

# MARTIAL ARTS MANUAL

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

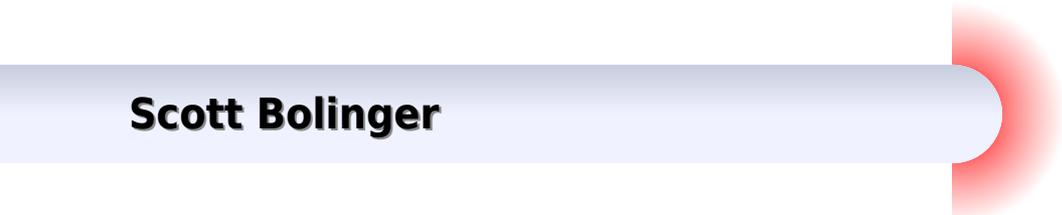


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A guide for stretching and strengthening established from contemporary medical knowledge.  
Manual also includes proper prevention and management techniques for common martial arts injuries.

# Martial Arts Manual Ebook

**Scott Bolinger**



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