

# **Kickboxing Sparring**

**By Justyn Billingham**

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Justyn Billingham started training in taekwon-do at the age of fourteen, and while studying that art he also took up karate and kickboxing to further advance his

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Justyn Billingham Kickboxing Sparring Language: English Pages: 192 Publisher: Crowood Press (February 1, 2010) ISBN: 978-1847971302 Format: PDF / Kindle / ePub

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Justyn Billingham's 1st book Covers sparring and is currently a monthly columnist for Martial Arts Illustrated magazine. Justyn has held various titles

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Martial Arts Book Reviews A Review of Kickboxing Sparring by Justyn Billingham Published by Crowood ISBN 978-1-84797-130-2 I am a 1st Dan Black Belt in Kick boxing

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