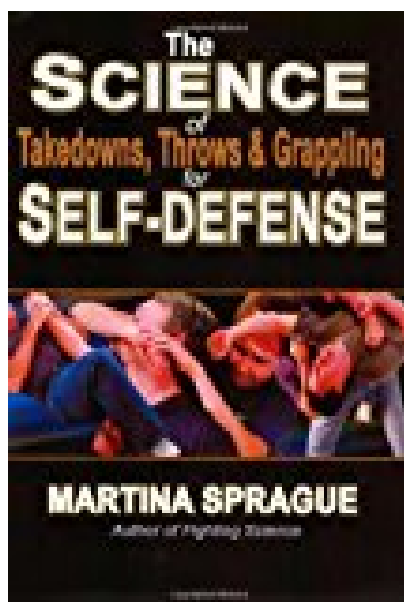


The Science of Takedowns Throws & Grappling for Self-Defense



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