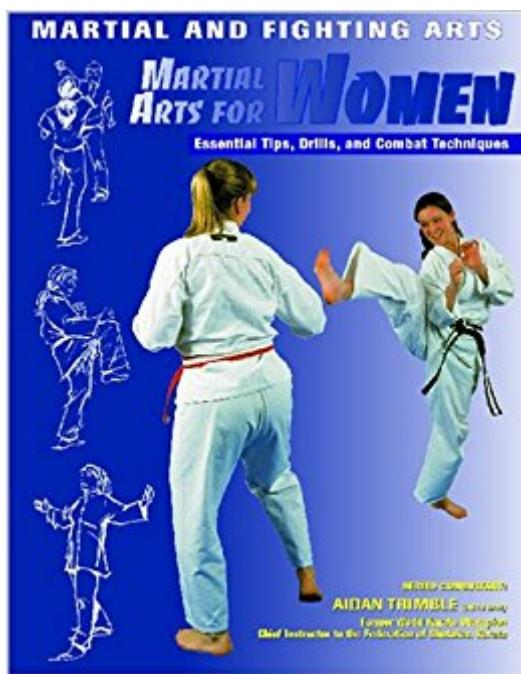


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# Martial Arts For Women: Essential Tips, Drills, And Combat Techniques (Martial And Fighting Arts)



## Synopsis

An introduction to the martial arts and a practical manual on how women can use martial arts techniques to get fit and defend themselves.

## Book Information

Series: Martial and Fighting Arts

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Average Customer Review: Be the first to review this item

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