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```
1 <!DOCTYPE html>
2 <html>
3   <head>
4     <meta charset="UTF-8">
5     <meta name="viewport" content="width=device-width, initial-scale=1.0">
6     <title>Diffrent Types Of Mixed Martial Arts</title>
7     <link href="/style.css" rel="stylesheet" type="text/css" media="all">
8   </head>
9   <body>
10    <h1> 2 Types Of MMA Fighting Styles</h1>
11    <h2>There are many diffrent types of MMA fighting styles</h2>
12    <p> Countless people train in MMA fighting styles, for fitness, sport, and self-defense.
13    </p>
14    <p> The Ultimate Fighting Championship (UFC) has propelled the industry to stardom. The bler
15    does it include?
16    </p>
17    <p> <strong> 1. Brazilian Jiu-Jitsu </strong> <br>
18    Jiu-jitsu uses locks, throws, pressure points, and levers to submit an opponent. Back on the
19    strikes were futile.
20    </p>
21    <p> <strong> 2. Muay Thai </strong> <br>
22    The art of eight limbs is Thai-style kickboxing taken up a few notches. Muay Thai fighters b
23    to defend and attack. Fighters strike with shins rather than feet. The roundhouse techni
24    motion; Muay Thai roundhouse kicks are like the swing of a bat.
25    </p>
26    <p> Like <strong>Khabib Nurmagomedov</strong> said <q>Climb the mountin so you can see the v
27    <i>-Khabib Nurmagomedov</i>
28    </p>
29    <p><a href="news-hub.html">Return to News Hub</a></p>
30  </body>
31 </html>
```