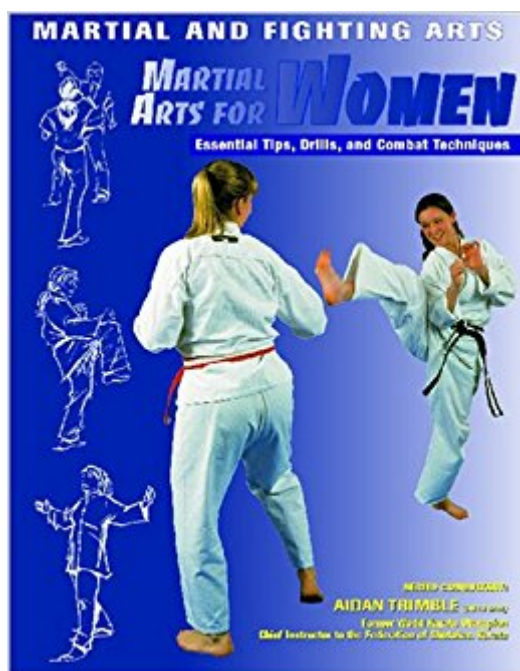


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Martial Arts For Women: Essential Tips, Drills, And Combat Techniques (Martial And Fighting Arts)



Synopsis

An introduction to the martial arts and a practical manual on how women can use martial arts techniques to get fit and defend themselves.

Book Information

Series: Martial and Fighting Arts

Library Binding: 96 pages

Publisher: Mason Crest Publishers (October 1, 2002)

Language: English

ISBN-10: 1590843959

ISBN-13: 978-1590843956

Product Dimensions: 9.6 x 7.6 x 0.4 inches

Shipping Weight: 15.7 ounces

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