better known as "The Brain" in wrestling circles. He tells all about his experiences with Hulk Hogan, Andre the Giant, Vince McMahon, and all the other personalities that every wrestling fan knows like a relative. Just like his career, this tell-all has no holds barred.

### Contributor Bio

**Bobby Heenan** is a former professional wrestling manager and color commentator who was inducted into the World Wrestling Entertainment Hall of Fame in 2004. **Steve Anderson** has been covering the sport of wrestling since 1990. His articles and cartoons have graced the covers of *Pro Wrestling Illustrated* and *World of Wrestling*. Currently, he writes for *Last Lap*, *Total Wrestling*, and *Wrestling Digest*. He lives in Farmington, Minnesota. **Hulk Hogan** is a professional wrestler who is a 12-time world heavyweight champion. He was inducted into the World Wrestling Entertainment Hall of Fame in 2005.

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\$19.95

Hardcover

224 Pages

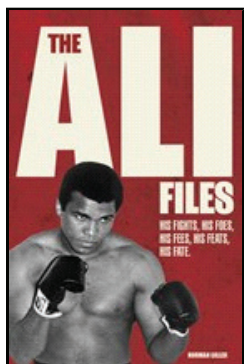
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Sports & Recreation /

Wrestling

SPO053000

6 in W | 9 in H | 1.2 lb Wt



9781785310140  
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224 Pages  
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 Biography & Autobiography  
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 BIO016000  
 Territory: US & CA  
 6 in W | 9.5 in H | 0.8 lb Wt

## The Ali Files

**His Fights, His Foes, His Fees, His Feats, His Fate**

Norman Giller

### Summary

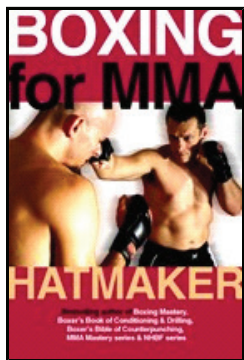
**Written by a former publicist and friend of Ali's, an original analysis of one of the sports world's greatest superstars**

This book is for all Ali fans. It's been more than 30 years since Muhammad Ali last threw a punch, yet he remains unquestionably the best-known athlete of all time. A whole generation now only know the legend of The Greatest, never saw him fight, and yet are in awe of the man and his fantastic fistic feats. *The Ali Files* gives the facts behind the

fable. Author Norman Giller became friends with Ali when he worked as his European publicist, and he has gathered many other intimate eyewitnesses—opponents, referees, trainers, sparring partners, celebrity fans, and ringside reporters—to Ali's astonishing adventures in and out of the ring. Millions of words have been written about ringmaster Ali, but few books have concentrated on the 61 professional contests that turned him into a sporting legend. *The Ali Files* will give you a ringside seat to the greatest boxing career of all time.

### Contributor Bio

**Norman Giller** is a legendary Fleet Street sports writer and author with 98 books published to date, including titles on his lifelong friends Henry Cooper and Jimmy Greaves. Initially a reporter with the *Stratford Express* and *Boxing News*, he later became a boxing PR, working on some of Muhammad Ali's European fights, before moving into television.



9781935937623  
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144 Pages  
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 Boxing  
 SPO008000  
 5.5 in W | 8.5 in H | 0.5 lb  
 Wt

## Boxing for MMA

**Building the Fistic Edge in Competition & Self-Defense for Men & Women**

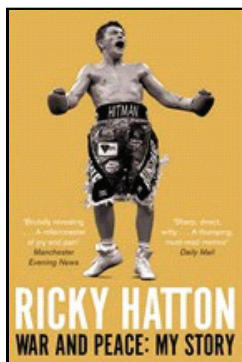
Mark Hatmaker

### Summary

Although dramatic head kicks and garrote-tight submissions may get most of the airplay in highlight reels, the stats show that punching combinations and knockouts reap more MMA victories than any other fighting technique. This boxing primer not only covers the basics, including stance, footwork, punches, and combinations, it takes these boxing skills and views them through an MMA prism that addresses the realities of the mixed martial arts game. While there are some must-know fistic skills for MMA, there are also more than a few boxing tactics that will get you smashed in MMA. *Boxing for MMA* builds on the good and tosses the bad, discussing the differences in strategy and tactics when it comes to facing likely MMA scenarios. Matchups covered include Boxing vs. Wrestling, Boxing vs. Jiu-Jitsu, Boxing vs. Muay Thai, Boxing vs. the Slugger, Dirty Boxing Inside the Clinch, and Boxing off of the Fence. All the techniques are illustrated in hundreds of action-sequence images, making this guide the go-to resource for blending boxing skills into your fighting arsenal.

### Contributor Bio

**Mark Hatmaker** is the bestselling author of the MMA Mastery series, the No Holds Barred Fighting series, *Boxer's Bible of Counterpunching*, *Boxer's Book of Conditioning & Drilling*, *Boxing Mastery*, *No Second Chance*, and *She's Tough*. He has produced more than 40 instructional videos and he has extensive experience in the combat arts including boxing, wrestling, Jiu-jitsu, and Muay Thai. A highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel, he is also the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He lives in Knoxville, Tennessee.



## War and Peace

### My Story

Ricky Hatton

### Summary

On November 24, 2012, four-time World Champion boxer Ricky Hatton dropped to his knees, felled by a sickening punch to the body in his first comeback fight in almost three years. Gasping for breath, down and out, it was then that something extraordinary happened: 20,000 fans began to sing his name. *Ricky Hatton: War and Peace* is the story of one of British boxing's true icons. From a Manchester council estate to the bright lights of Las Vegas, Ricky Hatton experienced incredible highs in his career, including one of the greatest ever wins by a British boxer, over the IBF Light Welterweight champion Kostya Tszyu. But heavy defeats to two legends of the ring, Floyd Mayweather and Manny Pacquiao, brought him quickly down to earth to face a new set of battles against depression, drink, and drugs. Written with his trademark honesty and wit, this is the inspiring story of a charismatic, funny, straight-talking fighter who boxing fans have always taken to their hearts; a man who has survived a lifetime of wars both in and out of the ring, and who only now is finding something close to peace...

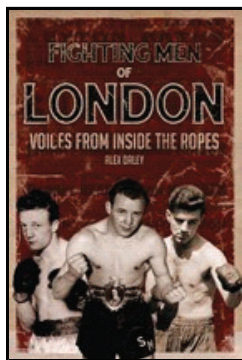
### Contributor Bio

**Ricky Hatton** is an ex-boxer who, as a young amateur fighter, won several British titles and boxed at the World Junior Boxing Championship in Cuba. He went on to be champion of the world four times at light-welterweight, was awarded an MBE for services to sport in 2007, and is widely seen as one of Britain's greatest ever boxers.

9781447250319  
Pub Date: 9/1/14  
On Sale Date: 7/15/14  
\$14.95  
Trade Paperback

320 Pages  
Carton Qty: 24  
Biography & Autobiography  
/ Sports  
BIO016000

5 in W | 7.8 in H | 0.6 lb Wt



## Fighting Men of London

### Voices from Inside the Ropes

Alex Daley

### Summary

*Fighting Men of London* explores the lives of seven former professional boxers who fought in the capital between the 1930s and 1960s. Set around a series of interviews with the fighters, it resurrects a golden age when boxing was as popular as soccer in Britain, and when leading fighters were working-class heroes. Dramatic, poignant, inspiring, and at times funny, the book covers such subjects as booth fighting, exploitation in boxing, East End poverty, World War II London, fame and success, prison life, encounters with the Kray twins, Great Train Robbers, and Britain's most infamous inmate, Charles Bronson. *Fighting Men of London* journeys through a lost era of smoky fight halls and ramshackle boxing arenas. Its subjects include 1950s boxing star Sammy McCarthy, Bethnal Green knockout specialist Ted Berry (who helped his father train the Kray twins), and Sid Nathan, one of Britain's last surviving 1930s boxers.

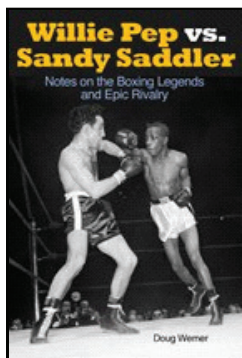
### Contributor Bio

**Alex Daley** is a grandson of 1920s boxing legend Nipper Pat Daly, and author of the critically acclaimed biography *Nipper: The Amazing Story of Boxing's Wonderboy*.

9781909626652  
Pub Date: 9/1/14  
\$26.95  
Hardcover

256 Pages  
Carton Qty: 16  
Sports & Recreation /  
Boxing  
SPO08000

6 in W | 9 in H | 1.2 lb Wt



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 \$14.95  
 Trade Paperback

272 Pages  
 Carton Qty: 48  
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 Boxing  
 SPO008000  
 5.5 in W | 8.5 in H | 0.9 lb  
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## Willie Pep vs. Sandy Saddler

### Notes on the Boxing Legends and Epic Rivalry

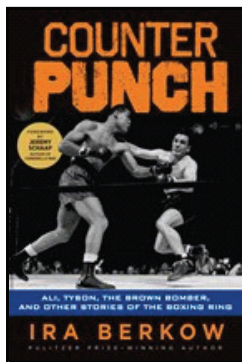
Doug Werner

#### Summary

Any discussion of great boxers must include Willie Pep and Sandy Saddler—midcentury featherweight champions whose heroics electrified the fistic world then and reverberate today. This book explores the boxing lives of both pugilists—early years, fighting years, training and conditioning, historical context, life after boxing, and, of course, the lasting controversy over their rivalry and legacy. Pep recorded 229 wins, only 11 losses and one draw over a pro career that spanned three decades. He won the featherweight crown twice. Sandy Saddler's record of 144-16-2 includes an amazing 103 knockouts. He also won the title twice and retired an undefeated featherweight champion. Their four title bouts are an epic showcase of contrasts. Pep was the exquisite dancer/boxer, a wildly popular Italian American personality who made his opponents miss and scored at will. Saddler was a curious blend of unprepossessing menace—a tall, thin, black American banger who pressed and brutalized with singular leveraged force. Their matchups had it all: contrasting styles, dazzling skills, hard punching, spl...

#### Contributor Bio

**Doug Werner** is the founder of Tracks Publishing and the author of many books on sports and fitness, including *Boxer's Start-Up* and *Fighting Fit*, as well as all the books in the Start-Up Sports series. He lives in San Diego, California.



9781600789731  
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 \$16.95  
 Trade Paperback

304 Pages  
 Carton Qty: 20  
 Sports & Recreation /  
 Boxing  
 SPO008000  
 6 in W | 9 in H | 1.1 lb Wt

## Counterpunch

### Ali, Tyson, the Brown Bomber, and Other Stories of the Boxing Ring

Ira Berkow

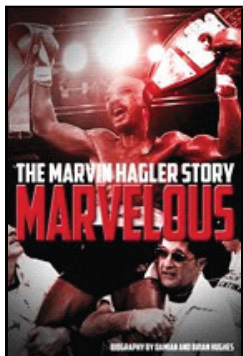
#### Summary

Spanning the period between 1967 and 2005, this compilation includes 84 of Pulitzer Prize-winning author Ira Berkow's columns on boxing. Readers will meet some of the greatest names in the sport's history in the pages of this book, including Muhammad Ali, Joe Frazier, Joe Louis, and Mike Tyson. Among the unforgettable stories gathered in this collection are the heated rivalry between Ali and "Smokin' Joe" Frazier, Tyson's infamous "Bite Fight" in 1997, and the will-he-or-won't-he retirement saga of Sugar Ray Leonard. Written in Berkow's gripping prose, the columns included in *Counterpunch* chronicle the most important moments in boxing over the last four decades.

#### Contributor Bio

**Ira Berkow** is a former sports columnist and feature writer for the *New York Times*, where he worked for more than 25 years. He shared the Pulitzer Prize for national reporting in 2001 and was a finalist for the Pulitzer for commentary in 1988. He is the author of more than 20 books, including *Rockin' Steady: A Guide to Basketball and Cool*, and the bestsellers *Maxwell Street: Survival in a Bazaar* and *Red: A Biography of Red Smith*. He is the coauthor and editor of *Hank Greenberg: The Story of My Life*, which was a primary source for the award-winning documentary *The Life and Times of Hank Greenberg*. He lives in New York City.





9781909178854  
 Pub Date: 4/1/14  
 \$26.95  
 Hardcover

224 Pages  
 Carton Qty: 16  
 Biography & Autobiography  
 / Sports  
 BIO016000

6.5 in W | 9.5 in H | 1.2 lb  
 Wt

## Marvelous

### The Marvin Hagler Story

Damian Hughes, Brian Hughes

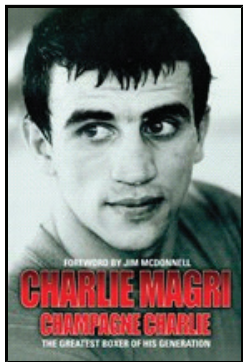
#### Summary

**The extraordinary career of a true sports icon**

Marvelous Marvin Hagler is a sporting legend. Often called the greatest middleweight boxer of all time, he held the world title for 12 defenses, including bouts with Sugar Ray Leonard, Thomas Hearns, and Roberto Duran which entered fistic folklore. This biography tells the story of Hagler's extraordinary life for the first time, separating truth from myth to get right to the heart of a complex and charismatic man. From his wild early fights in the boxing wilderness of Brockton, Massachusetts, the book follows the blazing trail of Hagler's career: the controversial defeats subsequently avenged, a riot-scarred title win in London, and his unification of the middleweight crown. It also covers the *Ring* magazine's "greatest round of all time" against Hearns, his ferocious battle with Duran, and the still-controversial loss to his nemesis Leonard.

#### Contributor Bio

**Damian Hughes** and **Brian Hughes** are coauthors of *Hit Man: The Thomas Hearns Story* and *Peerless: The Sugar Ray Robinson Story*. Damian is a sports psychologist, and Brian has been recognized for his Outstanding Contribution to British Boxing.



9781857828146  
 Pub Date: 1/1/14  
 \$14.95  
 Trade Paperback

288 Pages  
 Carton Qty: 0  
 Biography & Autobiography  
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 BIO016000

5 in W | 8 in H | 0.5 lb Wt

## Champagne Charlie

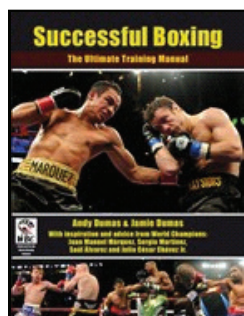
Charlie Magri

#### Summary

Charlie Magri is one of the most popular boxers ever to have stepped into the ring. The exuberance and energy of the former WBC Flyweight Champion earned him a core of dedicated fans and, throughout his career, his determination and his ability to overcome adversity inspired all those who watched him. At last, one of boxing's most deserving legends has decided to tell all about his amazing life. As a young boy Magri's exceptional promise as a boxer became apparent when he fought for Stepney's Arbour Youth Club. His impressive start as a Junior ABA Champion earned Charlie a reputation and, when he became a fully fledged senior fighter, he experienced what he describes as the best two years of his life. In 1974, he was unbeaten domestically, he won the ABA, and then he took home the silver medal in the European Under-21 Championships. These victories cemented his determination to remain a winner. It was only a matter of time before Magri turned professional and, with legendary manager Terry Lawless as his mentor, he went on to become the British Flyweight Champion. Having secured the E...

#### Contributor Bio

**Charlie Magri** is a former amateur and professional star of the prize ring, who won the Junior ABA title twice, the ABA title four times and represented his country as an international amateur, before going on to win British, European and WBC World Flyweight Championships as a professional. Hailing from the East End of London, he is one of the most recognizable and highly regarded British fighters of the golden era of 1980s boxing. Today he is a publican as well as a vice chairman of the London Ex-boxers Association and a continuing ambassador for the sport of boxing.



9781847974624  
 Pub Date: 10/1/13  
 \$24.95  
 Trade Paperback

160 Pages  
 Carton Qty: 36  
 Sports & Recreation /  
 Boxing  
 SPO008000  
 7.5 in W | 9.5 in H | 1 lb Wt

## Successful Boxing

**The Ultimate Training Manual**

Andy Dumas, Jamie Dumas

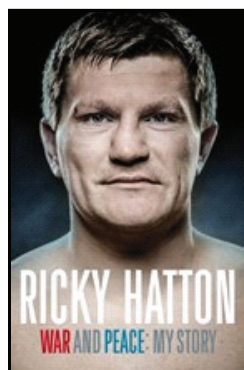
### Summary

**The ultimate training manual for aspiring boxers, with inspiration and advice from world champions Juan Manuel Marquez, Sergio Martinez, Saul Alvarez, and Julio Cesar Chavez, Jr.**

An indispensable resource for both new and seasoned fighters, this book is filled with tips and suggestions on how to improve skills and maximize performance. With inspiration and advice from world champions, using the information presented in this book will be just like receiving private sessions with a coach or top performer. These tips and training methods allow fighters to master the individual nuances of boxing in order to get that winning edge. Whether a reader is new to the sport or a serious competitor, this book will help them reach the next level of skill development.

### Contributor Bio

**Andy Dumas** is a boxing coach and a fitness consultant who hosts and produces a number of TV fitness and sports shows. He has been featured in such magazines as *Men's Health*, *Muscle Mag International*, *Oxygen*, and *Self*. **Jamie Dumas** is a fitness instructor. They are the coauthors of *Knockout Fitness* and *The One-Two Punch Boxing Workout*.



9781447243892  
 Pub Date: 10/1/13  
 \$32.95  
 Hardcover

320 Pages  
 Carton Qty: 0  
 Biography & Autobiography  
 / Sports  
 BIO016000  
 6 in W | 9.3 in H

## War and Peace

**My Story**

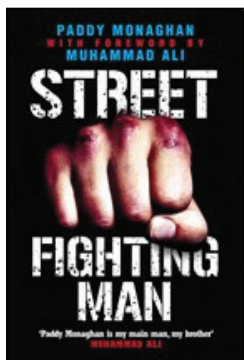
Ricky Hatton

### Summary

On November 24, 2012, four-time World Champion boxer Ricky Hatton dropped to his knees, felled by a sickening punch to the body in his first comeback fight in almost three years. Gasping for breath, down and out, it was then that something extraordinary happened: 20,000 fans began to sing his name. *Ricky Hatton: War and Peace* is the story of one of British boxing's true icons. From a Manchester council estate to the bright lights of Las Vegas, Ricky Hatton experienced incredible highs in his career, including one of the greatest ever wins by a British boxer, over the IBF Light Welterweight champion Kostya Tszyu. But heavy defeats to two legends of the ring, Floyd Mayweather and Manny Pacquiao, brought him quickly down to earth to face a new set of battles against depression, drink, and drugs. Written with his trademark honesty and wit, this is the inspiring story of a charismatic, funny, straight-talking fighter who boxing fans have always taken to their hearts; a man who has survived a lifetime of wars both in and out of the ring, and who only now is finding something close to peace...

### Contributor Bio

**Ricky Hatton** is an ex-boxer who, as a young amateur fighter, won several British titles and boxed at the World Junior Boxing Championship in Cuba. He went on to be champion of the world four times at light-welterweight, was awarded an MBE for services to sport in 2007, and is widely seen as one of Britain's greatest ever boxers.



9781782194255  
 Pub Date: 9/1/13  
 \$14.95  
 Trade Paperback

274 Pages  
 Carton Qty: 0  
 Biography & Autobiography  
 / Sports  
 BIO016000  
 5 in W | 8 in H

## Street Fighting Man

Paddy Monaghan, Ali Muhammad

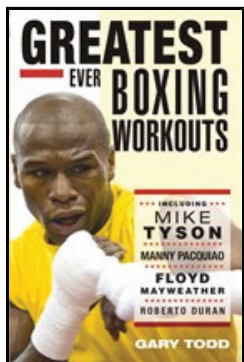
### Summary

Paddy Monaghan was not immediately as intimidating as bare-knuckle boxers like Lenny McLean or Roy Shaw. But if anyone dared to underestimate this man, as many foolish opponents did, the full force of the hardest man in Ireland, a fine and ferocious fighting machine, would be unleashed. His unbroken record of 114 bare-knuckle fight wins is not only testimony to his exceptional strategic skill and fearsome punching ability, but also to his sheer determination and passion. Paddy Monaghan simply has something inside him that will not allow defeat. Life has been far from easy—although the Monaghans were originally a wealthy family, by the time Paddy was born it had all been wasted away through fraud and gambling. A wiry youngster, Paddy left school with a reputation for fighting, but with no qualifications. Many years later, Paddy single-handedly taught himself how to read and write, beginning with books designed for children. Paddy, a staunch Muhammad Ali fan, displayed the same tenacity when he launched a one-man campaign to protest the stripping of Ali's boxing license in 1967.

Paddy's...

### Contributor Bio

**Paddy Monaghan** was born in the village of Ederney, Co. Fermanagh, Northern Ireland. When Paddy was 5 years old, his father, broke and desperately trying to make ends meet, uprooted the family to Abingdon, England. Often bullied and ridiculed as a young lad for his strong Northern Ireland accent, Paddy, determined that no one would push him around, quickly learned to fight with ferocity beyond his years. This was the beginning of a long and renowned career as a bare-knuckle fighter. He retired in 1980 and now, almost 30 years later, his extraordinary 114 bare-knuckle fight win record is still intact. He returned to the small Irish village of Ederney where he lives today. PETER GERRARD is a crime writer and biographer. He lives near Boston in rural Lincolnshire with his wife and son. Amongst others he has worked with Reggie Kray, Ronnie Knight and was the co-author of Lenny McLean's autobiography - *The Guv'nor* - the surprise bestseller of 1998.



9781857828153  
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 \$14.95  
 Trade Paperback

184 Pages  
 Carton Qty: 32  
 Sports & Recreation /  
 Boxing  
 SPO008000  
 5 in W | 8 in H | 1 lb Wt

## Greatest Ever Boxing Workouts

Gary Todd

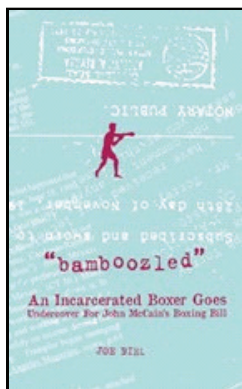
### Summary

**The sequel to *Workouts from Boxing's Greatest Champs* will KO all boxing and combat sport enthusiasts**

Featuring a classic coterie of international boxing legends, this superb anthology is illustrated throughout with some of the best photos of them at work in the ring or training in the gym. Celebrated present-day fighters and former champions featured here range from the instantly recognizable Manny Pacquiao, Floyd Mayweather, Jr., Mike Tyson, Thomas Hearns, and Roberto Duran to such respected international figures as Danny Williams and Vitali Klitschko. Incorporating career biographies for every fighter, the reader is introduced to the fitness and training regimes of some of the world's most physically powerful men. Culled from the author's original research and interviews, the greatest ever champion pugilists grant us a fly-on-the-wall look at their typical day and their personal workout regimes. Not just a boxing fan's album but a fitness guide for those looking for a seriously effective workout, this book grants the reader vital knowledge from the Olympian gods of pugilism.

### Contributor Bio

**Gary Todd** is the author of *Workouts from Boxing's Greatest Champs*.



## Bamboozled (2nd Edition)

**An Incarcerated Boxer Goes Undercover For John McCain's Boxing Bill**

Joey Torrey, Joe Biel

### Summary

In this introspective exploration of former boxer Joey Torrey's life, his past, his murder conviction, and his more than 30-year incarceration in a California state prison are each fine-tooth combed. Nearly five years after his original memoir, this new edition is re-written as a biography and delves deeper into circumstances surrounding Torrey's alleged murder of his boxing coach, the lengthy prison sentence handed down, his undercover collaboration with the FBI on "Operation Matchbook" in support of John McCain's proposed Professional Boxing Amendments Act, and the inner workings of the prison system in general. From his days as a Compton gang leader and an Olympic boxing hopeful to being tried as an adult rather than a 17-year-old minor, this compelling narrative reflects on his life as a parable as well as examining the strategies used in his conviction, such as establishing the motive as robbery despite a lack of evidence linking the opening of safe to the murderer. And after more than three decades as a model prisoner—and saving the life of a prison guard—Torrey has prolificall...

### Contributor Bio

**Joey Torrey** was convicted for the murder of his boxing manager and is currently in the Mule Creek State Prison in Ione, California. **Joe Biel** is the author of *Beyond the Music* and *Make a Zine*. He lives in Portland, Oregon.

9781621065852

Pub Date: 6/3/13

\$9.95

Trade Paperback

128 Pages

Carton Qty: 64

Biography & Autobiography

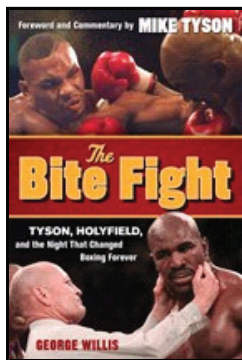
/ Criminals & Outlaws

BIO024000

Series: Real World

4.3 in W | 6.9 in H | 0.3 lb

Wt



## The Bite Fight

**Tyson, Holyfield and the Night That Changed Boxing Forever**

George Willis

### Summary

The infamous boxing match between Mike Tyson and Evander Holyfield on June 28, 1997, was like none other in the sport's history, and this insightful account of the anticipation, the gruesome fight itself, and the ongoing aftermath of that one night reveals just how much of an impact it really made. The rivals met for a rematch that would never be finished, as Tyson earned a disqualification and infamy that followed in the third round by biting off a portion of Holyfield's ear. Through nearly 100 interviews, including with the famed fighters themselves, and extensive research of past interviews, books, and transcripts, this exploration of the sensational events surrounding the fight provides a behind-the-scenes, past and present look at the bout.

### Contributor Bio

**George Willis** is an award-winning sports columnist for the *New York Post* and a former journalist with the *New York Times*, *Newsday*, and the *Commercial Appeal* in Memphis. His writing has also appeared on ESPN.com and in *ESPN* magazine. He is a member of the Boxing Writers Association of America, the Golf Writers Association of America, the National Association of Black Journalists, and the Baseball Writers Association of America. He lives in Whippany, New Jersey.

9781600787904

Pub Date: 6/1/13

\$24.95

Hardcover

240 Pages

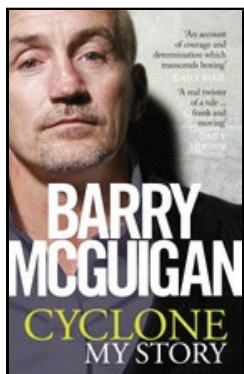
Carton Qty: 20

Sports & Recreation /

Boxing

SPO008000

6 in W | 9 in H



9780753539972  
 Pub Date: 4/1/13  
 On Sale Date: 6/4/12  
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352 Pages  
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 Biography & Autobiography  
 / Sports  
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5 in W | 8 in H | 0.6 lb Wt

## Cyclone: My Story

Barry McGuigan

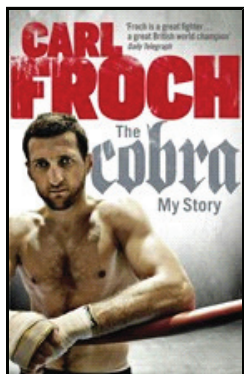
### Summary

**The Irish legend of the ring and former world featherweight champion tells his story for the first time**

In a gripping autobiography, Barry McGuigan shares his stories of extraordinary professional triumph and devastating personal tragedy. On a hot summer's night in June 1985, during one of the most emotionally charged fights of all time, McGuigan beat Eusebio Pedroza to become featherweight champion of the world. Lasting a full 15 rounds, this epic battle was watched by 27,000 spectators ringside and by a further 20 million on television around the world. Raised in the border town of Clones, Co. Monaghan, at the height of the troubles, Barry McGuigan united people across sectarian and religious divides during a difficult time in Ireland's political history. A Catholic, he married his Protestant childhood sweetheart, Sandra, in 1981. An Irishman, he fought for the British Title wearing boxing shorts in the colors of the UN's Flag of Peace, and in place of a national anthem his father, Pat McGuigan, would often sing a heartfelt rendition of Danny Boy before a fight. Engaging and intell...

### Contributor Bio

**Barry McGuigan**, nicknamed The Clones Cyclone, is a former world featherweight champion boxer who was voted into the World Boxing Hall of Fame in 2000 and the International Boxing Hall of Fame in 2005. He currently enjoys a successful career as a sports commentator, writer, and motivational speaker, and continues his involvement in the boxing world as president and founder of the Professional Boxing Association, a boxing promoter, and a trainer.



9780091938307  
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390 Pages  
 Carton Qty: 32  
 Biography & Autobiography  
 / Sports  
 BIO016000  
 Sales Restrictions: Canada  
 only

5 in W | 8 in H | 1 lb Wt

## The Cobra

My Story

Carl Froch

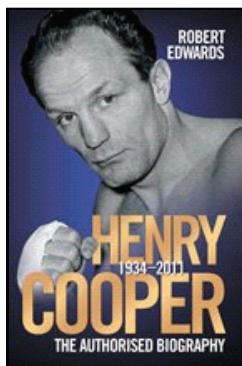
### Summary

**Carl Froch's revealing story from inside the high-stakes world of boxing pulls no punches, from his first discovery of his talent to his ascent to World Champion**

The former World Boxing Council super middleweight is followed every step of the way as he prepares for, and fights, the most important bouts of his life. Carl Froch, known as "the Cobra," was brought up tough on a Nottingham housing estate. His dad encouraged him to start boxing at just 9 years old, thinking it would keep him out of trouble. He was obviously talented, but as teenager he lost direction, taking up a series of dead-end jobs and getting into pub fights. His family knew that what he needed was to get back in the ring. And once Carl returned to boxing, he never looked back. Carl Froch is Britain's world champion at super-middleweight. His 28 professional fights have seen him win 20 knockout and 7 decision victories, and suffer defeat only once. His greatest fights have already gone down in boxing history. In 2009 he was knocked down for the first time in his career by Jermain Taylor. Behind on everyone's scorecard...

### Contributor Bio

**Carl Froch** took up boxing at the age of nine, and turned pro in 2002 after winning two amateur titles. He competed against five of the greatest middleweight boxers in the world in Showtime's Super Six World Boxing Classic, and came in second when he was defeated by Andre Ward in the final of the tournament in December 2011, in Atlantic City.



## Henry Cooper 1934-2011

### The Authorised Biography

Robert Edwards

#### Summary

##### The story of Britain's greatest boxing hero and his famous left hook

Henry Cooper is best remembered for the night when he nearly changed the course of boxing history. On July 19, 1963, he fought the up-and-coming Cassius Clay, later to become Muhammad Ali, and his famous left hook, "Henry's Hammer," dumped Clay on the canvas, raising "the biggest cheer in boxing history." Henry went on to record many notable victories. Arguably Britain's greatest ever heavyweight fighter, he won 40 of his 55 professional fights, beating most of the true boxing greats. His story also includes the legendary names of boxing: Rocky Marciano, Floyd Patterson, Sonny Liston, Joe Louis, Sugar Ray Robinson, and, of course, Ali. Boxing was not the end of Henry's time in the public eye. He was the ideal elder statesman of the sport, and a successful media career followed his retirement in 1971. Disaster hit, however, when his innocent involvement in the scandal of the Lloyd's Names meant that he lost heavily, and had to sell off his unique collection of three Lonsdale belts to pay his bills. This is the biogra...

#### Contributor Bio

**Robert Edwards** is the author of *Stirling Moss*.

9781843589464

Pub Date: 10/1/12

\$14.95

Trade Paperback

288 Pages

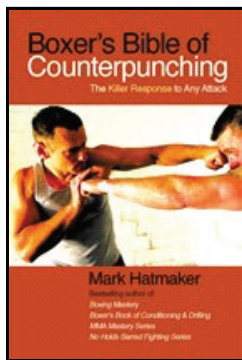
Carton Qty: 32

Biography & Autobiography

/ Sports

BIO016000

5 in W | 8 in H | 1 lb Wt



## Boxer's Bible of Counterpunching

### The Killer Response to Any Attack

Mark Hatmaker

#### Summary

All the tools necessary to build a powerful defensive base for boxing—every defense for every punch from every angle—are included in this manual. Punching prowess has become equated with boxing, but what is done in response to that incoming flurry makes a truly good boxer: how to make an opponent miss, how to easily defend, and, most importantly, how to counterattack. Building on that defensive base, this book explores natural punching triggers, or logical counterpunching sequences, that move past the beginner's realm of being a mere puncher into the upper echelons of crafty counter boxing. With encyclopedic boxing defensive drills bolstered by numerous illustrative photographs, this is a one-stop resource for learning the art of counterpunching.

#### Contributor Bio

**Mark Hatmaker** is the bestselling author of *Boxer's Book of Conditioning & Drilling*, *Boxing Mastery*, the MMA Mastery series, the No Holds Barred Fighting series, and *No Second Chance*. He has produced more than 40 instructional videos and he has extensive experience in the combat arts including boxing, wrestling, Jiu-jitsu, and Muay Thai. A highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel, he is also the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He lives in Knoxville, Tennessee.

9781935937470

Pub Date: 10/1/12

\$12.95

Trade Paperback

192 Pages

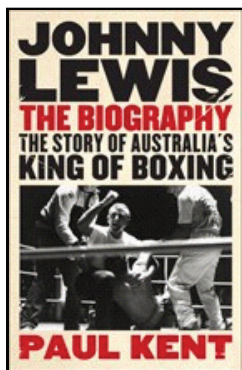
Carton Qty: 60

Sports & Recreation /

Boxing

SPO08000

5.5 in W | 8.5 in H



9781743310861  
 Pub Date: 8/1/12  
 \$22.95  
 Trade Paperback

320 Pages  
 Carton Qty: 32  
 Biography & Autobiography  
 / Sports  
 BIO016000  
 5 in W | 8 in H | 0.7 lb Wt

## Johnny Lewis: The Biography

The Story of Australia's King of Boxing

Paul Kent

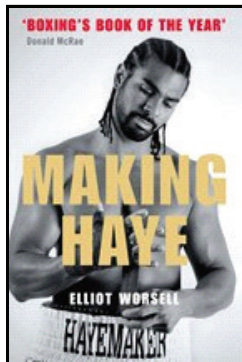
### Summary

**The authorized biography of the Australian boxing legend who has trained six World Champions**

He's the best loved man in Australian boxing—from training Jeff Fench and Kostya Tszyu to touring with the Kangaroos and appearing on talk back with Alan Jones, Johnny Lewis looms large in Australian sporting life. This is his story. It was the night Jeff Harding came back to the corner at the end of the eleventh, behind on all three judges' cards and bleeding around both eyes, his nose long broken. As Lewis cleaned the cuts he quickly poured everything that was important into his ear. Then he picked him up from his stool with one last instruction: "Go out and come back champion of the world." Over the past 30 years Johnny Lewis has trained six world champions, among them Jeff Fenech, Kostya Tszyu, and yes, Jeff Harding. Yet he is known for much more than that. For a wisdom that stems from his childhood growing up in Erskineville, where he mixed with hustlers and hard men and, in his words, never met a bad man. Now, in his authorized biography, we learn why Johnny Lewis is not only Australia'...

### Contributor Bio

**Paul Kent** is a senior journalist at the *Daily Telegraph*. Once a dedicated sports writer Paul now writes features and articles on many subjects. **Johnny Lewis** is unquestionably Australia's most successful trainer.



9781780870236  
 Pub Date: 6/1/12  
 \$12.95  
 Trade Paperback

352 Pages  
 Carton Qty: 0  
 Sports & Recreation /  
 Boxing  
 SP0008000  
 5 in W | 7.8 in H | 0.8 lb Wt

## Making Haye

The Authorised Biography of David Haye

Elliot Worsell

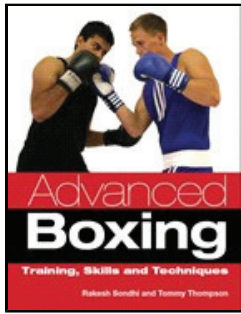
### Summary

**The authorized life of Britain's best boxer, former WBA world heavyweight champion and twice shortlisted BBC Sports Personality of the Year, David Haye**

David "The Hayemaker" Haye is the former WBA world heavyweight champion and the former undisputed (WBA, WBC, and WBO) world cruiserweight champion. Haye is one of British boxing's most celebrated and successful ring champions of the modern era, and has won twenty-three of twenty-five professional fights. He has twice been shortlisted for BBC Sports Personality of the Year and is now recognized as the face of British and world boxing. Haye was involved in the biggest heavyweight title clash for nearly a decade when he fought Wladimir Klitschko in July 2011, with the fight televised live in over 140 countries. Although Haye ultimately lost his belt, following a twelve-round points decision, his charismatic approach has reminded fight fans of a time when the heavyweight championship was the greatest prize in sport. This is the authorized story of how Haye reached this point, and details the ten-year rise of the boxer from a precocious Wor...

### Contributor Bio

**Elliot Worsell** has followed David Haye's career intensely for the past decade. He has worked as a boxing and mixed martial arts writer since the age of sixteen, and has been published in *Boxing News*, *Boxing Monthly*, and *The Ring* magazine, and has also freelanced for numerous national British newspapers. He is also the main contributor and features editor for David Haye's official bookazine, *Hayemaker*.



9781847972972  
 Pub Date: 5/1/12  
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192 Pages  
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 Sports & Recreation /  
 Boxing  
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7.5 in W | 9.5 in H | 1.2 lb  
 Wt

## Advanced Boxing

### Training, Skills and Techniques

Rakesh Sondhi, Tommy Thompson

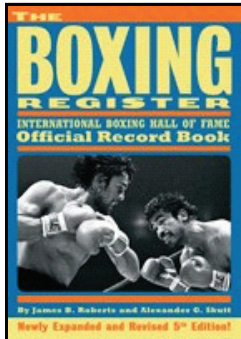
#### Summary

**A reference and training guide for boxers wishing to improve competition fighting, and for coaches and trainers looking to enhance their training methods**

Utilizing the latest research in sports science and combat sports, this book focuses on developing every aspect of a boxer's fighting to the most advanced extent, and training the boxer to win competition fights. It reviews the basics of boxing in order to provide the tools to begin an advanced boxing program focusing on specific development goals. It also outlines the best contemporary training methods, concentrating on yielding the most effective outcomes. Topics include a 12-month training plan; useful tips and tables to help organize a training program; the important aspects of psychology, physiology, nutrition, and coaching; important right fighting and sparring strategies; and the latest sports science thinking, including new techniques for pad-holding.

#### Contributor Bio

**Rakesh Sondhi** has studied Pak Lei Hung Kung Fu and Shotokan Karate since 1976, and has been practicing and coaching boxing for the last 15 years. **Tommy Thompson** is a boxing trainer. Together they developed the concept of coaching boxing through the tvp framework—technique, variety, and unpredictability.



9781590134993  
 Pub Date: 10/1/11  
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944 Pages  
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 Boxing  
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5.5 in W | 8.5 in H | 2.4 lb  
 Wt

## The Boxing Register (5th Edition)

### International Boxing Hall of Fame Official Record Book

James B. Roberts, Alexander G. Skutt

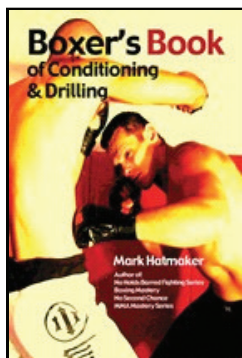
#### Summary

The greatest fighters of all time come to life in the pages of this carefully researched and fully illustrated guide to the "Sweet Science." Packed with facts, figures, and action photos, every honoree in the Hall of Fame is here, from the earliest bare-knuckle brawlers to 20th-century heroes like Joe Louis and Muhammad Ali. In addition to the most significant boxers, this collection also includes information on lesser-known contributors to the sport—writers, journalists, promoters, trainers, and cutmen. The fifth edition has definitive fight-by-fight records of all International Boxing Hall of Fame inductees through 2011 and updated biographies and records for previous inductees.

#### Contributor Bio

**James B. Roberts** is an attorney. He lives in Pittsburgh, Pennsylvania. **Alexander G. Skutt** is a book publisher. He lives in Ithaca, New York.





## Boxer's Book of Conditioning & Drilling

Mark Hatmaker

### Summary

Going beyond the standard workout for boxers, this innovative manual introduces a diverse set of training methods, integrating them into drill sets that build the athletic attributes for which past and present fighters are known. From Leroy Jones sparring with chickens and Ken Norton's 15 combined rounds of shadow boxing, sparring, and bag work to Ricky Hatton's staggering 12-round sparring bouts with a body belt and Kosta Tszu's creative tennis-ball and head-strap punching apparatus, this guide highlights a wide vocabulary of exercises, all incorporating boxing-specific equipment. The drills can be performed solo or with a partner, and each piece of equipment is approached individually with detailed descriptions of routines, including floor exercises and drills with the heavy bag, medicine ball, horizontal rope, and jump rope. With two workout menus for weight training, this guide guarantees a regime to suit any individual need—be it professional or simply a desire to train like some of the best athletes in the world.

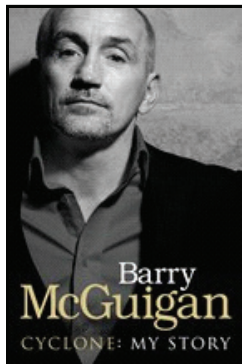
### Contributor Bio

**Mark Hatmaker** is the bestselling author of *Boxing Mastery*, the MMA Mastery Series, the No Holds Barred Fighting Series, and *No Second Chance*. He has produced more than 40 instructional videos and he has extensive experience in the combat arts including boxing, wrestling, Jiu-jitsu, and Muay Thai. A highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel, he is also the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He lives in Knoxville, Tennessee.

9781935937289  
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\$12.95  
Trade Paperback

192 Pages  
Carton Qty: 48  
Sports & Recreation /  
Boxing  
SP0008000

5.5 in W | 8.5 in H | 0.7 lb  
Wt



## Cyclone: My Story

Barry McGuigan

### Summary

**The Irish legend of the ring and former world featherweight champion tells his story for the first time**

On a hot summer's night in June 1985, during one of the most emotionally charged fights of all time, Barry McGuigan beat Eusebio Pedroza to become featherweight champion of the world. Lasting a full 15 rounds, this epic battle was watched by 27,000 spectators ringside and by a further 20 million on television around the world. Raised in the border town of Clones, Co. Monaghan, at the height of the troubles, Barry McGuigan united people across sectarian and religious divides during a difficult time in Ireland's political history. A Catholic, he married his Protestant childhood sweetheart, Sandra, in 1981. An Irishman, he fought for the British Title wearing boxing shorts in the colors of the UN's Flag of Peace, and in place of a national anthem his father, Pat McGuigan, would often sing a heartfelt rendition of Danny Boy before a fight. Engaging and intelligent, McGuigan is a renowned and revered figure in the boxing world and beyond. In his gripping autobiography, he shares his sto...

### Contributor Bio

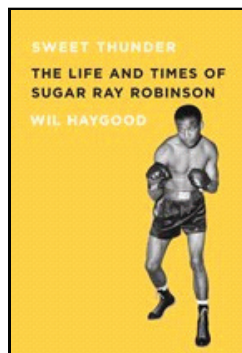
**Barry McGuigan**, nicknamed The Clones Cyclone, is a former world featherweight champion boxer who was voted into the World Boxing Hall of Fame in 2000 and the International Boxing Hall of Fame in 2005. He currently enjoys a successful career as a sports commentator, writer, and motivational speaker, and continues his involvement in the boxing world as president and founder of the Professional Boxing Association, a boxing promoter, and a trainer.

9780753539941  
Pub Date: 7/28/11  
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Hardcover

288 Pages  
Carton Qty: 16  
Biography & Autobiography  
/ Sports  
BIO016000

Sales Restrictions: Canada  
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6 in W | 9 in H | 1 in T | 1.2  
lb Wt



9781569766088  
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 \$18.95  
 Trade Paperback

480 Pages  
 Carton Qty: 24  
 Biography & Autobiography  
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 BIO016000

6 in W | 9 in H | 1.1 in T |  
 1.6 lb Wt

## Sweet Thunder

The Life and Times of Sugar Ray Robinson

Wil Haygood

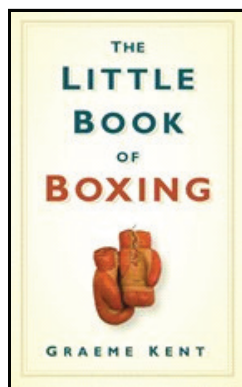
### Summary

Sugar Ray Robinson was not only one of the most iconic figures of the fight game; almost all sportswriters agree that he was the greatest boxer of all time. This illuminating biography grounds the spectacular story of Robinson's rise to greatness within the context of the fighter's life and times. Born Walker Smith Jr. in 1921, Robinson's early childhood was marked by the seething racial tensions and explosive race riots that infected the Midwest throughout the twenties and thirties. After his mother moved him and his sisters to the relative safety of Harlem, he came of age in the vibrant post-Renaissance years. It was there that--encouraged to box by his mother, who wanted him off the streets--he soon became a rising star, cutting an electrifying, glamorous figure, riding around town in his famous pink Cadillac. Beyond the celebrity, though, Robinson would emerge as a powerful, often controversial black symbol in a rapidly changing America.

From Robinson's gruesome six-bout war with Jake "Raging Bull" LaMotta and his lethal meeting with Jimmy Doyle to his Harlem nightclub...

### Contributor Bio

**Wil Haygood** is an award-winning author and journalist and a national reporter for the *Washington Post*. He is the author of *The Haygoods of Columbus*, *In Black and White*, and *King of the Cats*.



9780752452531  
 Pub Date: 5/1/10  
 \$17.95  
 Hardcover

144 Pages  
 Carton Qty: 0  
 Sports & Recreation /  
 Boxing  
 SPO008000

Series: Little Book of  
 5 in W | 8 in H | 0.6 in T |  
 0.6 lb Wt

## The Little Book of Boxing

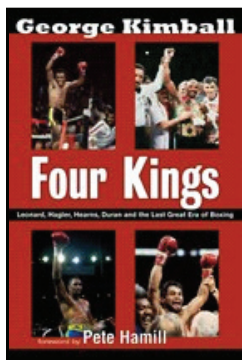
Graeme Kent

### Summary

Boxing has a long and eventful history and its drama, excitement and humor are covered in this fascinating account of the noble—and sometimes ignoble—art all over the world. It covers the bare-knuckle days when the Duke of Cumberland callously abandoned his protégé Jack Broughton when the latter could no longer fight on because he was blind as well as the famous fight in 1964, when the charismatic Muhammad Ali knocked out Sonny Liston with a "phantom punch" that no one in the audience saw thrown. It also highlights the advent in the 21st century of the dreaded "Beast from the East," the 7-foot-tall Russian Nikolai Valuev who powered his inexorable way to the world heavyweight title. This book presents a vivid picture of the sport rightly referred to as the hardest game

### Contributor Bio

Graeme Kent is the author of more than 120 books, including *Boxing's Strangest Fights*, *Olympic Follies*, and *The Great White Hopes*, which was short-listed for the 2005 William Hill Sports Book of the Year award.



9781590132388  
 Pub Date: 9/1/09  
 \$20.95  
 Trade Paperback

352 Pages  
 Carton Qty: 20  
 Sports & Recreation /  
 Boxing  
 SPO008000

5.5 in W | 8.5 in H | 0.9 in T  
 | 1.1 lb Wt

## Four Kings

**Leonard, Hagler, Hearns, Duran and the Last Great Era of Boxing**

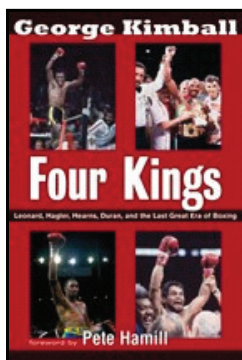
George Kimball

### Summary

"Sugar" Ray Leonard, "Marvelous" Marvin Hagler, Thomas "Hit Man" Hearns, and Roberto Duran all formed the pantheon of boxing greats during the late 1970s and early 1980s-before the pay-per-view model, when prize fights were telecast on network television and still captured the nation's attention. Championship bouts during this era were replete with revenge and fury, often pitting one of these storied fighters against another. From training camps to locker rooms, veteran sports journalist George Kimball was there to cover every body shot, uppercut, and TKO. Inside stories, including recent interviews of each of the boxers, are full of drama, sacrifice, fear, and pain, resulting in a fast-paced, blow-by-blow account of four extraordinary adversaries and a remarkable boxing epoch.

### Contributor Bio

**George Kimball** was a sports columnist for the *Boston Herald* for 25 years. He was awarded the Nat Fleischer Award for Excellence in Boxing Journalism in 1985 from the Boxing Writers Association of America. He has covered nearly 400 world-title fights and is the author of *Only Skin Deep* and *Sunday's Fools*. He lives in New York City.



9781590131626  
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## Four Kings

**Leonard, Hagler, Hearns, Duran and the Last Great Era of Boxing**

George Kimball

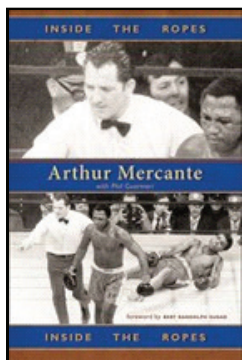
### Summary

Their names are legendary: Sugar Ray Leonard, Marvelous Marvin Hagler, Thomas Hit Man Hearns, and Roberto Duran. They were exceptional boxers with unique combinations of power and speed. In another era, with few rivals of equal caliber, each might have held championship belts for years on end. But as it was, they matured together in the 1980s and fought each other as middleweights. With unforgettable courage and skill, they ruled the ring and ushered in the last Golden Age of boxing.

George Kimball takes an authoritative look at the rivalries that fueled this great era in sports history. Veteran sports journalist Kimball reported on every one of the Four Kings' nine internequine fights. Here his eye-witness coverage is enhanced by recent interviews with each of the boxers and other seasoned analysts. The result is a fast-paced, blow-by-blow account of four extraordinary adversaries and a remarkable boxing epoch.

### Contributor Bio

George Kimball spent a quarter-century as a sports columnist for the Boston Herald. In 1985 he was awarded the Nat Fleischer Award for Excellence in Boxing Journalism from the Boxing Writers Association of America. He was an eyewitness to all nine of the bouts between the Four Kings and has covered nearly 400 world title fights in a four-decade sports writing career.



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## Inside the Ropes

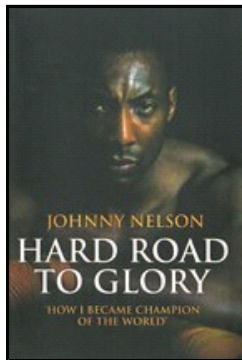
Arthur Mercante, Phil Guarnieri

### Summary

Inside stories of some of the greatest prizefights of all time, including Floyd Patterson–Ingemar Johansson II, Joe Frazier–George Foreman I, and The Fight of the Century: Muhammad Ali–Joe Frazier I. Referee and elder statesman of boxing Arthur Mercante gives behind-the-scenes glimpses into his world and into the lives and careers of the greatest boxers of all time. Mercante has officiated more championship fights than any other referee, and his blow-by-blow accounts are peppered with grit and telling details.

### Contributor Bio

**Arthur Mercante** has been a professional referee since the 1940s. Besides officiating Muhammad Ali–Joe Frazier I, he has been the third man in the ring for championship bouts featuring Floyd Patterson, Emile Griffith, Carlos Ortiz, George Foreman, Sugar Ray Leonard, Wilfred Benitez, Jeff Fenech, Mike Tyson, Julio Cesar Chavez, Ike Quartey, Roy Jones Jr., and Shane Mosley, among others. He lives in Garden City, New York.



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6 in W | 9 in H | 1.1 in T |

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## Hard Road to Glory

How I Became Champion of the World

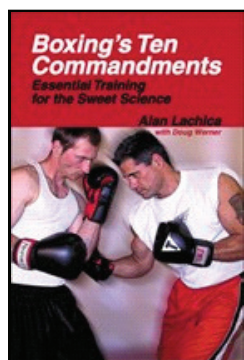
Johnny Nelson

### Summary

A self-confessed coward, boxer Johnny Nelson hoped his opponents wouldn't turn up, failing twice at his chance to take the world title. He relates his moving, funny, frank and inspirational story—an amazing odyssey from chump to champ—in this autobiography that includes drugs, gangsters, and a terrifying plot to kidnap him. Johnny Nelson's story has a universal appeal that goes beyond fight fans as a straightforward, honest account of overcoming personal fears and terrible setbacks to become the best in the world.

### Contributor Bio

**Johnny Nelson** was born in Sheffield in January 1967. Johnny is now starting a new career in the media and still lives in Sheffield with his wife Debbie, their two daughters and a string of horses.



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192 Pages  
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5.5 in W | 8.5 in H | 0.5 in T  
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## Boxing's Ten Commandments

Essential Training for the Sweet Science

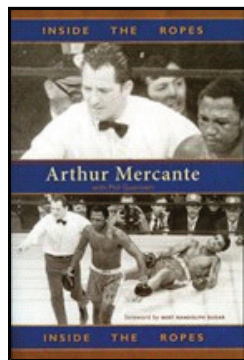
Alan Lachica, Doug Werner

### Summary

This boxing handbook provides up-to-date, in-depth coaching for serious contenders. Weaving fundamental skills into a progression of drills that hone technique in increasingly complex, demanding, and realistic fighting situations, the handbook aids fighters in developing the reflexes of a complete boxer and teaches the move from a process-and-react mentality to one of seeing-and-reacting. Hundreds of sequential images illustrate vital steps in the progression—from proper stance, effective footwork, and range to defense and counters, the importance of angles, and creating winning strategies.

### Contributor Bio

**Alan Lachica** is the coauthor of *Boxer's Start-Up*, *Fighting Fit*, and *Fitness Training for Girls*. He is a certified USA amateur-boxing coach and the owner of Bulldog Boxing Gyms. His boxing exhibitions have been featured on local and national television, including the CBS News' *Eye on America*. He lives in Inman, South Carolina. **Doug Werner** has written more than a dozen sport instructional guides, including the *Start-Up Sports* series and is the coauthor of *Boxer's Start-Up* and *Fighting Fit*. He lives in Chula Vista, California.



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 lb Wt

## Inside the Ropes

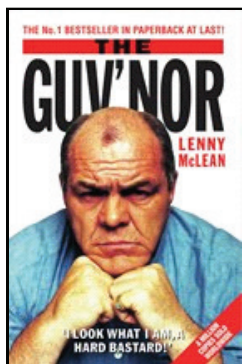
Arthur Mercante, Phil Guarnieri

### Summary

Inside stories of some of the greatest prizefights of all time, including Floyd Patterson–Ingemar Johansson II, Joe Frazier–George Foreman I, and The Fight of the Century: Muhammad Ali–Joe Frazier I. Referee and elder statesman of boxing Arthur Mercante gives behind-the-scenes glimpses into his world and into the lives and careers of the greatest boxers of all time. Mercante has officiated more championship fights than any other referee, and his blow-by-blow accounts are peppered with grit and telling details.

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## The Guv'nor Through the Eyes of Others

Anthony Thomas, Valerie McLean

### Summary

One of the most notorious figures ever to emerge from the East End of London, Lenny McLean had a reputation that was held dear by his friends and associates and feared by his enemies. In this fantastic new book, friends, family, colleagues, and adversaries have all come together to share how they knew Lenny and the part he played in their lives. He is known as a formidable fighter and a feared enemy, but these accounts tell of a man who had a big heart and always had time for his friends. This book gives the famous and infamous a chance to share their memories about a man that they loved.

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Hardcover

288 Pages

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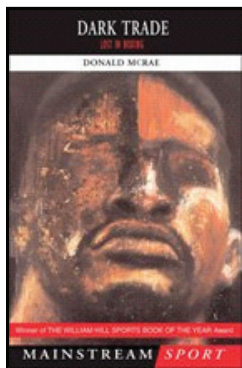
Biography & Autobiography

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BIO016000

6 in W | 9.4 in H | 1.2 in T |

1.3 lb Wt



## Dark Trade

### Lost in Boxing

Donald McRae

### Summary

*Dark Trade* is Donald McRae's illuminating five-year journey through the intense and forbidding world of the professional fight game. Tyson, Bruno, Hamed, Benn, Eubank, Holyfield, Watson, Jones, and Toney confide in him their fears and ambitions. Their fantastic, almost mythological stories are uncovered in new and striking detail, drawn from the hundreds of hours McRae has spent in their company. With wit, compassion, and lucidity, *Dark Trade* examines the ways in which race and violence beat at the heart of American and British society and what it is that drives men to pursue this most brutal kind of fame.

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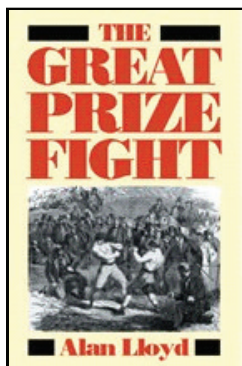
Boxing

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1.4 lb Wt



## The Great Prize Fight

Alan Lloyd

### Summary

Describing the most outrageous boxing match in history, this account provides the exciting details of the Englishman Tom Sayers and American John Heenan's legendary 1860 fight. "The Great Fight" was the sensation of its time, involving sportsmen, thieves, and citizens all thrilled by the bare-knuckled punches. Exploring both men's lives and the colorful world around them, from scratch to finish, from the Victorian sporting life to the sleazy world of gamblers and politicians, this enthralling story gives all the dramatic details of a seminal moment in boxing history.

### Contributor Bio

**Alan Lloyd** is the author of more than 30 books, including *Destroy Carthage*, *Marathon*, and *The Taras Report on the Last Days of Pompeii*.

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\$14.95

Trade Paperback

256 Pages

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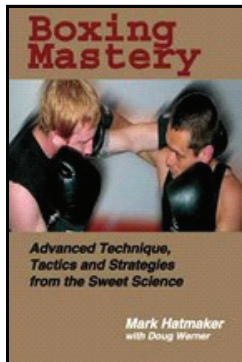
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5 in W | 7.5 in H | 0.6 in T |

0.4 lb Wt



## Boxing Mastery

**Advanced Technique, Tactics, and Strategies from the Sweet Science**

Mark Hatmaker, Doug Werner

### Summary

This guide to the finer points of boxing provides the wisdom needed to make the transition from enthusiastic beginner to proficient pugilist. The ABCs of ring generalship, offensive and defensive ring movements, feints, and draws and fakes are examined and explained along with clinching techniques, head-hunting, body work, and counter-punching chains. Strategies for boxing against tall and short opponents as well as for a variety of fighting styles such as charger, speed-demon, stick-and-move, and slugger and brawler are discussed in detail. Specific drills focus on sophisticated ring stratagems such as throwing complex combinations, cutting off the ring, fighting off the ropes, generating power, and cornering an opponent are included.

### Contributor Bio

**Mark Hatmaker** is the author of *No Holds Barred Fighting* and *More No Holds Barred Fighting*. He lives in Knoxville, Tennessee. **Doug Werner** is the author of *Boxer's Start-Up* and *Fighting Fit*. He lives in San Diego, California.

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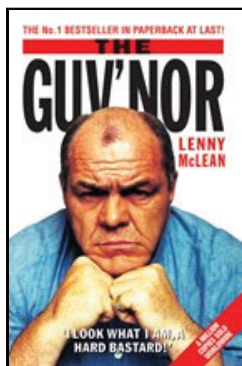
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## The Guv'nor

Lenny McLean

### Summary

Lenny McLean was one of the deadliest bare-knuckle fighters Britain has ever seen. He had dear, powerful friends, but he also had terrible enemies. So much so that he has two bullet wounds in his back, and has been stabbed repeatedly—always from behind. Lenny, however, is also a warm, grizzly bear of a man, whose main weakness is an overwhelming desire to put the welfare of his mates ahead of his own well-being. In this autobiography he tells of how the mafia flew him to New York to take on their greatest bare-knuckle boxer in a multi-million pound illicit challenge bout. The Mafia's man lasted less than three minutes. When the IRA fronted up a London gang in a money-laundering scam, Lenny was brought in to intimidate the terrorists. The IRA, not surprisingly, backed off. Lenny's most serious trial came when he was accused of murder. Fighting to prove his innocence against a minimum sentence of 25 years, Lenny never gave up, and went on to be found not guilty. After deciding to retire from the violent life, Len turned his hand to acting, having parts in *The Fifth Element* and *Lock, St...*

9781857825701

Pub Date: 1/1/03

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Trade Paperback

226 Pages

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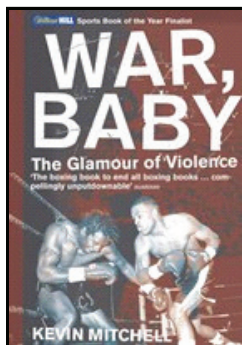
Biography & Autobiography

/ Sports

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## War, Baby

**The Glamour of Violence**

Kevin Mitchell

### Summary

An award-winning journalist and boxing aficionado recounts the story of the infamous 1995 bout between Britain's Nigel Benn and American Gerald McClellan that led to a reassessment of the sport as entertainment and of the procedures by which it is regulated.

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