

# **KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts By Sensei Piotr Szeligowski 4thDan**

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Author: Sensei Piotr Szeligowski 4thDan, Title: KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts (Paperback

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Tatiana Kuzyk is the author of Traditional Kyokushin Karate (0.0 avg rating, 0 ratings, 0 reviews, published 2010) and Knockout! Explosive Power Conditionio

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