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Effective Unarmed Combat:

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Unarmed Combat Martin J Dougherty,2012-05-25 With the aid of superb line artworks Unarmed Combat demonstrates how different martial arts have been combined by special forces units to create hand to hand combat systems for defence against multiple assailants and explains what works and what doesn't The book is the definitive guide for anyone wanting to be ready for anything **"Code of Massachusetts regulations, 2016"** ,2016 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **"Code of**

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leg targeting can strongly challenge an opponent's defense and how to hone low line kicking power and speed so that rapid fire low line kicking becomes a powerful advantage. These techniques are prime for MMA competitors and anyone who wants to improve both their self defense and competition skills with the best empirical information available.

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