

SOLO TRAINING

The Martial Artist's Home Training Guide



325
*techniques, drills,
& exercises*

LOREN W. CHRISTENSEN

Solo Training The Martial Artists Guide To Training Alone

Loren Christensen



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50 Martial Arts Myths Sulaiman Sharif,2009-11-25 Presents and refutes various myths about the martial arts and gives detailed information about the various disciplines for martial arts teachers students and enthusiasts

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