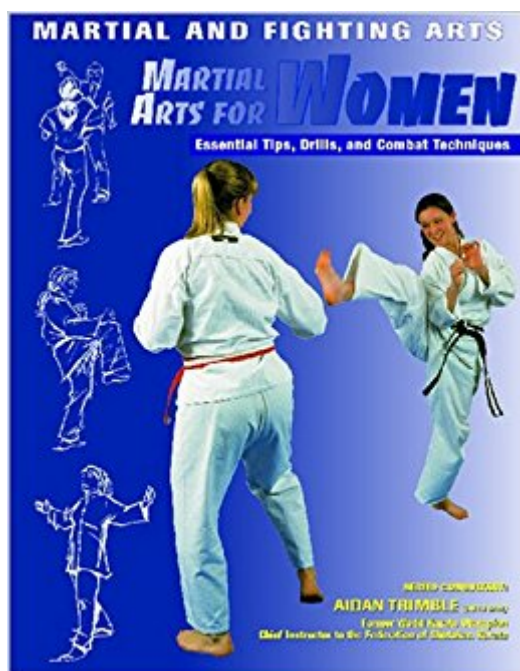


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Martial Arts For Women: Essential Tips, Drills, And Combat Techniques (Martial And Fighting Arts)



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

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