

Kickboxing Sparring

By Justyn Billingham

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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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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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