

# Effortless Combat Throws



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In this detailed book, Tim Cartmell expertly explains the principles of combat throwing techniques and provides dozens of examples of throwing techniques which, when performed correctly, do not require the use of great power, force or effort. Drawing from over 25 years of martial arts experience, Tim explains the concepts of combat throwing techniques in a clear and easy-to-follow manner. Practitioners of all martial arts will benefit from learning the principles of effortless combat throwing techniques and the theory, strategy, set-ups, and follow-throughs explained and demonstrated.

作者介绍:

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