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While the title says "anatomy": it should be marketed more as a training book - it has a substantial details on resistance workout and exercises that benefit those various martial arts and even has them divided by beginner, intermediate and advanced students. Great book, but then Delaviers books are all great.

Amazon.com: Customer reviews: Delavier's Mixed Martial ...

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Frederic Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious Ecole des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculte de Medecine.

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