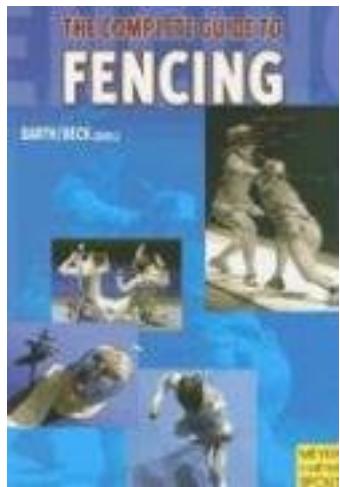


The Complete Guide to Fencing



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著者:Barth, Berndt (EDT)/ Beck, Emil (EDT)

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This volume is a comprehensive teaching and reference guide to fencing's most important training theories and their applications. "The Complete Guide to Fencing" is a unique collaboration between internationally renowned sports training scientists - and some of the world's most successful fencing trainers. All of the teaching methods, scientific findings, training theories, and training methods featured in the book are presented in a manner that is easy to understand, and easy to put into practice.

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