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Anderson da Silva (Portuguese pronunciation: [ [de s õ siwv](#) ]; born April 14, 1975) is a Brazilian-American professional mixed martial artist currently signed with the Ultimate Fighting Championship (UFC). He is a former UFC Middleweight Champion and holds the record for the longest title reign in UFC history at 2,457 days. This started in 2006 and ended in 2013 and included a UFC ...

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Anderson “ The Spider ” Silva—Brazilian Jiu-Jitsu black belt, boxing and Muay Thai specialist, and current UFC middleweight champion—is the most decorated martial artist in the UFC. In Mixed Martial Instruction Manual: The Muay Thai Clinch, Takedowns, Takedown Defense, and Ground Fighting, Silva unveils the secrets to his fighting success.

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In Mixed Martial Arts Instruction Manual, UFC Middleweight Champion Anderson Silva unveils more than 150 striking techniques that have been proven in the Octagon. Detailing everything from basic punches and kicks to complex combinations through 1500 step-by-step color photographs and descriptive narrative, this book will become a bible for both beginning practitioners and seasoned

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