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Mixed martial arts (MMA) Frank Trigg, Jon Jones, Cheick Kongo, Mark Kerr, Frank Shamrock, Tito Ortiz, Matt Hughes, and Chris Weidman.

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Jul 29, 2008 Frank Shamrock explains the basics of mixed martial arts - MMA. From armbar to leg locks and chokes to ground and pound.

### **Frank shamrock - wikipedia, the free encyclopedia**

Zinoviev's fight with Shamrock forced him to retire permanently from mixed martial arts. Shamrock Shamrock also wrote the Wiley book Mixed Martial Arts for Dummies.

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A thorough introduction to this wildly popular combat sport-in FULL COLOR! Mixed martial arts, or MMA, is a combat sport that combines practices from several martial