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Machida Karate-Do Mixed Martial Arts Techniques

Lyoto Machida, Erich Krauss, Glen Cordoza

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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.

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