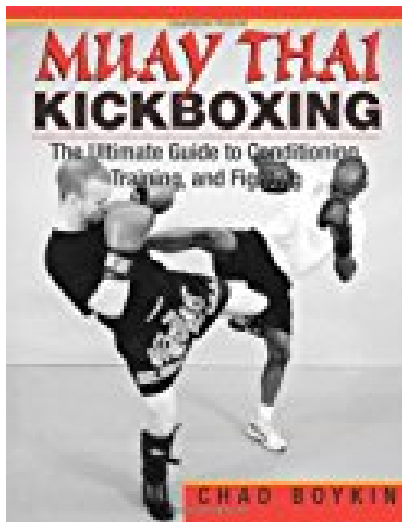


Muay Thai Kickboxing The Ultimate Guide To Conditioning Training And Fighting



BOOK DETAILS

- Author : Chad Boykin
- Pages : 207 Pages
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BOOK SYNOPSIS

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known martial arts figure in the world.

MUAY THAI KICKBOXING THE ULTIMATE GUIDE TO CONDITIONING

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