

Power Punching - Fast and Effective Power Punching Techniques

Bill Carson



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Power Punching - Fast and Effective Power Punching Techniques Bill Carson In this simple step by step fully illustrated manual you will learn how to throw devastating one punch knockouts from Karate, Boxing and Kung

Fu. Also in this volume: The origins of fist fighting, the effects of adrenaline, how to generate awesome punching power, speed punching, how

knockouts occur, and much more.

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