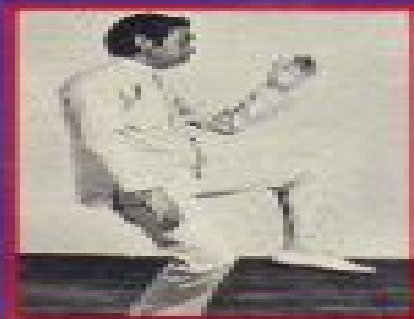


HANDBOOK OF THE MARTIAL ARTS AND SELF-DEFENSE



William Logan
and
Herman Petras

Handbook Of The Martial Arts And Self Defense

Pasquale De Marco



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Black Belt , 1968-01 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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