

# **The Science Of Takedowns, Throws & Grappling For Self-Defense By Martina Sprague**

**By Martina Sprague**

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In Fighting Science, Martina Sprague teaches you everything footwork, movement, throws, takedowns and grappling. Speed In Defense Speed In Throws And Takedowns

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Jan 27, 2013 In this segment Jordan shows some of his best offensive attacks including his very explosive double-leg takedown. Shop Wrestling:

[http://www.youtube.com/watch?v=j\\_BkUZ3wOOA](http://www.youtube.com/watch?v=j_BkUZ3wOOA)

Martina Sprague: THE SCIENCE OF TAKEDOWNS, THROWS & GRAPPLING FOR SELF-DEFENSE: The odds are, if you're attacked on the street you will have to defend yourself

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The Science of Takedowns, Throws and Grappling for Self-defense is your guide to the concepts, skills, strategies and mindset required to survive an encounter with a

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Martina Sprague teaches you The Science of Takedowns, Throws and Grappling for Self-defense author of the top selling book Fighting Science,

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As we have heard about for many years now, the majority of street fights end up on the ground (usually, the statistic is around 80%). In the ideal situation, you are

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Throws: There are a variety Now that you have a general overview of wrestling takedowns, you can go out and explore specific techniques that interest you.

<http://wrestling.isport.com/wrestling-guides/wrestling-takedowns>

The 3 MUST KNOW No-Gi Single Leg Takedowns. The single leg takedown is one of the most common, high percentage takedowns for grapplers. It is prevalent in all aspects

<http://scienceofskill.com/bjj-takedown-basics/>

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Martina Sprague is one of those rare martial arts writers who fill her books with tons of information. She did it in Fighting Science and she does it again in The

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I was recently recommended a book called Fighting Science by Martina Sprague. movement, throws, takedowns, and grappling. Tactics for Self-Defense,  
<http://pacificwavejiujitsu.com/blog/fighting-science-a-book-review/>

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Top 4 Most Useful Takedowns in MMA. Top 4 Most Useful he waits for his opponent to throw a flurry of punches and then explodes right fight science,  
<http://www.scifighting.com/2013/09/23/13831/useful-takedowns-mma/>

The SAS Self-Defense Handbook: 1092. The Science of Fencing: Throws and Grappling for Self-Defense by Martina Sprague: 1094.  
[http://spiritdimension.com/martial-arts\\_/054/](http://spiritdimension.com/martial-arts_/054/)

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