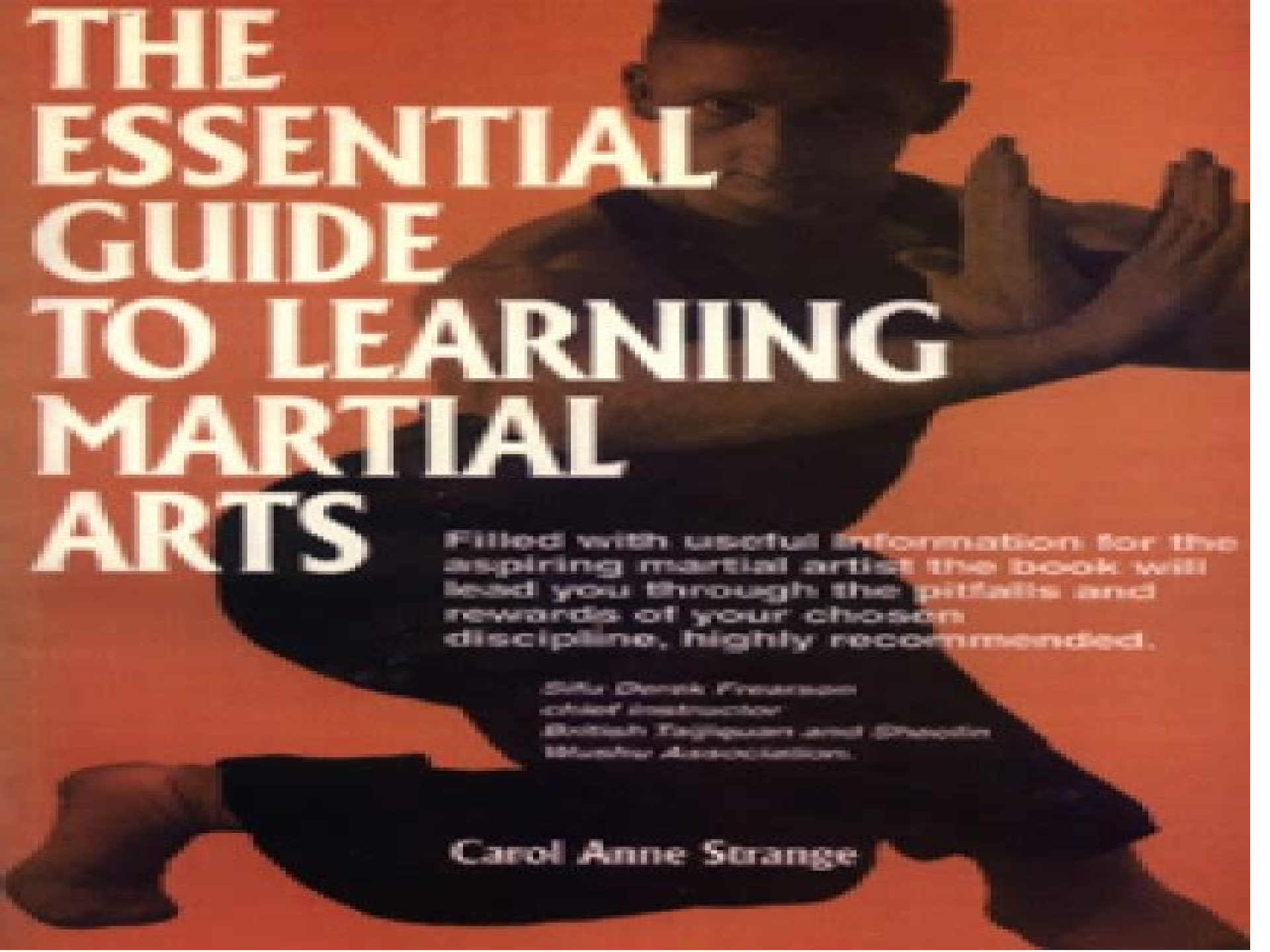




THE ESSENTIAL GUIDE TO LEARNING MARTIAL ARTS

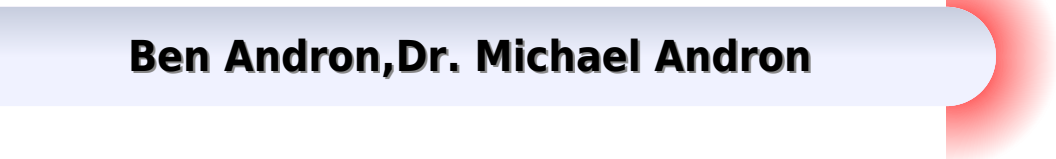
Filled with useful information for the aspiring martial artist the book will lead you through the pitfalls and rewards of your chosen discipline, highly recommended.

Sifu Derek Freeman
chief instructor
British Taekwondo and Shodan
Martial Associations.

Carol Anne Strange

The Ebential Guide To Learning Martial Arts

Ben Andron, Dr. Michael Andron



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