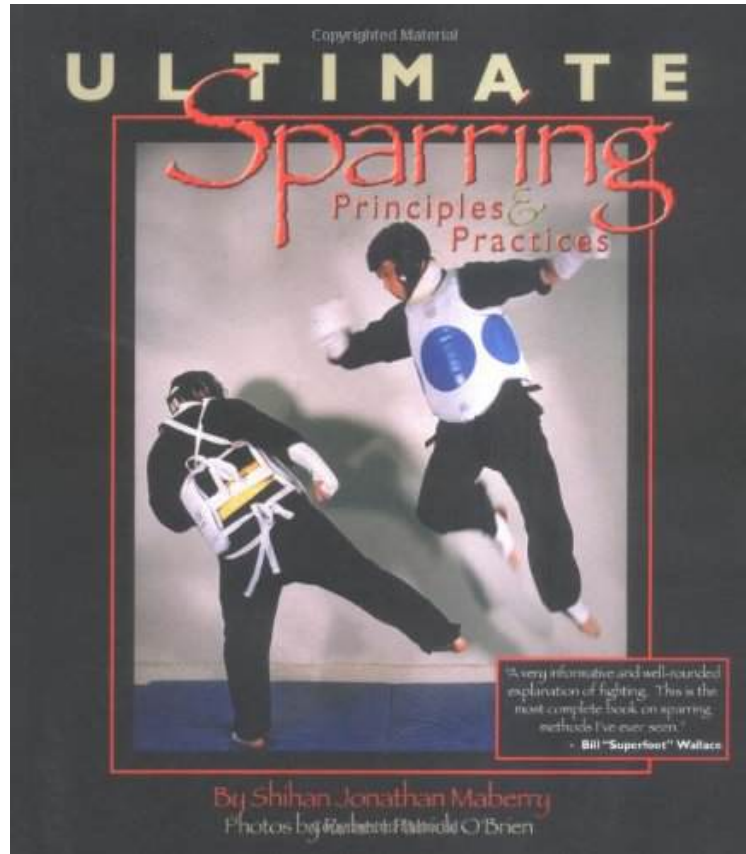


# Ultimate Sparring: Principles & Practices

By Jonathan Maberry

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