



Shootfighting: The Ultimate Fighting System

Bart Vale

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What is Shootfighting? It's a brutal hybrid sport that combines real wrestling moves with Eastern martial arts such as judo, karate and Muay Thai kickboxing. Among old-time wrestlers, the word "shoot" referred to the real thing - no scripts, no fake holds, no mercy. So Bart Vale coined the name Shootfighting to describe the new fighting system he learned from Japanese martial artists Masami Soranaka and Yoshiaki Fujiwara. The International Shootfighting Association (ISFA) created by Vale, Soranaka and Fujiwara has affiliated gyms and martial arts schools around the world. In this book, Shootfighting champion Vale takes you through the history of the sport, the training methods that will get you in peak shape, and the kicking, punching, takedown and submission-hold techniques that will give you the winning edge in all aspects of unarmed combat.

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