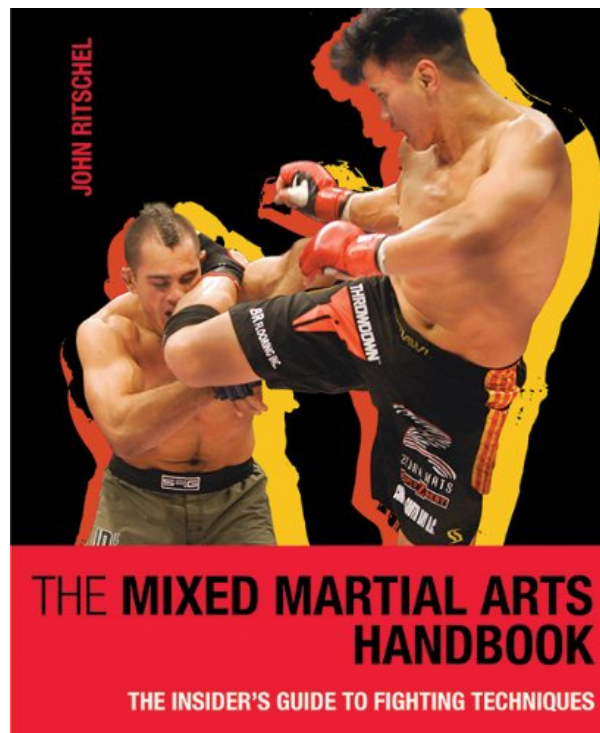
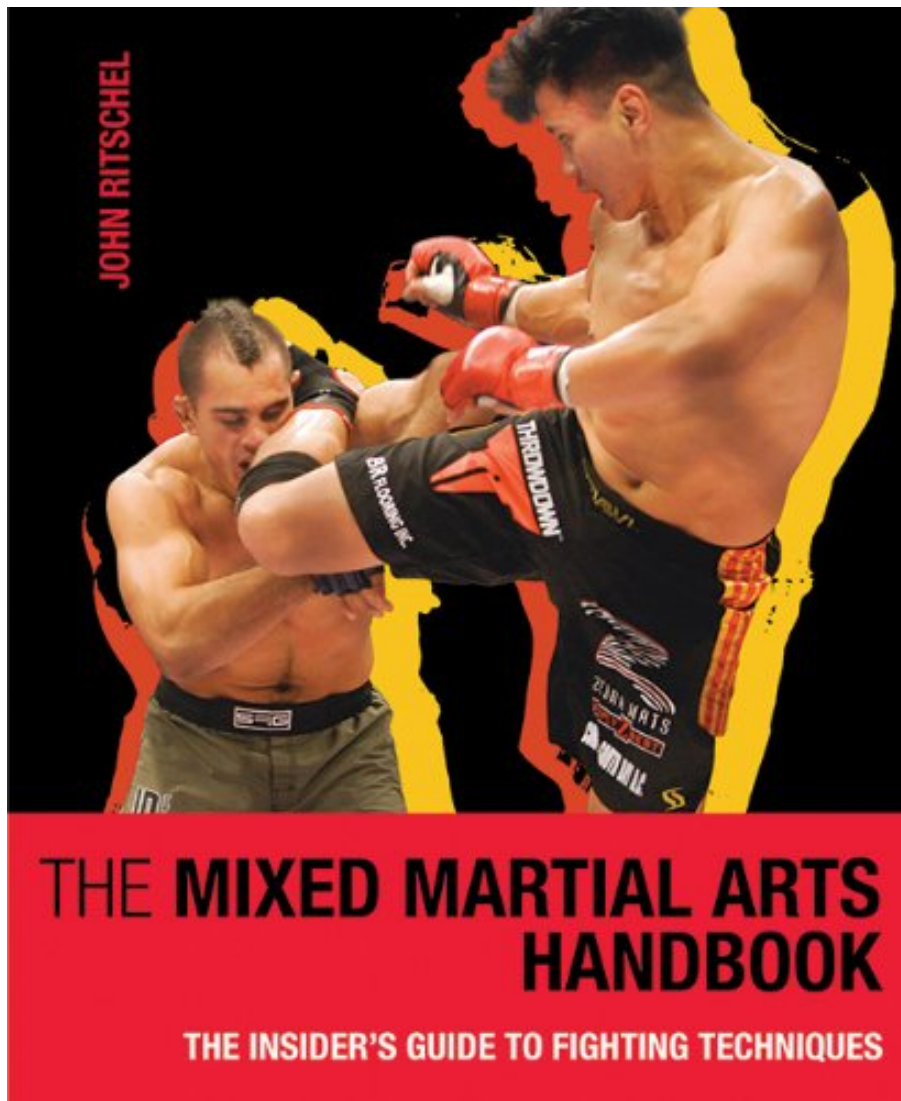


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About the Author

John Ritschel has studied karate, taekwondo, hapkido, Western boxing, kung fu, kickboxing, and wrestling. He recently won a silver medal in the Open World Championship and has been awarded Fighter of the Year from the International Martial Arts Hall of Fame.

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- Sales Rank: #3007271 in Books
- Brand: Ritschel, John
- Published on: 2010-01-27
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 7.50" w x 7.38" l, 1.24 pounds
- Binding: Paperback
- 192 pages

Features

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