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FIGHTER S FACT BOOK: PRINCIPLES AND DRILLS TO MAKE YOU A BETTER FIGHTER



YMAA Publication Center, United States, 2016. Paperback. Book Condition: New. 2nd. 229 x 152 mm. Language: English . Brand New Book. With over 45 years of experience in the ring, on the mat, and in the street, Loren W. Christensen understands the daily challenges martial artists face. In this book he has put together a collection of over 400 tips, drills, principles, concepts, and exercises to give you the edge, no matter what style of martial art you practice. Discover...

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- Authored by Loren W Christensen
- Released at 2016



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Reviews

I actually started off looking over this publication. It is written in easy terms instead of difficult to understand. You are going to like the way the writer writes this ebook.

-- **Anabel Nienow II**

An extremely wonderful pdf with perfect and lucid information. Better than never, though I am quite late in starting to read this one. I realized this publication from my dad and I recommended this publication to understand.

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