

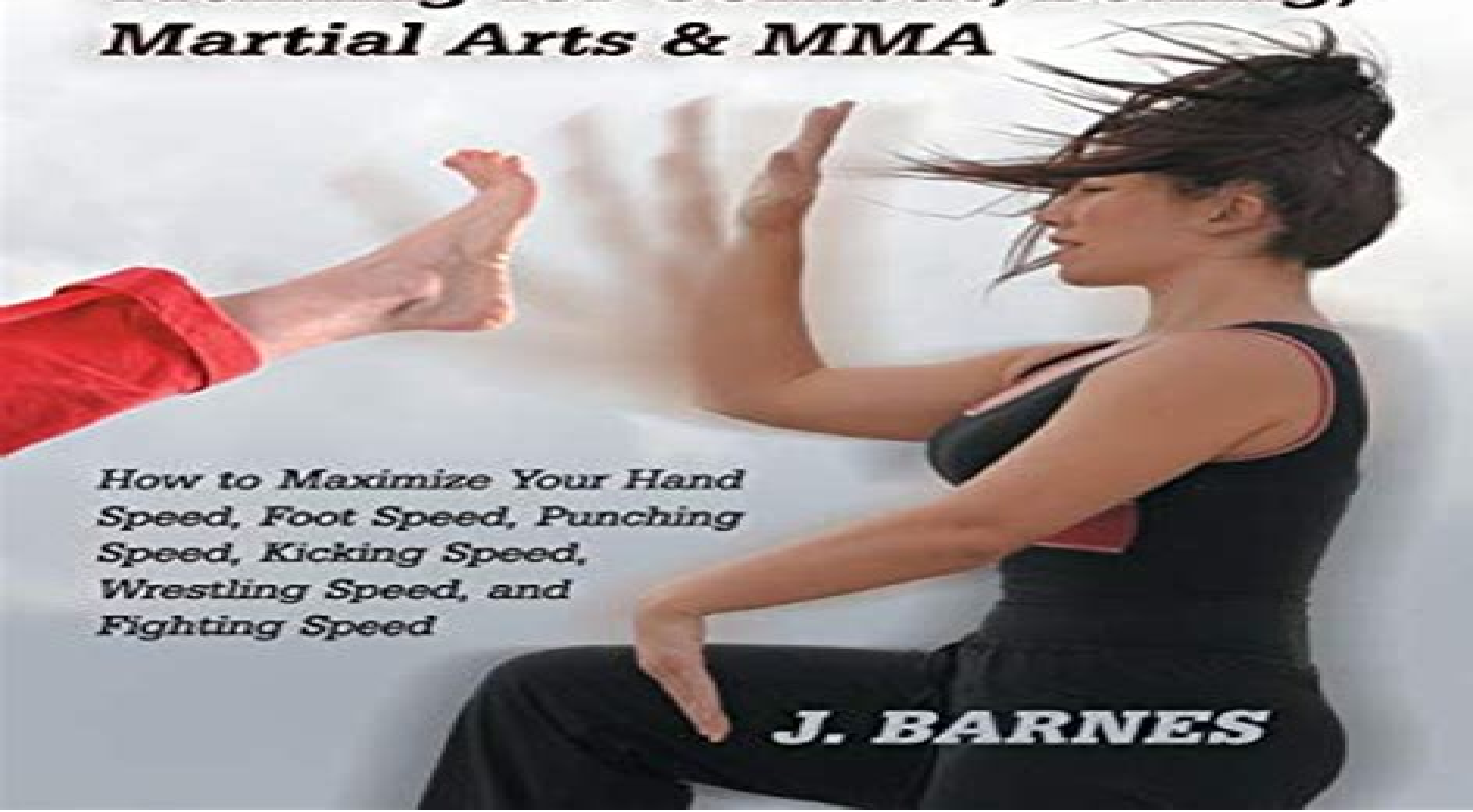


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***How to Maximize Your Hand
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Speed, Kicking Speed,
Wrestling Speed, and
Fighting Speed***

J. BARNES



Speed Training For Martial Arts How To Maximize Speed For Competition And Selfdefense

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