

MARTIAL ARTS MANUAL

For Stretching, Strengthening, Prevention,
and Treatment of Common Injuries

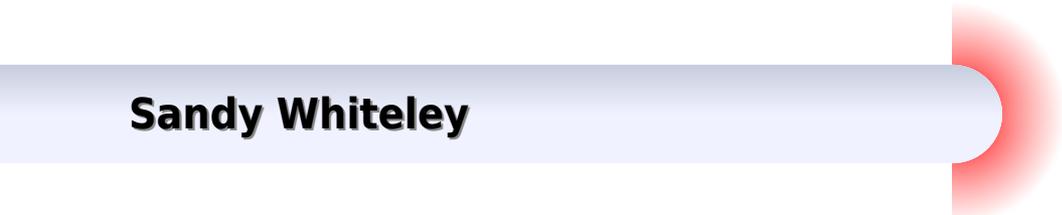


BRADLEY HEINECK

A guide for stretching and strengthening exercises from contemporary martial traditions.
and also includes injury prevention and management techniques for common martial arts.

Global Trend Martial Arts Manual

Sandy Whiteley



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