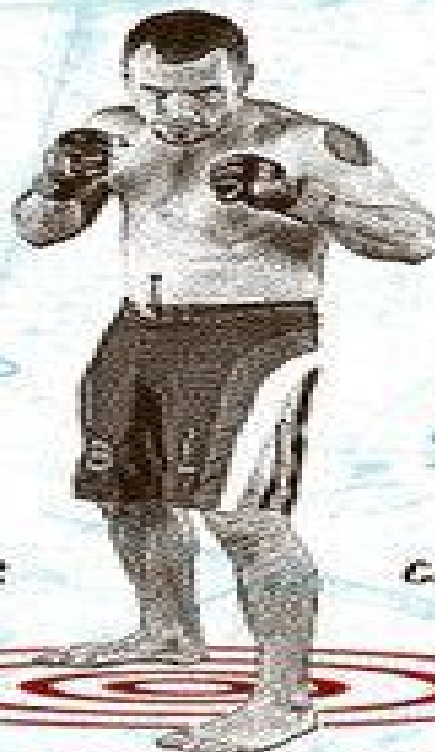


THE ULTIMATE **MIXED MARTIAL ARTS** **TRAINING GUIDE**

TECHNIQUES FOR FITNESS, SELF DEFENSE & COMPETITION



DANNY FLYLER



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Martial Arts Training Guide

RJ Shavelson

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