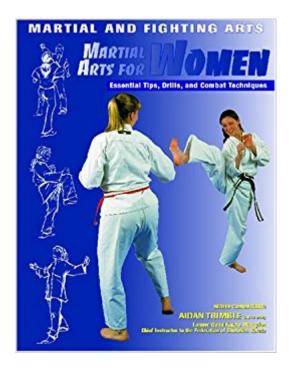


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# Martial Arts For Women: Essential Tips, Drills, And Combat Techniques (Martial And Fighting Arts)





# Synopsis

An introduction to the martial arts and a practical manual on how women can use martial arts techniques to get fit and defend themself.

### **Book Information**

Series: Martial and Fighting Arts Library Binding: 96 pages Publisher: Mason Crest Publishers (October 1, 2002) Language: English ISBN-10: 1590843959 ISBN-13: 978-1590843956 Product Dimensions: 9.6 x 7.6 x 0.4 inches Shipping Weight: 15.7 ounces Average Customer Review: Be the first to review this item Best Sellers Rank: #8,342,362 in Books (See Top 100 in Books) #49 in Books > Teens > Sports & Outdoors > Martial Arts #898 in Books > Children's Books > Sports & Outdoors > Martial Arts #5316 in Books > Self-Help > Abuse Age Range: 12 and up Grade Level: 7 and up

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