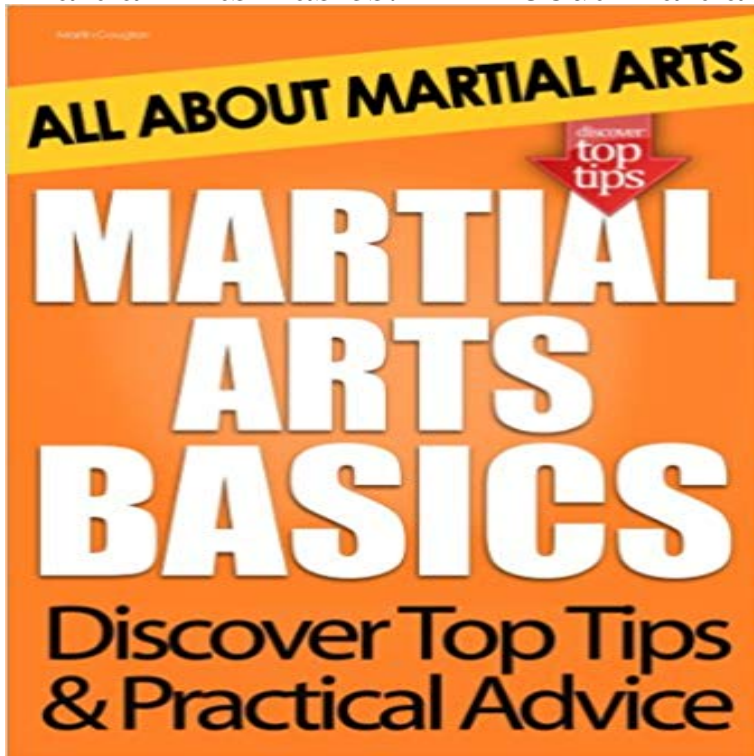


Martial Arts Basics: All About Martial Arts



Martial Arts Basics: All About Martial Arts is a simple and easy-to-read book in which you'll discover top tips and practical advice to learn all about martial arts including... Martial Arts: A Brief History A Healing Art An Overview of Martial Arts Benefits of Learning Martial Arts Types of Modern Martial Arts How to Choose a Martial Arts Uniform Proper Execution of a Martial Arts Form Where to Get Power Gaining Power Through Your Stance How to Read Your Opponents Moves Knowing Where to Punch Effective Use of Shin Kicks Fighting a Bigger Fighter Finding the Right Training Program Training Tips

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