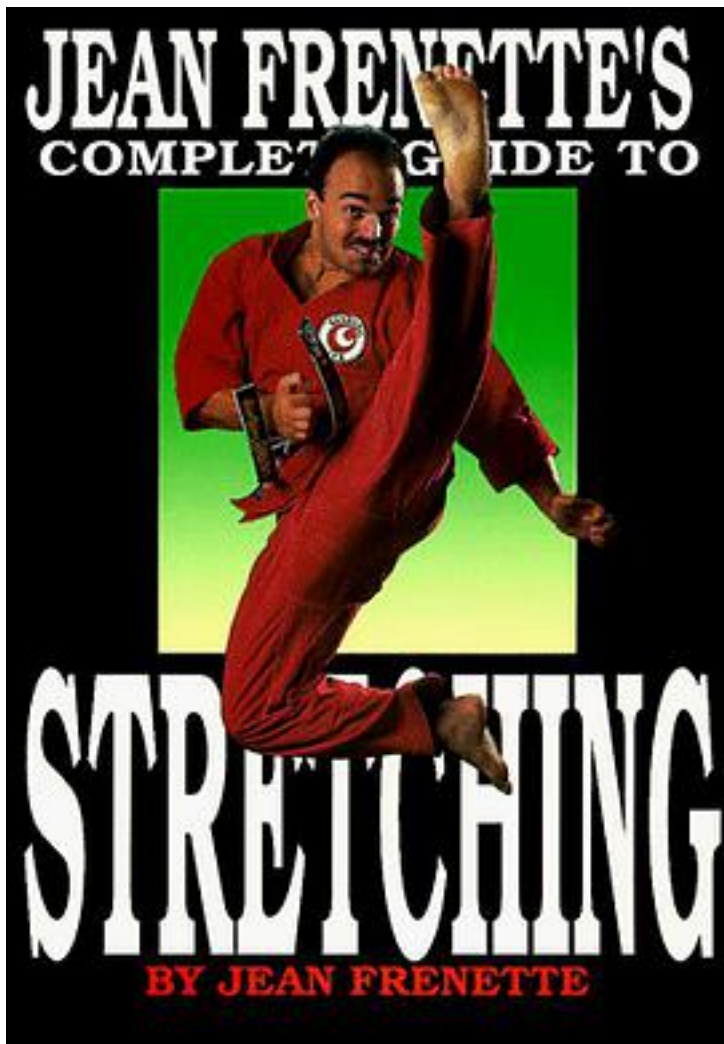


Jean Frenette's Complete Guide to Stretching



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Every martial artist needs to stretch. Whether you're a fighter or a forms competitor, heavyweight or lightweight, your performance will depend greatly on your flexibility. Now you can learn the ins and outs from Jean Frenette, one of the finest instructors in the world.

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