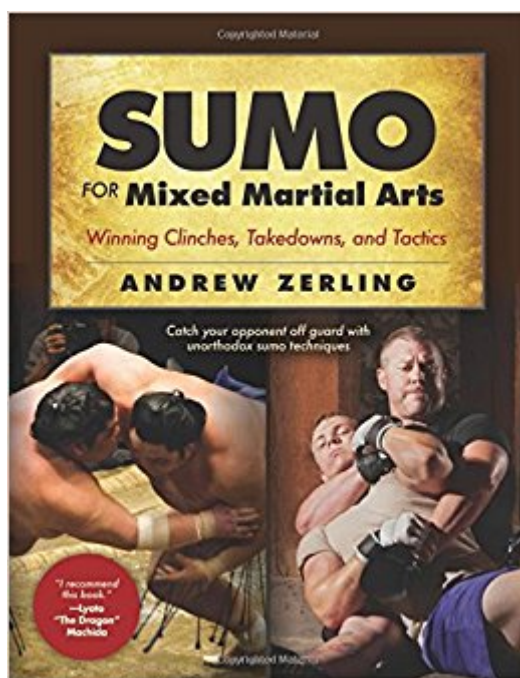


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# Sumo For Mixed Martial Arts: Winning Clinches, Takedowns, & Tactics



## Synopsis

Finalist - SPORTS 2016 INDIES Book Award  
**CATCH YOUR OPPONENT OFF GUARD WITH WINNING CLINCHES, TAKEDOWNS, AND TACTICS**  
This innovative book demonstrates how the study of sumo wrestling techniques can benefit practitioners of modern mixed martial arts (MMA), as well as other grappling arts. Sumo, Japan's ancient martial art, has its own particular variations of MMA-style body locks, throws, and trips, among other techniques. MMA competitors know their sport grew with the evolution of jujitsu, but many do not realize sumo can be seen as the root of jujitsu. Sumo uses distraction, angles, and leverage to steal an opponent's balance and take him down. Sumo for Mixed Martial Arts focuses on kimarite, or winning moves. Knowledge of these techniques can allow competitors to catch their opponents off guard with unorthodox clinches, takedowns, and tactics. The author places special emphasis on how smaller players can defeat larger adversaries. This book features in-depth demonstrations of 48 sumo kimarite (winning moves) with step-by-step instructions. Over 300 photos. Case studies of famous rikishi (sumo wrestlers). Discussion of sumo's development, rules, and training, as well as recent changes in sumo techniques. The author provides analysis of the three basic types of fighters in MMA and how sumo techniques and tactics can enhance their skills. He examines the fighting style of former UFC light heavyweight champion Lyoto Machida, who made highly effective use of sumo wrestling in MMA competition. In Sumo for Mixed Martial Arts Andrew Zerling casts an ancient martial art in new light. He combines his decades of training with a passion for research. MMA competitors, grapplers, wrestlers, and fans of sumo will appreciate the author's analysis and attention to detail. They will also come away with a wealth of new techniques.

## Book Information

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## Customer Reviews

"Andrew Zerling has done us all a service by taking what has been commonly regarded as a compartmentalized martial sport, sumo, and allowing us a peek inside its history and principles and giving us the opportunity to see how rich this vein of information can be to inform the modern incarnation of MMA." (Mark Hatmaker, Best-selling author of thirteen titles including the No Holds Barred Fighting series)  
"I recommend this Sumo for Mixed Martial Arts book to those who want to improve their grappling."  
(Lyoto "The Dragon" Machida, Former UFC light heavyweight champion)

Andrew Zerling is a black-belt martial artist with over two decades of experience in a variety of styles. His work has appeared in the Journal of Asian Martial Arts and Black Belt Magazine with Brazilian jiu-jitsu master Renzo Gracie. Sumo for Mixed Martial Arts: Winning Clinches, Takedowns & Tactics is Andrew's first book. Andrew Zerling resides in Rumson, New Jersey.

Especially for a newcomer like myself, Andrew Zerling's book is an extremely well-written, informative, and knowledgeable account of Sumo and winning clinches, takedowns, and tactics. I came across it by chance and once I picked it up & started reading, I just couldn't put it down. Who knew the history of Sumo Mixed Martial Arts could be so fascinating? Between the clear and instructive writing, plus the distinct photos of takedowns, etc., a reader will learn quite a bit about sumo wrestling techniques and the MMA.

I found Zerling's descriptive and visual narrative fascinating- something that wowed me since I have absolutely no working knowledge of Martial Arts. I highly recommend this book.

Andrew Zerling presents his fresh and unique perspective in his application of sumo technique to mixed martial arts. The book is comprehensively researched and illustrated and is a truly interesting read. The ample body of technical photos is clear and well described. Any serious student of martial arts would do well to add Zerling's book to their library!

Very few pictures

Well explained and easy to ready and understand

Great book! I learned a lot!

one of the best MMA martial art manual's I've seen, I've been, a FAN, and taken Martial-ART  
Leasonsoff- and on .I would love to learn Ninjutsu and sumo Wrestling but I would wouldn't want to  
be 300 pounds like most Athelics.I wish I could be a PRO-MMA Fighter.Thanks  
Dave-Fisherman.-N.Y.

TOTALLY UNORTHODOX!!! Sumo has always been a unique mystery to watch. It is finally moving  
into non-Japanese taking it up. Well now "SUMO FOR THE MIXED MARTIAL ARTS" has come out.  
There are many great Sumo books out there, but this one is very, very useful. A great book for all  
martial arts libraries!!! This volume will up your own martial arts in ways you wouldn't think possible.  
Sumo moves that you wouldn't think about can be applied to your MMA game and give it just a  
smooth edge that will throw your opponent off. Even the great Lyoto Machida Has used Sumo along  
with his other bag of tricks from Karate. Andrew Zerling is taking his observations and giving all of  
us an edge. And when you see Burton Richardson and Loren Christensen and others praising this  
book...you know it is a winner. Get this very interesting book for yourself now!!!Thank you Andrew  
Zerling for letting me watch Sumo in a whole new light!!!

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