

6. The side



1. The starting stance



2. The starting stance



3. The kick side. In the end of the kick leg and be attention

7. The side's side



1. The starting stance



2. By front



3. The kick side

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Essence Of Self Defense

Albert A Gayle



Essence Of Self Defense:

Essence Of Self Defense Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Essence Of Self Defense**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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