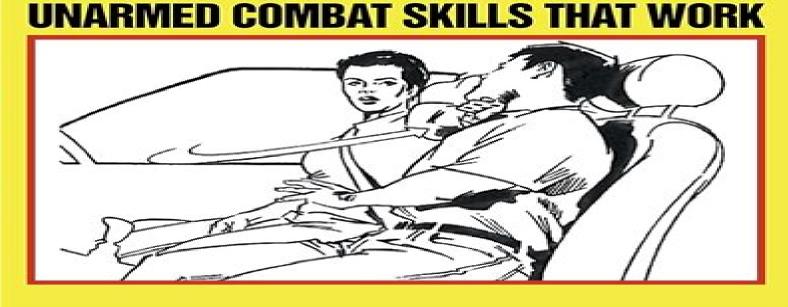
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# **How To Defend Yourself Unarmed Combat Skills That Work**

**S** Ashworth

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