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# MMA, Grappling, And Self-Defense Drills And Warm-Ups: Over 50 Drills, Games, And Warm-Ups That Will Keep Your Students Training Through Black Belt (Martial Arts Business Success Steps Book 9)



## Synopsis

MMA & SELF-DEFENSE INSTRUCTORS!!! Are your MMA and self-defense classes getting stale? Do your students' eyes start to glaze over five minutes into their training? Are your students dropping out after just a few months? Let's face it; if your classes are boring and repetitive, you're never going to keep students around to Black Belt. Boredom is the kiss of death for professional martial arts schools... And that's why the best schools and instructors are always finding, borrowing, inventing, and stealing ways to spice up their classes so they keep their students motivated and in class. Not only that, but in this economy you simply can't afford to teach boring classes - and that's exactly where this book comes in. In "MMA, Grappling, and Self-Defense Drills and Warm-Ups" you'll find over 50 warm-ups, drills, and games that'll make it easy for you to:

- \* Create excitement in your classes
- \* Keep your students interested and looking forward to training
- \* Put a new twist on how you teach old techniques
- \* And, keep your students training up to and through Black Belt!

Plus, it includes a special BONUS SECTION, "Teaching Tips for Instructors!" In it, I reveal my secrets for teaching effectively derived from over two decades of teaching professionally! So, if you're struggling to come up with new ideas for your MMA and self-defense classes, this guide will provide you with over 50 warm-ups, drills, and games that will keep your students coming back, year after year. Get your copy at this special Kindle-only price today!

## Book Information

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## Customer Reviews

This book was very easy to read and I enjoyed learning some new drills to teach my students/clients. If you're looking to add some new drills to your mma class, this book will help.  
Coach David Alexander (dot) com "Learn to Fight -- Real Self Defense"

Great desk top reference and idea creating work. Easy read for reinforcing and refreshing any program.

I have purchased several of Mr. Michael Massie's books, and they are always informative! It's always nice to read his material. I will definitely keep my eye open for more from him!

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