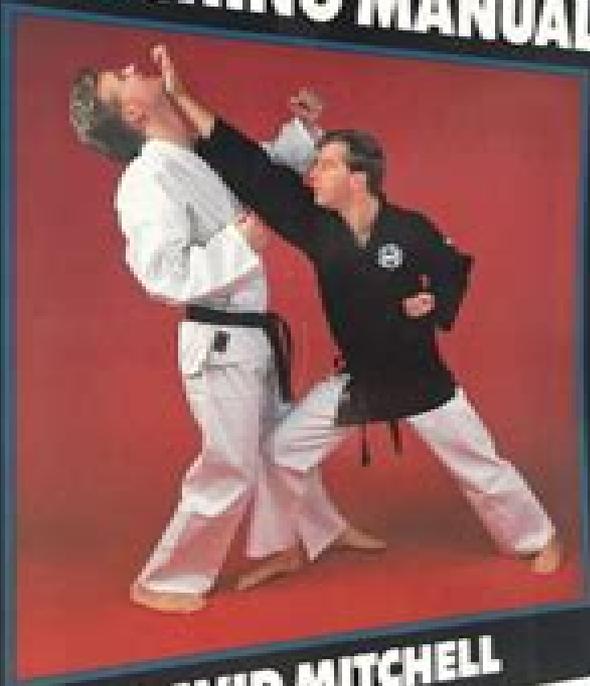


THE MARTIAL ARTS COACHING MANUAL



DAVID MITCHELL

A MARTIAL ARTS COMMISSION APPROVED BOOK

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