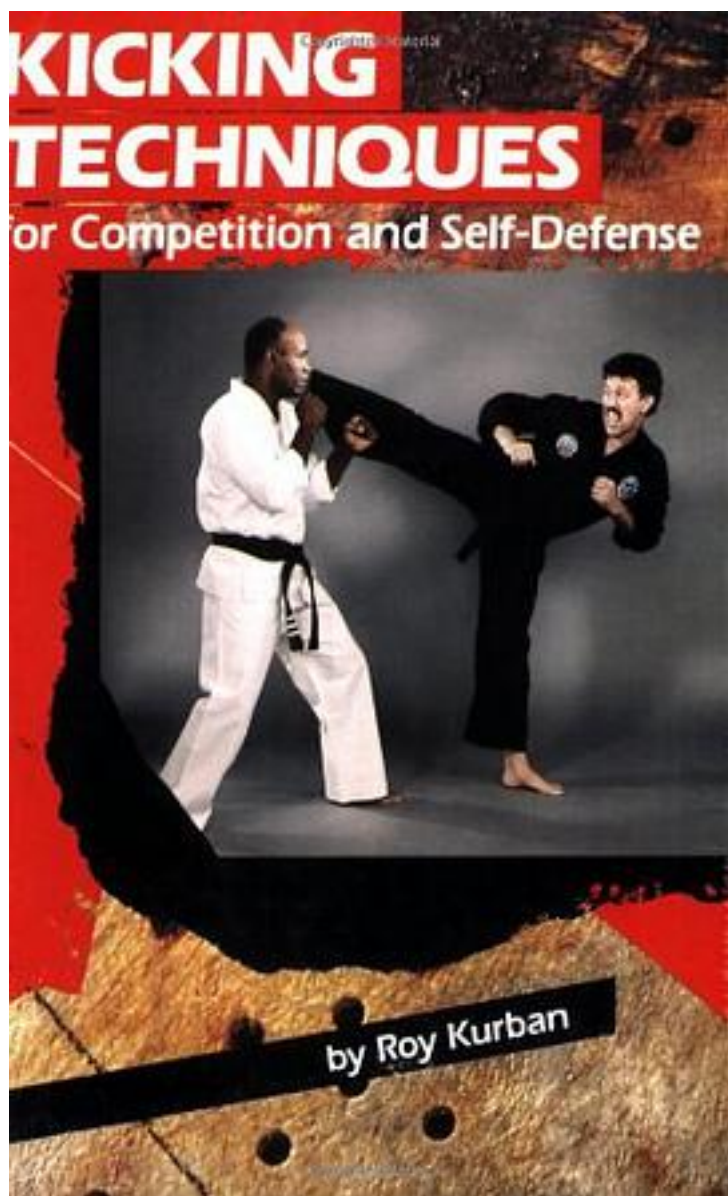


Kicking Techniques



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著者:Kurban, Roy

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Speed, power, and technique are the focus of this fully illustrated book by Roy Kurban, a tournament champion and combat instructor of the U.S. military, with 29 separate kicking executions and self-defence techniques.

作者介绍:

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