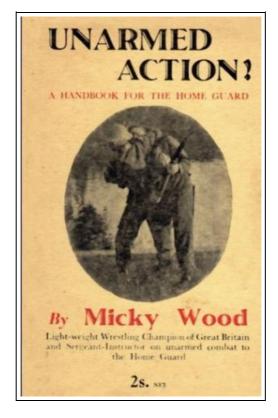
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Reviews

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Naval Military Press, 2016. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****.Written by champion wrestler turned unarmed combat instructor Mickey Wood, this concise guide to hurting or killing your enemy with the use of hands, fists arms or legs, was popular reading with the Home Guard recruits at whom it was aimed. Wood outlines in clear language and the aid of photographs: blows, breakfalls and strangleholds - all designed to disarm and overpower an armed opponent.



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