



**The Complete Mixed
Martial Arts Training
Manual: A Fighter's Guide
to Mastery**

Master Boxing, Brazilian Jiu-
Jitsu, Muay Thai, Wrestling,
Taekwondo, Judo, Kung Fu & 4
More Disciplines for Total Cage
Domination

By

Liang Wei Hao

Complete Workbook Martial Arts Manual

KJ Lindholm-Leary



Complete Workbook Martial Arts Manual:

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