



Fight to Win: 20 Simple Techniques That Win Any Fight

Martin J. Dougherty

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If you are going to fight, you might as well fight to win! This book presents 20 simple fighting techniques that will win any fight, any time!

Fight to Win strips self-defense and street fighting tactics down to the basics, presenting a uniquely effective fighting system with a minimum of technical jargon and maximum effect. Martin J. Dougherty holds three black belts and has spent more than two decades training championship fighters in many disciplines. Dougherty is committed to teaching men and women of all skill levels and incorporates specialized programs tailored to the physically disadvantaged and those with disabilities. Drawing upon his broad-based expertise, Dougherty presents twenty simple fighting techniques guaranteed to give you the advantage in any fight. Learn such famed techniques as the: Hammerfist, the Two-Legged Takedown, and the Triangle Choke. Whether used in competition or on the street, these fighting techniques are virtually unbeatable. In addition to step-by-step photos, *Fight to Win* offers easy-to-follow instructions and additional notes on combat psychology and tactics to help you hone a fighter's instincts.

Fight techniques include:

- How to Attack the Human Body
- Basic Takedown Defense
- Groundfighting positions
- Striking Techniques
- Leg Takedowns
- Tactical Considerations

Because if you're going to fight, fight to win.

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