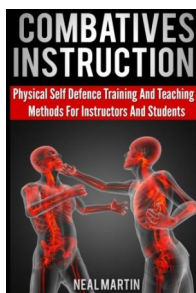


Combatives Instruction: Physical Self Defense Teaching and Training Methods for Instructors and Students



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