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Jul 29, 2008 Frank Shamrock explains the basics of mixed martial arts - MMA. From armbar to leg locks and chokes to ground and pound.

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Frank Shamrock, born Frank Alisio Juarez III on December 8, 1972, is an American] mixed martial

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Zinoviev's fight with Shamrock forced him to retire permanently from mixed martial arts. Shamrock Shamrock also wrote the Wiley book Mixed Martial Arts for Dummies.

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