

## NO HOLDS BARRED FIGHTING: SAVAGE STRIKES

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The techniques taught in this book enable fighters and self-defense students to knockdown and knockout their opponents. Maneuvers covered include the unique no holds barred (NHB) striking stance and the complete NHB striking arsenal-every punch, kick, elbow blow, knee strike, head-butt, forearm shot, and shoulder-butt is detailed.

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No holds barred defenses are also taught for all of these shots. Instructions on counter-striking sequences and the smart shots to land when the fight hits the mat are also included. Instructions on counter-striking sequences and the smart shots to land when the fight hits the mat are also included.

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Mark Hatmaker is the author of No Holds Barred Fighting and More No Holds Barred Fighting. He is the founder of Extreme Self Protection, a company that compiles, analyzes, and teaches unarmed combat methods. He lives in Knoxville, Tennessee.

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### [No Holds Barred \(1989 film\) - Wikipedia](#)

No Holds Barred: The Match/The Movie, as the event was billed, was shown on pay-per-view on December 27, 1989. The program consisted of the film in its entirety, followed by a match previously recorded at a Wrestling Challenge taping on December 12 in Nashville, Tennessee.

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