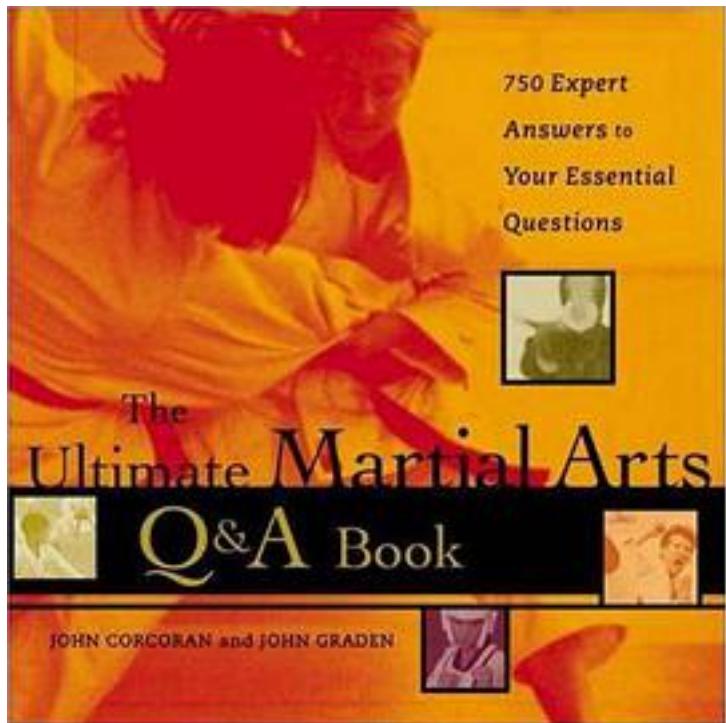


# The Ultimate Martial Arts Q&A Book



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The "Ultimate Martial Arts Q&A Book" offers new and experienced martial arts students expert answers to 750 questions. Organized by theme into 15 distinct chapters, students of all martial arts styles will enjoy learning about topics as diverse as martial arts myths and misconceptions, martial arts and human values, martial arts in the entertainment industry, and a dozen additional topics. Written by two experts with a lifetime of experience in the martial arts world, every chapter entertains as well as informs, ensuring that this book will be a uniquely popular work among students and fans of the martial arts for years to come.

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