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Martial Arts for Special Forces: Essential Tips, Drills, and Combat Techniques: Chris McNab, Aidan Trimble: 9781590844007: Books - Amazon.ca

Chris mc nab - books, biography, contact

Chris McNab is a published author and an editor of children's Chris Macnab, Chris McNab Martial Arts for Special Forces: Essential Tips

Socp - special operations combatives program

SOCP (Special Operations Combatives Program) Two words describe Greg Thompson: ability and wisdom. As a martial arts instructor, Greg Thompson is a rarity.

Books by chris mc nab

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16, 2012; Self Defense

Tai chi - wikipedia, the free encyclopedia

The physical techniques of t'ai chi ch'uan name of his new martial art, t'ai chi ch'uan, thus fighting and Martial Arts and Chi: Combat and

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