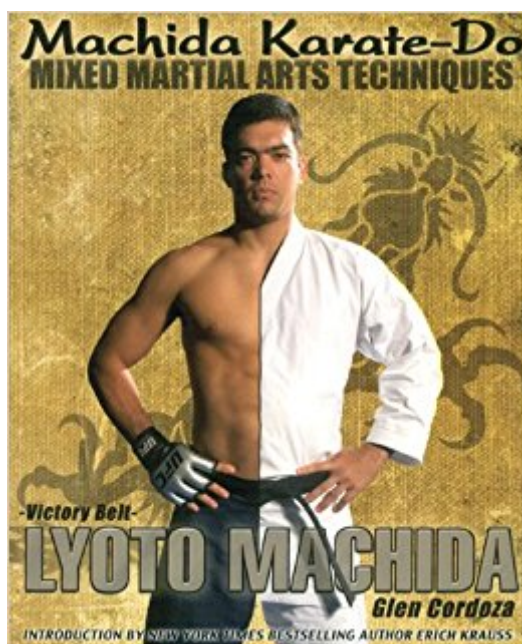


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# Machida Karate-Do Mixed Martial Arts Techniques



## Synopsis

Lyoto Machida, son of karate master Yoshizo Machida, is one of the top-ranked mixed martial arts competitors in the world. After earning his karate black belt at thirteen, he mastered a number of other martial arts disciplines, including sumo and Brazilian Jiu-Jitsu. Combining techniques from the various disciplines to form an unorthodox and highly effective fighting style, Machida took the martial arts world by storm, defeating legendary mixed martial artists such as BJ Penn, Rich Franklin and Tito Ortiz. Now, for the first time, Machida divulges the secrets to his revolutionary fighting system. Detailing everything from stance to complex combinations to elaborate counterattacks to intricate ground fighting tactics, Machida has left no stone unturned. In *Machida Karate-Do*, Lyoto Machida teaches martial artists his unique fighting system, bringing them to the next level of competition.

## Book Information

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## Customer Reviews

Lyoto Machida is a Japanese-Brazilian professional mixed martial arts fighter. Son of a Japanese-Brazilian Shotokan karate master, Lyoto is considered by many to be the next big superstar of the UFC, and currently holds the UFC light heavyweight title. He is the 1st UFC fighter to win a title with a perfect record (15-0). Erich Krauss is a professional Muay Thai fighter and a New York Times bestselling author. He has written over twenty books. Glen Cordoza is a professional MMA fighter. He is the author of eight books on the sport of MMA, including the best-selling title, *Mixed Martial Arts*.

I was looking forward to reading this book when it first appeared on the "to be released list" last year. Even after his loss to Rua (who is an absolute beast), I still wanted to find out more about Lyoto's techniques, both strengths and to some extent, weaknesses. I am a fan of MMA and a former practitioner of full contact karate; hence, applying karate techniques to MMA seems like an interesting concept to me. Karatekas will readily recognize the strikes. In my opinion, point style karate practitioners can also benefit from the combinations used in this book. Take-downs, defenses, ground work (with basic submissions) and clinches are covered here as well. The pictures and the descriptions are nice and clear, which is a major bonus for this book. That being said, I still think there is some room for improvements, which are probably in order for the next volume(s). It would be beneficial to see the basic strikes and more footwork with clear explanations (much like the Machida-do DVD series). Also, a little more on work-out regiment (stretches, cardio, strength training, etc) could add a lot of value to this series. There might be some flaws with this unique system (just like any other) but as it stands, Lyoto's hard work has given karate credence as a striking base for MMA.

This was a Christmas gift for my son who is into mixed martial arts. I had no idea what book to buy him as he just requested a MMA book. After reading all the reviews I selected this one. My son LOVED it!!! He has books by the same gentleman and did not know this one was out. It was truly a hit!! A home run!!!! All the reviews from people who had purchased this book were spot on!! My son is 29 and has been in martial arts for 23 years and has been in several competitions. Every good review about this book was accurate.

I purchased this book as a gift for my Machida-crazed boyfriend. It arrived well in time for his birthday and is in love with it! I had no idea how informative and well done this book was! Kind of makes me regret getting it as now my boyfriend wants to try all the moves he's reading about on me. Very impressed by this book and highly recommend it to anyone who's a martial arts fan.

well done and explained very well. easy to understand and to read. great book for mma

LYOTO MACHIDAMachida Karate-DoMixed Martial Arts Techniquesby Glen Cordozapresented by Victory BeltÃfâ Ã Â© Marc Wickert February 21, 2010[...]In Machida Karate-Do: Mixed Martial Arts Techniques, Lyoto Machida shares with readers the techniques that took him to the top of UFC's light-heavyweight pedestal. As the rear cover states, "Each chapter takes you deeper into the

heart of MMA, uncovering a wide array of techniques from karate, sumo, wrestling, and Brazilian jiu-jitsu."The techniques included in this book have been battle tested and refined through the generations by the Machida family. Lyoto Machida, son of Yoshizo Machida, was awarded his karate black belt at 13, and has successfully incorporated Brazilian jiu-jitsu, wrestling, Muay Thai and sumo into his ultimate-fighting game to become one of the most successful UFC combatants in history, notching up an impressive 16-0-0 MMA record. And although "The Dragon's" cage-fighting style is somewhat unorthodox, Machida is the first athlete to dominate his division in the UFC with a traditional karate base.

*Machida Karate-Do: Mixed Martial Arts Techniques* unveils a wide range of this UFC Champion's techniques, from stand-up to takedowns and submissions, as well as defense and escapes. This book is companion to the 4 DVD Box Set *Machida-Do Karate for Mixed Martial Arts*, and is an excellent publication for the novice or the elite practitioner, with all moves clearly illustrated from a variety of angles.

*Machida Karate-Do: Mixed Martial Arts Techniques* covers seven main categories:

- Striking Attacks
- Intercepting Attacks
- The Clinch
- Attacking the Guard
- Attacks from Dominant Control
- The Guard
- Escapes

Striking Attacks\* Entering with kicks.\* Entering with punches.\* Foot sweeps and leg trips.

Intercepting Attacks\* Intercepting kicks.\* Intercepting punches.\*

Takedown defense.

The Clinch\* Muay Thai clinch.\* Attacks from neutral clinch.\* Clinch defense.

Attacking the Guard\* Attacking the downed guard.\* Attacking the full guard.\* Attacking the half guard.

Attacks from Dominant Control\* Side control attacks.\* Mount attacks.\* Back attacks.

The Guard\* Closed and open guard.\* Butterfly and half guard.

Escapes\* Escaping controls.\* Submission defense.

Anybody that has a mild interest in mixed martial arts will recognize Lyoto Machida. He is a former light heavyweight champion of the UFC and has gained much attention through his Karate style striking. He is considered to be the most elusive striker in the MMA, using angles in all movements to attack and counter-attack which results in him taking less punishment than most fighters in the sport. In this book he breaks down every technique, showing movement patterns and foot placement to achieve this elusive striking style. In addition to learning his unique striking/counterstriking techniques he also goes over clinching, attacking the guard, ground techniques, and escapes. If you have ever watched his fights than you will recognize some of these techniques; for example I found myself thinking, "so that's how he sets up that foot sweep." The majority of these techniques and combinations are unique and won't be found in other martial arts books. There is also a introduction that explains Lyoto's childhood and his path to becoming a UFC champion. I like to break things down to make sure I'm getting my moneys worth. There are 105 techniques in this book and it cost

around \$25 on . That's only 25 cents for a useful technique from one of the best martial artists on the planet, which if practiced can help win your next fight or at least improve your game. This book is a great investment for any martial arts practitioner or anybody with a interest in his fighting style.

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