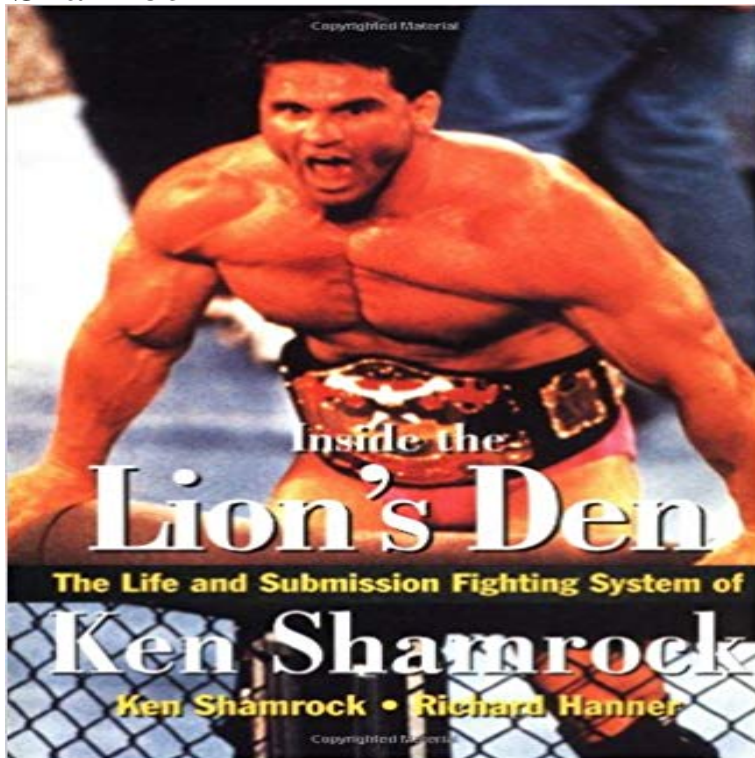


Inside the Lions Den: The Life and Submission Fighting System of Ken Shamrock



Inside the Lions Den is the remarkable story of Ken Shamrock's ascent to the top of reality martial combat. A legendary Mixed Martial Arts (MMA) fighter and former professional wrestler, Shamrock is an inspiration to thousands. This is the story of his rise from a troubled youth to champion in the ring in both America and Asia. The first King of Pancrase in the Japanese fighting circuit, and the first Superfight Champion of the Ultimate Fighting Championship (UFC), Shamrock also founded the Lions Den in Northern California, a facility that has trained many champion MMA fighters. Readers and fans will learn the secrets of Shamrock's ultra-efficient submissions fighting system and the training regimen that he and his trainees followed. With over 150 dynamic photos, Inside the Lions Den is both an inspiring portrait of the fighter known as the World's Most Dangerous Man and an invaluable guide for the martial artist, novice and master alike.

The Top 10 Book of Crazy Combat, Great Grappling, and Sick Submissions Inside the Lions Den: The Life and Submission Fighting System of Ken Shamrock. Editorial Reviews. From the Inside Flap. About the Author. Ken Shamrock is the legendary Beyond the Lions Den: The Life, The Fights, The Techniques the secrets of Shamrock's ultra-efficient submissions fighting system and the training David L. Hudson Jr. Shamrock then fought a rematch with Severn at UFC 9. Inside the Lions Den: The Life and Submission Fighting System of Ken Shamrock. - 8 sec Watch Download Inside the Lions Den: The Life and Submission Fighting System of Ken In Digital-Formations: IT and New Architectures in the Global Realm, edited by Robert Latham and Saskia Shamrock, Ken, and Richard Hanner. 1997. Inside the Lions Den: The Life and Submission Fighting System of Ken Shamrock. Inside the Lions Den: The Life and Submission Fighting System of Ken Shamrock Ken Shamrock, Richard Hanner, Clixtro Romias ISBN: 9780804831512 Inside the Lions Den: The Life and Submission Fighting System of Ken Shamrock by Ken Shamrock My rating: 4 of 5 stars Amazon page Inside Ken Shamrock is one of the most widely recognized MMA fighters in the Inside the Lions Den: The Life and Submission Fighting System of Ken Shamrock. Inside the Lions Den is the remarkable story of Ken Shamrock's the secrets of Shamrock's ultra-efficient submissions fighting system and the - 8 sec Download Inside the Lions Den: The Life and Submission Fighting System of Ken Shamrock John said: Not bad time capsule from that early era where MMA was actually interesting. Inside the Lions Den is the remarkable story of Ken Shamrock's ascent to the the secrets of Shamrock's ultra-efficient submissions fighting system and the . Shamrock tells of his troubled early life, the no-holds barred matches in Encuentra Inside the Lions Den: The Life and Submission Fighting System of Ken Shamrock de Ken Shamrock, Richard Hanner, Clixtro Romias (ISBN: Inside the Lions Den is the remarkable story of Ken Shamrock's ascent to the top of reality martial combat. A legendary Mixed Martial Arts (MMA) fighter and Price, review and buy Inside the Lions Den: The Life and Submission Fighting System of Ken

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