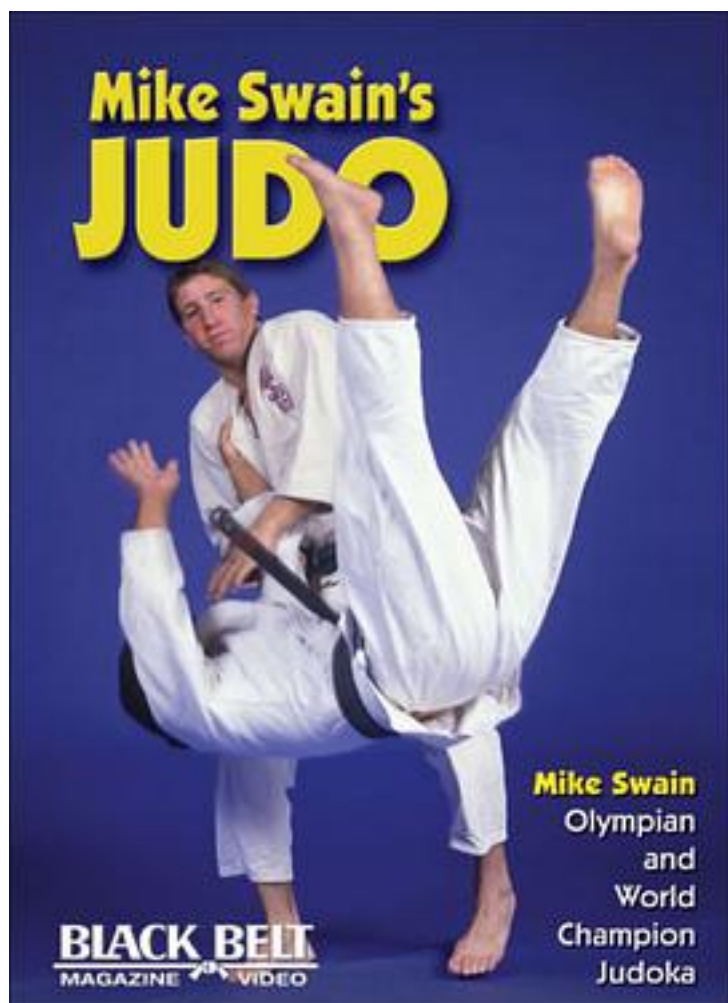


Mike Swain's Judo



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著者:Swain, Mike

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Including classical and competition throws, this video guide reveals secret training methods and teaches mental, spiritual, and physical preparation for major

competition. Approximate running time: 35 minutes.

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